

## IRFF UK: Empowering girls for a brighter future

Edward Hartley  
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Around the world, many young girls face significant barriers to education due to the lack of access to proper menstrual health education and resources. At IRFF UK, we are passionate about addressing this challenge by providing period education in schools and supporting girls with essential menstrual products across South Africa, Ghana and Uganda.

[Follow our progress here](#)

### Why period education in schools matters

For many girls, the start of menstruation can be confusing, frightening and isolating, especially if they have not received adequate education about it. Without the right information and resources, girls are more likely to miss school during their periods, contributing to gender inequality in education.

[Period education in schools](#) is crucial for building confidence, breaking harmful taboos, and helping young girls to understand and manage their menstrual health. When girls are equipped with knowledge and support, they are empowered to stay in school and achieve their full potential.

### Beyond education: providing pads to keep girls in school

In addition to delivering period education in schools, IRFF UK also provides practical support by distributing reusable and disposable pads to schoolgirls. In many communities across South Africa, Ghana and Uganda, the lack of access to affordable menstrual products results in girls missing several days of school every month.

By providing these vital supplies, IRFF UK helps ensure that girls can attend school consistently, maintain their dignity, and focus on their studies. Tackling this issue also contributes to ending the cycle of poverty and inequality in these communities.

As a committed [period poverty charity](#), we work directly with schools to ensure girls have both the knowledge and the resources they need to thrive.

### Join us in making a difference

We believe that change is possible when we work together. By supporting [IRFF UK](#), you can help us expand our reach and impact even more lives.

Would you like to stay informed about our projects, including our work with [period education in schools](#)? Subscribe to our newsletter and follow us on social media to learn how you can help create lasting change for girls in Africa.

Together, we can ensure that every girl has the opportunity to stay in school, dream big, and achieve her goals.