

THE GIRL POWER PROJECT®



IMPACT REPORT ON GPP PILOT IN RISHIKESH INDIA - 2022

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Introduction

The Girl Power Project ®

In response to the challenges vulnerable adolescent girls face around the globe, Just Like My Child Foundation, working together, hand in hand with local community leaders, social workers, teachers, lawyers and health professionals in Uganda, designed the replicable evidence based Girl Power Project® curriculum and system of delivery to empower adolescent girls to stay in school and protect them from early child marriage, disease, early pregnancy and violence as well as equipping them with critical assets they need to overcome these barriers and navigate adolescence successfully. Research indicates that when a girl has these “assets”, she is more able to succeed, specifically in negotiating life-changing decisions that affect herself and her family and also to be engaged in decision-making in her community.

Since 2009, the Girl Power Project has directly reached over 6,000 girls, nearly 5,000 boys and over 10,000 adults in Uganda. Two separate rounds of data collection and monitoring and evaluation of the impact of Girl Power Project® on girls and communities were conducted in Uganda. Both have proven a statistical change in the attitudes of girls and communities about their belief in themselves and their power, clearing the obstacles that girls have encountered to stay in school, avoid forced child marriage, early pregnancy, gender-based violence and disease. This data provided the evidence we had been waiting for to leverage Girl Power Project® for global impact.

In 2020, we achieved our dream of engaging with partners in India with the intention to train and license them in the implementation of Girl Power Project® and pilot the program in Rishikesh, India. Our partners, the Divine Shakti Foundation and the Global Interfaith Wash Alliance have been critical in working with the curriculum to tailor the content, language, and delivery for cultural relevance and appropriateness..



Girl Power Project® India

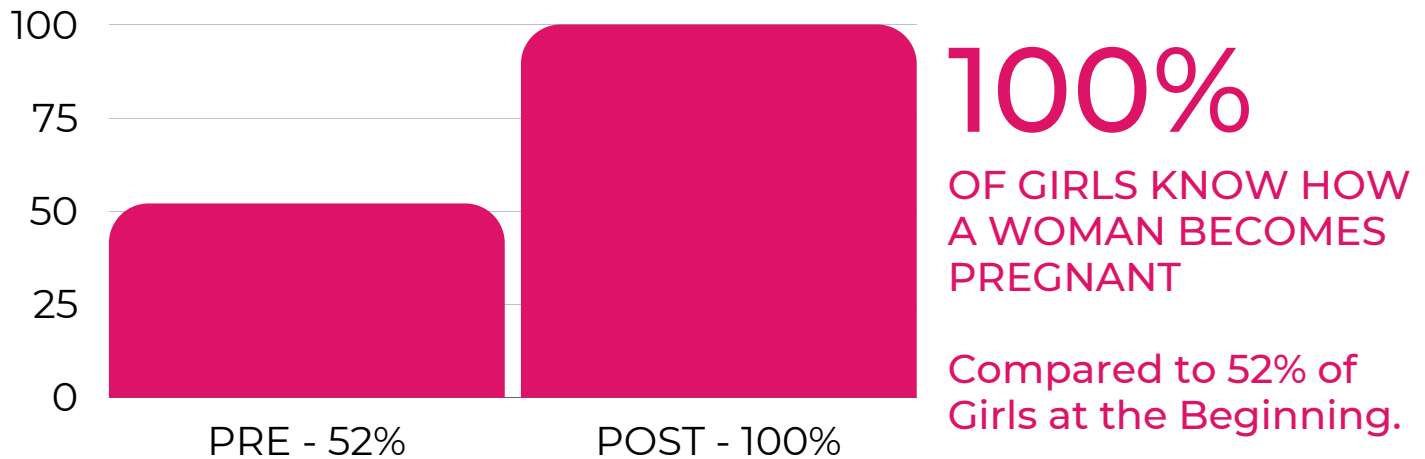
In May of 2022, the pilot program including 300 adolescent girls from one school in Rishikesh successfully concluded. The following report provides the before and after data that was collected on the impact of this pilot program with 100 girls who fully participated in all activities associated with the program. Girls who went through this pilot program now have a better understanding of how their bodies work, how to protect themselves and how to succeed in life as is evidenced in the following pages.

WHY THE OUTCOMES IN THE FOLLOWING PAGES OF THIS REPORT MATTER:

- **PREGNANCY** - Pregnancy and childbirth complications are among the leading causes of death in girls aged 15 to 19 years. Adolescent pregnancy is a serious health threat to young women in India.
 - **MENSTRUATION** - Discrimination against menstruating women and girls is widespread in India, where periods have long been a taboo and considered impure. Women and girls are often excluded from social and religious events, denied entry into temples and shrines and even kept out of kitchens. Nearly 23 million girls drop out of school annually after they start their periods due to a fear of shaming from classmates, lack of clean toilets in schools and poor access to sanitary products.
 - **HIV** - India has the largest number of child brides in the world -1/3rd of the global total. She is more likely to experience domestic violence and become infected with HIV/AIDS.
 - **FEMALE MENTOR** - For young Indian women, making it through life can be a daunting task. Some level of guidance and direction from a slightly older female mentor does a world of good in encouraging a girl to remain responsible, safe and smart, while helping her to cultivate confidence and gain opportunities and build relationships.
 - **GIFTS & STRENGTHS** - Girls benefit from knowing their value and strengths as it helps them to discover their personal vision and clarify their dreams to more easily survive and excel in a world.
 - **EDUCATION** - For millions of girls across India, getting an education is the only way to escape poverty, abuse, early marriage, and early pregnancy. Due to existing attitudes regarding girls' education, safety concerns, distance between home and school, lack of affordable sanitary napkins, absence of separate and functional toilets, and poor school infrastructure, millions of teenage girls in India tend to become irregular in attending schools or drop out before completing their schooling.
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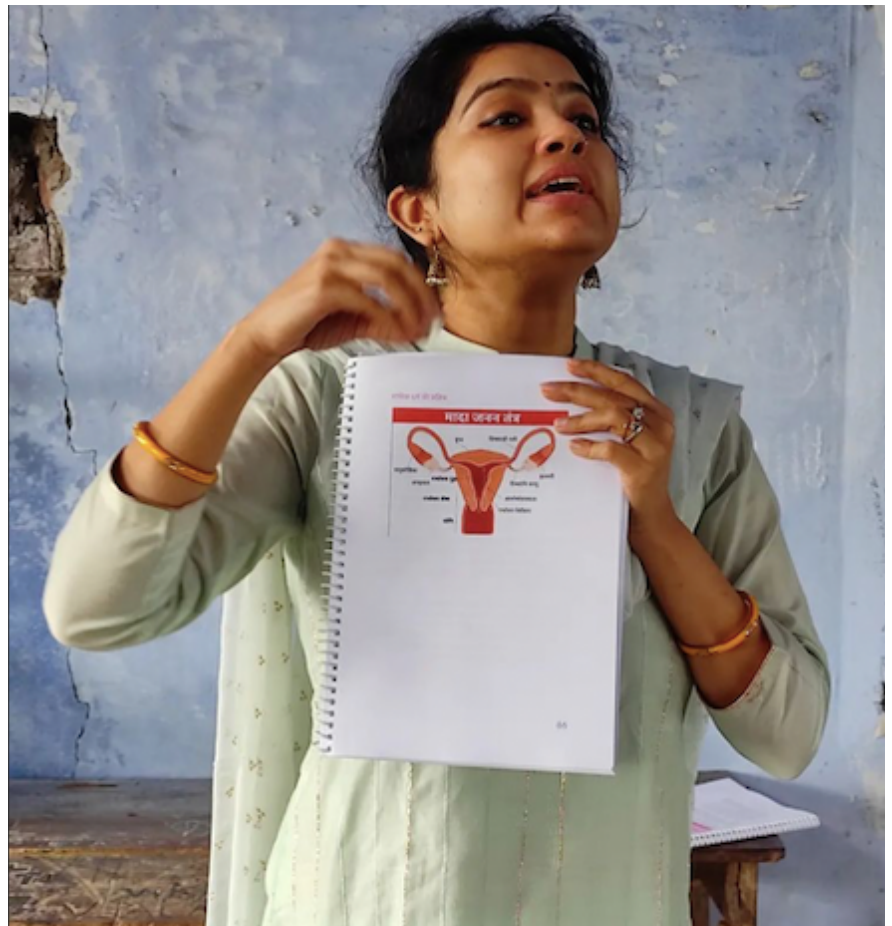
Girls Now Understand How a Woman Becomes Pregnant:

By the end of the Girl Power Project® India Pilot - 100% of participants could articulate how a woman becomes pregnant.



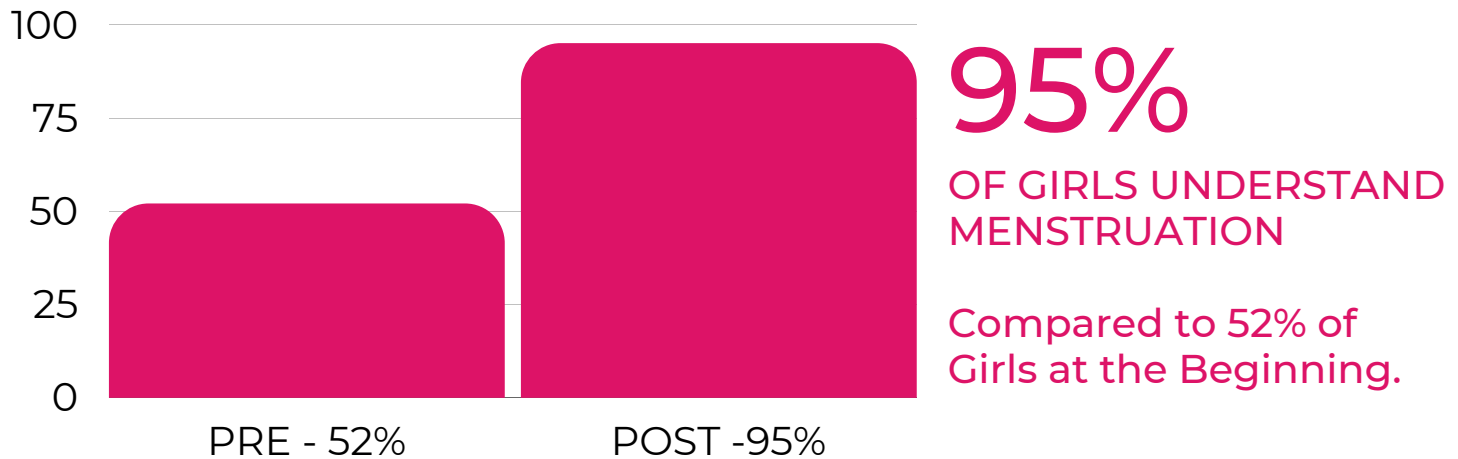
*"I am very happy
Girl Power Project
came to my school.
I have never
witnessed any
program coming to
my school. I am so
happy, I learnt
important things
that no one talks
about."*

Samreen, Class 10th



Girls Now Understand Menstruation & How to Manage it:

By the end of the Girl Power Project® India Pilot - 95% of participants understand menstruation and how to implement safe menstrual hygiene practices.

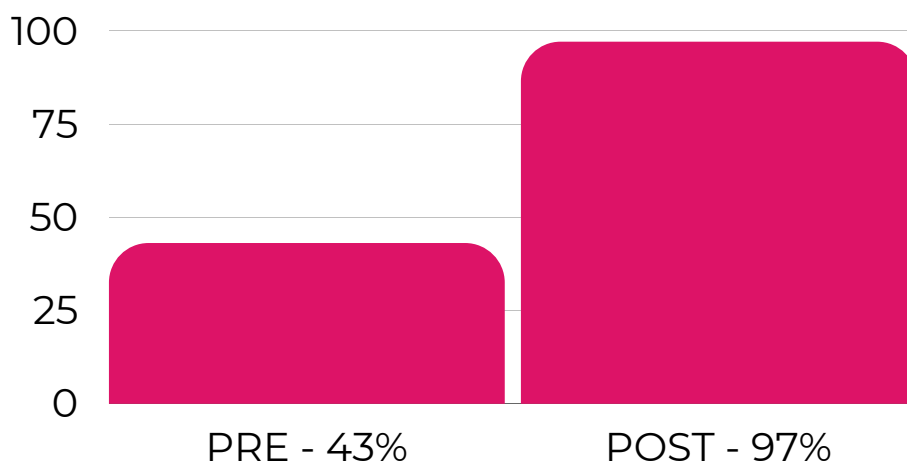


"Periods are not dirty, they are natural, in fact they are good for our body. No one explained this to me before like this." - Mamta Jugran, Class 12th



Girls Now Understand How to Protect Themselves Against HIV:

By the end of the Girl Power Project® India Pilot - 97% of participants could give one or more examples of how to avoid HIV.



97%

OF GIRLS KNOW
HOW TO PROTECT
AGAINST HIV

Compared to 43% of
Girls at the Beginning.

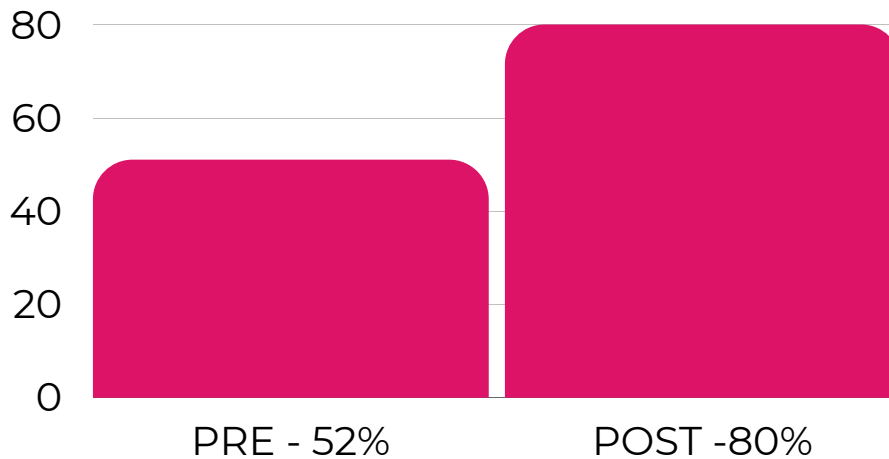


*"Violence is not
just physical but it
has many forms.
Thank you for
teaching me this.
It was necessary."*

*Khusboo,
Class 10th*

Girls Now Say They Have A Female Mentor:

By the end of the Girl Power Project® India Pilot - 80% of participants said they had a slightly older female mentor outside of their home whom they trust and could quickly ask for help.



80%

OF GIRLS HAVE A
MENTOR

Compared to 51% of Girls
at the Beginning.

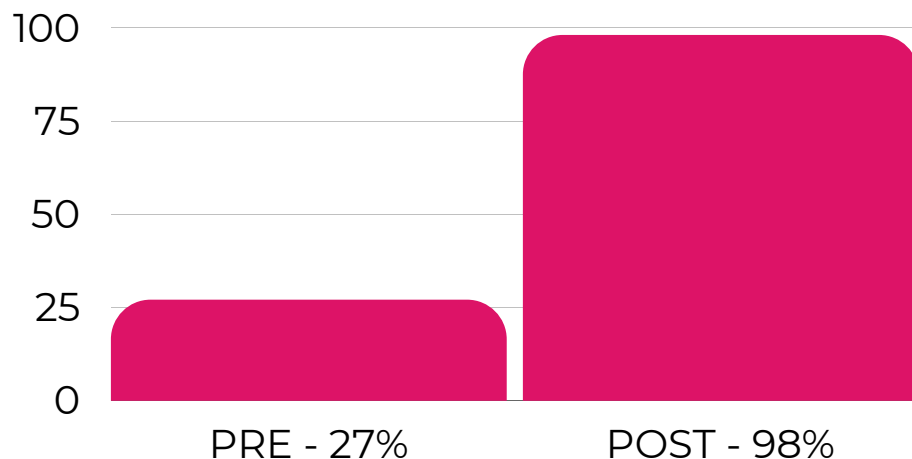
"Girl Power Project helped me to open up and I can share my feelings and problems without much fear and shame now. The good thing is also this program helped me in making new friends."

Anushika, Class 12th



Girls are Now Able to Name Their Gifts and Strengths:

By the end of the Girl Power Project® India Pilot - 98% of participants could name one of their special gifts or strengths.



98%

OF GIRLS CAN NAME THEIR GIFTS & STRENGTHS.

Compared to 27% of Girls at the Beginning.

"Even if no one loves me, I can love myself."

Participant wants to keep her identity anonymous, Class 12th

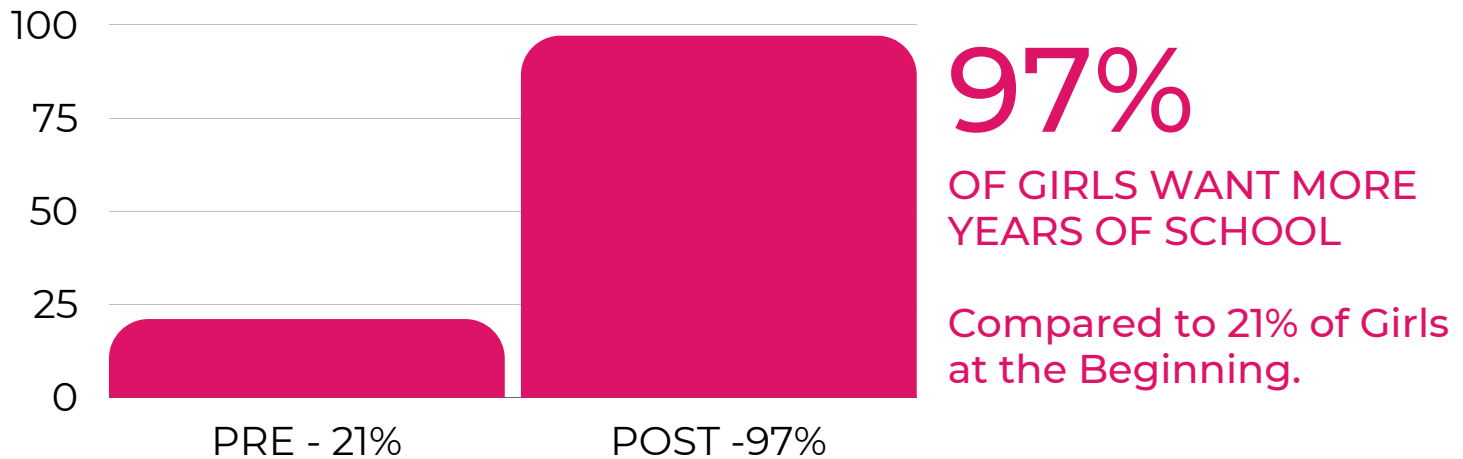
Gifts & Strengths Girls Named:

- *My Soul*
- *Love for All of the World*
- *My Dreams*
- *My Self Respect*
- *I am Patient*
- *I am Confident*

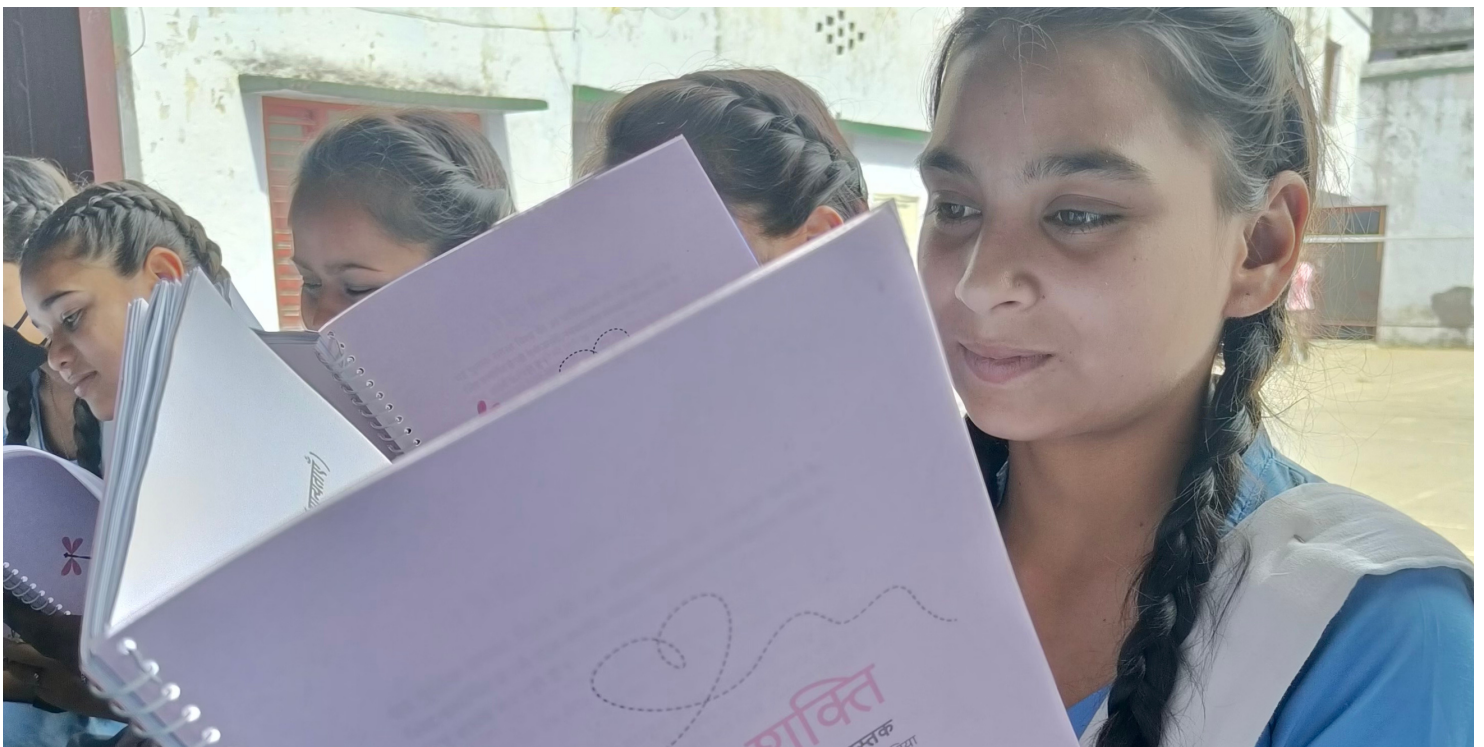


Girls Now Want to Advance Their Education:

By the end of the Girl Power Project® India Pilot - 97% of participants said they wanted to go beyond 12th standard as their minimal level of education with nearly 65% wanting to go for advance degrees.



" I will study a lot. Education is power is what I learnt in Girl Power Project from Ma'am and I want to be powerful." - Tanuja, Class 10th



We thank you for your support
in our efforts to Transform the
World One Girl at a Time™

