Sylvia's Sisters

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Working to End Period Poverty in Virginia & Uganda

2025

Period poverty affects thousands of women in our community. 1 in 4 girls miss class because of it. The consequences ripple through education, economic stability, and health.

Together, we can end this cycle.

WHAT WE DO

Distribute period products

We source wholesale period products, engage volunteers to pack them into kits and distribute them to a network of 100+ schools and community organizations across the region.

Menstrual health education

We offer educational classes, an online portal and brochures that teach menstrual wellness, help reduce stigma and empower menstruators.

Period equity advocacy

We work from the top down to raise awareness of period poverty and to ensure everyone has access to menstrual products, education, and dignity.

Ugandan mission

We provide reusable pad kits and underwear, water tanks, and educational classes to schools and community members in rural Uganda.

IMPACT OVERVIEW

1.5 mil

total period products distributed since 2014

89,000

periods we've covered for women and girls in need since 2014

83%

of schools we serve saw a decrease in chronic absenteeism

47%

of surveyed menstruators have missed school, work or life events because they didn't have period products

54%

of our products are given to Black and Latina women, who are at greater risk of experiencing period poverty

67%

of women and girls surveyed feel less stressed thanks to receiving period products from Sylvia's Sisters

L.C. Bird High School Resource Fair

One of the girls told us that before receiving the kit, she often stayed home from school during her period because she couldn't afford disposable pads. Missing classes meant falling behind in her studies, and it was a constant source of stress. After receiving our period kits, we are able to help many students like this.

– Shavon Ragsdale, Village Against Violence

This has provided for students in their most vulnerable moments of need, and ensures them that they have a space of safety and where their needs can be met. Students have continuously thanked me for being able to provide them with kits and products, and I appreciate you all for being able to provide such an important service and resource to our students.

– Nikki Perkins, Communities in School of Richmond

Dominion Energy Employee Kit Packing Party