

**act:onaid**

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ActionAid UK's guide to

# Period Justice Fundraising

# Together, we demand period justice

Around 500 million people worldwide experience period poverty, which means they can't afford or get period products, or manage their periods safely or with dignity.

But across the world, women and girls are demanding period justice to break the cycle of period poverty. What this means is:

- Clean, safe toilets where periods can be managed with dignity
- Free or affordable period products
- Girls can go to school whether they're on their period or not
- Everyone can talk about periods with pride

From DIY period pad workshops to building infrastructure that brings clean water and safe toilets to schools, we're working with women and girls to create practical solutions, together.

## Here's how you can help by fundraising:

### Quiz Time

Organise a quiz fundraiser for friends and family at a local venue, in your student union, or even at work. This can be a general knowledge quiz, a women's rights themed quiz, you could even include a round on periods!



### Step Up

Take on a [sponsored run or walk](#) and step up for women's rights. You can do this on your own, or with friends, family or colleagues. You can set yourself a challenge such as covering a certain distance, taking on a popular hike, or simply walking around your favourite park.



### Get Crafting

Gather friends, family or colleagues and host a crafty fundraising workshop making your own reusable sanitary pads. You can use [our guide](#) to follow the same method used by the women and girls we work with around the world.



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Belyne, a workshop leader at an ActionAid girls camp in Rwanda, leads sessions on how to make reusable period pads.

### Lunch & Learn

Could you host a lunch and learn at work, in your community, or at your school? We'll provide you with all the resources you need, from event posters to collection boxes, and are here to support you along the way. You can learn about period poverty and period justice, and [how women and girls leading the change towards a more equal, fair and just world.](#)



The committee of Preventing Period Poverty Society at the University of Dundee at their 'Big Bloody Brunch' which raised over £200.



# What gives me confidence is feeling strong within myself.

Amadia, 17, is a secondary school student in southern Rwanda, and an aspiring poet and musician.

At an ActionAid Rwanda summer camp, she joined girls building practical skills, confidence, and open conversations around periods, a topic often surrounded by silence and stigma.

“If a girl is not yet comfortable talking about periods, tell her to be brave. You can share experiences and have open discussions with her. She will gradually get used to it, just like I did.”

Amadia explains how talking helps reduce stigma. Through the camp, she learned how to make reusable sanitary pads, giving her and others a safe, affordable, and sustainable way to manage their periods and stay in school.

She believes change doesn't stop with the girls. For Amadia, period justice is about more than products. It's about having a voice, access to knowledge and creating self-worth.

Now she's sharing that knowledge in her school, starting conversations and supporting others.



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## Feeling inspired? Here are our top tips to get started:

- [Tell us about your fundraising!](#) We'd love to hear from you and are here to help with any ideas or questions you have.
- [Set up a JustGiving page](#) to get the ball rolling with donations.
- [Download your free fundraising resources](#) and have materials like bunting and posters ready for your fundraiser.
- [Order fundraising resources](#) for materials like t-shirts and stickers.

## Pay in your fundraising:

Thank you so much for your support.

[When you're ready to pay in your fundraising you can find all of the information you need on our website.](#)

However, to make sure your donation gets matched to your fundraising activity, and we can thank you properly, please always include your supporter reference number (if you don't know yours, just get in touch), and let us know when you have made the donation by emailing [events@actionaid.org](mailto:events@actionaid.org).

Thank you.

