



STRIVING
TOWARDS
MENSTRUAL EQUITY

IMPACT REPORT FOR

2023

PUBLISHED IN 2024



LETTER FROM THE FOUNDER

Dear Friends and Supporters,

It is with immense gratitude and profound excitement that I share this message on the 5th anniversary of the Mini Moon Project. Since our founding in 2019, we have achieved remarkable milestones, thanks to your steadfast support and commitment.

From the very beginning, our goal has been to advance menstrual rights and eradicate the stigma surrounding menstruation. I'm proud to say that, with your help, we have donated 3,300 menstrual kits since 2019, with 600 of those being distributed in 2023 alone. Additionally, we have shared over 30,000 educational materials across seven countries, using our digital comic books and social media platforms. Our ongoing efforts to educate the public about menstrual health are aimed at raising awareness and dismantling the barriers of stigma. It is deeply touching to witness the far-reaching impact of our work as the organization continues to grow.

Our achievements wouldn't have been possible without your support. Whether you've contributed financially, volunteered your time, or spread our message, you've been an integral part of our success. Your dedication has not only provided life-changing resources but also created a sense of empowerment and understanding in the communities we serve.

As we look ahead, our commitment to our mission remains unwavering. We aspire to extend our reach to more countries, enhance our educational initiatives, strive for policy changes, and continue to develop innovative ways to support menstrual health and hygiene.

I invite you to join us on this journey as we work together to create a world where menstrual hygiene is accessible and where the dignity of all menstruators is upheld.

Thank you for being part of the Mini Moon Project. Your support has made a profound difference, and I am excited to see what the future holds.

With warm regards,



**Founder and
Executive Director**

A handwritten signature in black ink on a blue background.

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INTRODUCTION

The Mini Moon Project is a youth-led organization dedicated to eradicating period poverty by providing education and sustainable menstrual kits to those without access to them. We envision a world where everyone can manage menstruation safely and effectively, grounded in three core values: sustainability, safety, and self-confidence.

1) SUSTAINABILITY

Rather than donating disposable pads or tampons, we provide reusable menstrual cups, which can be used for up to 12 hours a day, lasting for approximately 10 years. This approach significantly reduces waste, as an estimated 200,000 metric tonnes of single-use menstrual products end up in landfills each year. Our menstrual kits are designed with eco-friendliness in mind, incorporating biodegradable packaging to further minimize our environmental footprint.

2) SAFETY

We aim to establish a correct understanding of the body to protect both psychological and physical health. During our local outreaches, we offer at least two hours of sexual education classes conducted by medical professionals. For international support, we include a small comic book that provides detailed instructions on safely inserting and removing the menstrual cup, along with information about women's bodies, all developed in collaboration with OB-GYN doctors.

3) SELF CONFIDENCE

Eliminating menstrual taboos and empowering girls is a core part of our mission. Through educational classes and workshops, we aim to foster self-confidence and promote positive body image. We leverage social media platforms to debunk menstrual myths and address misunderstandings about women's bodies, creating a supportive space where menstruators can share their experiences and find encouragement. We occasionally invite prominent activists and guest speakers to join our roundtable series. In these sessions, they discuss global issues related to women's health and rights, offering insights, sharing experiences, and providing messages of empowerment.

MINI MOON'S HISTORY

December 2019

By the end of its first year, the Mini Moon Project hits a significant milestone, donating 400 menstrual kits. The scope of the project expands to include donations in South Africa and India, extending the reach of its mission.

November 2021

As part of fundraising efforts, a collaboration with the students of the Laos Vocational Center helps raise \$4,000 to support five girls in Laos with the Mini Moon Project Scholarship, utilized for educational expenses.

January 2024

The Mini Moon Project continues to grow, now reaching a total of seven countries. Over 30,000 educational materials have been distributed worldwide. The project successfully engages with local policymakers, advocating for the changes to ensure menstrual hygiene products are accessible in public schools.

January 2019

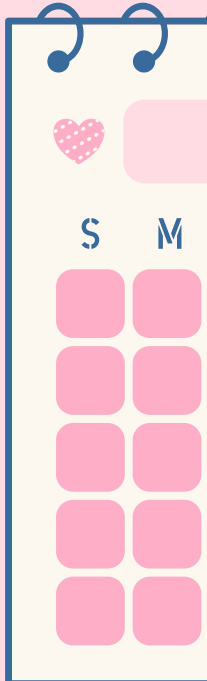
The Mini Moon Project is founded, marking the start of a journey dedicated to improving menstrual health and rights. The project establishes a partnership with the local menstrual cup company Entione and makes its first donation at the Yongsan Girl's Orphanage, providing 100 menstrual kits.

April 2021

The inaugural Mini Moon Women's Health Conference brought together a distinguished lineup of guest speakers from the World Health Organization, leading menstrual rights organizations, and women's rights activists. The conference attracted over 100 high school students, who engaged in insightful Q&A sessions and listened to powerful stories from advocates committed to advancing menstrual rights.

March 2022

The Mini Moon Project gained international recognition by receiving the prestigious Diana Award, the highest accolade a young person can receive for their humanitarian work. The project reached a milestone of 1,500 menstrual kits donated, with outreach expanding to six countries.

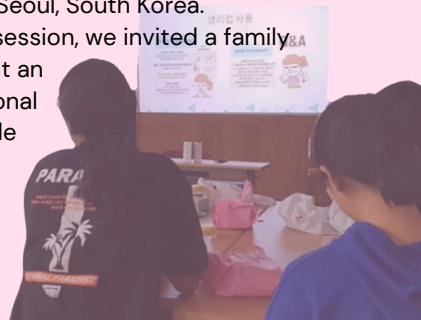


OUR COMMUNITY

Seoul, South Korea

A total of 150 menstrual kits were delivered to the girls at the Yongsan Orphanage in Seoul, South Korea.

As part of our educational session, we invited a family medicine doctor to conduct an engaging two hour educational workshop designed to tackle misconceptions about women's bodies, menstrual taboos, and safe hygiene practices.



Kapenguria, Kenya

300 menstrual kits were delivered and distributed to menstruators of age 15 all the way to 40.

Local volunteers in Kenya partnered with the Mini Moon Project to educate the community about the dangers of FGM and to foster a healthy understanding of their bodies.



Viente, Laos

The Mini Moon Project donated 300 menstrual kits to high school girls at the Laos Vocational Center. In addition to providing menstrual kits, we supported their education with a \$4,000 scholarship fund.

Five girls at the Laos Vocational Center were able to continue their university education in 2021.



Bangalore, India

The Mini Moon Project has joined forces with Cup For Change to donate 500 menstrual cups and reusable pads to the Aahwahan Organization, a non-profit dedicated to supporting economically disadvantaged communities in Bangalore.



Johannesburg, South Africa

The Mini Moon Project delivered 300 menstrual kits twice to Johannesburg, South Africa, for distribution across rural tribes. To address local cultural practices and taboos, our educational resources focused on demystifying menstruation and promoting safe hygienic practices.



Chiang Mai, Thailand

In collaboration with the local volunteers in Thailand, in the aftermath of the pandemic, our local volunteers visited each girl's home to distribute over 500 menstrual kits over the past two years. While the pandemic prevented us from hosting in-person educational sessions with our volunteers, we first successfully implemented our digital educational approach to ensure the menstruators were receiving essential information.



Quebec, Canada

Donations to Quebec are ongoing, targeting rural communities, women's shelters, and youth centers throughout the province. As a social impact partner of Diva Cups, the Mini Moon Project has coordinated the distribution of approximately 600 menstrual cups among various organizations across Quebec, ensuring that vulnerable groups and support centers have the appropriate resources for assistance.



*Help Us
Help More*



CREATING RIPPLES IN POLICY

The Mini Moon Project is embarking on a new chapter, focusing on policy advocacy to create lasting change in menstrual rights. As part of our ongoing commitment to advancing menstrual equity, we are working with local legislatures to make changes on policies regarding menstrual health and menstrual literacy.



Initiating Change in Policy

We are drafting a petition that calls for the mandatory distribution of pads and tampons in all public elementary and secondary schools, especially for the school boards that are underfunded.



What the petition aims to address

This initiative is designed to combat period poverty, dismantle stigma, and encourage eco-friendly menstruation practices. It aims to address the broader impact of menstrual poverty on education.



Additional call for action

By ensuring that students have access to essential menstrual supplies, we aim to eliminate a barriers to learning and promote a more inclusive and equitable environment in our schools. Additionally, we are hoping to establish an educational program focused on menstrual health that can be applied to public schools.

OUR IMPACT

We express our heartfelt gratitude to One Young World for providing the Social Impact Analysis data

Outreach Values



30,000

educational
materials distributed



13

schools



1:10

social return on
investment

Output Calculations



3,300

menstrual
cups donated



\$138

average estimated saving
on menstrual products per
year



103.50

kg of CO2
mitigated per cup



\$917.55

reduction in disability-
adjusted life years over
15 years

PRESS & RECOGNITION

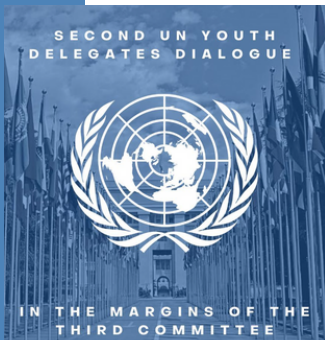
AWARDS

Ashoka Changemakers Innovator Grant (2019)
 Harvard Global Health and Leadership Community Pitch
 Project Competition (2019)
 Diana Awards (2022)
 Pfizer–One Young World Scholarship (2022)
 Environmental Leadership Impact Award (2024)



CONFERENCES

Harvard Global Health and Leadership Conference (2019)
 Johns Hopkins Global Health Conference, Selected Student
 Speaker (2021)
 Mini Moon Women's Health Conference, Host (2021)
 United Nations Third Committee Youth Delegates' Dialogue
 (2021)
 United Nations Association – United States of America Social
 Justice Series (2022)
 One Young World Manchester Summit (2022)



FEATURES

Bridge Economy News: "Mini Moon Project Begins as a
 Moonlight of Hope for Women Around the World" (2021)
 News Claim: "The Moonlight of Menstruators... Special
 Attention on the Mini Moon Project" (2021)
 Girls Against the Gap Podcast (2022)
 Marie Claire Korea: The Futures 30 (2023)
 One Young World 2023 Impact Report (2024)

PARTNERSHIPS

Entione Corporate Social Responsibility Partner (2019–2022)
 Diva Cups Social Impact Partner (2023)

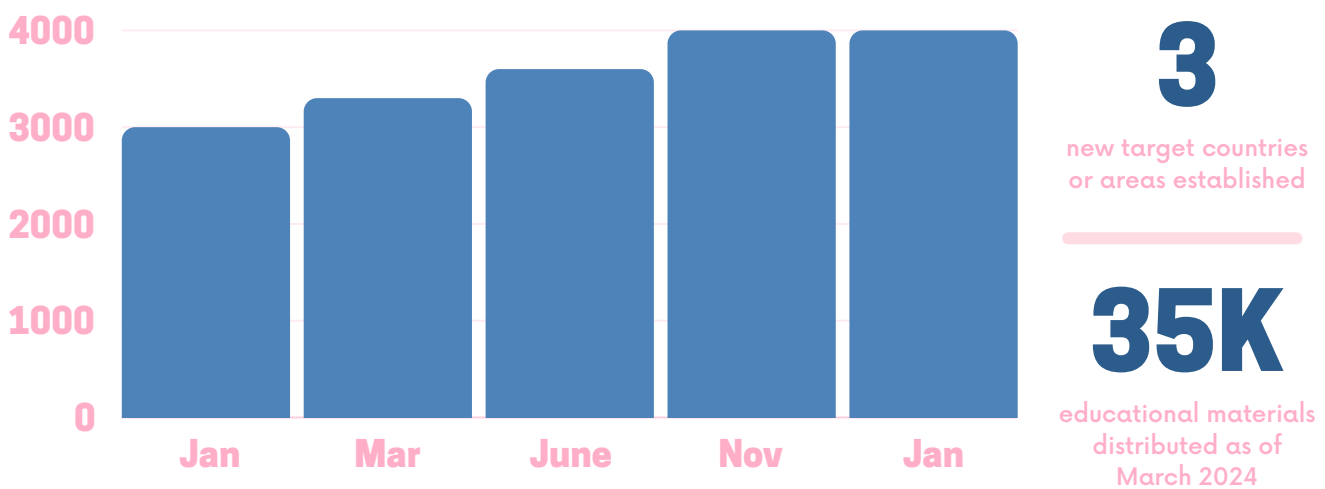


MOVING FORWARD

Continuing our work, we aim to expand our reach, enhance educational programs, promote menstrual sustainability, and advocate for policies that ensure menstrual hygiene is accessible to all.

2024 PROGRESS & GOALS

Progression towards reaching a total of 4,000 menstrual kit donations worldwide between November 2024 and January 2025.



- **Expand Outreach:** We aim to reach a broader audience by collaborating with more schools, community centers, and NGOs. We hope to reach at least 3 new target countries or areas in need.
- **Increase Education and Awareness:** By continuing to develop our educational content and workshops, we are aiming to conduct 20 additional workshops by the end of 2024 and translate our digital educational materials to at least 5 new languages
- **Support Policy Change:** The Mini Moon Project will continue to work with policymakers to promote legislative changes that ensure better access to menstrual products in public spaces. The goal is to have at least one policy change enacted by the end of 2025.
- **Menstrual Product Support:** The main goal is to distribute an additional 1,000 menstrual kits by the end of 2024 (target goal of 4,000 menstrual kits distributed).

**We couldn't
have done it
without your
generous
support .**



Thank you

**to all our donors and volunteers!
Join us in our journey to create a
world with menstrual equity.**

Your support makes a world of difference.



Scan the QR to donate

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