

THE CUP FOUNDATION
ANNUAL REPORT 2015
NAIROBI, KENYA

THE CUP



www.thecup.org



Introduction

The Cup Foundation is a US based non profit organization that intends to positively improve the lives of underprivileged girls aged 9-16 all over the world.

In February 2015 the first pilot project was initiated in Nairobi's Kibera slum in co-operation with a CBO named Binti Kibera.

The Cup program has reached 2000 girls in seven villages in Kibera, with the distribution of menstrual cups and four monthly training sessions taking place in informal schools.

The training is comprehensive and includes human rights education, rights to education sessions, reproductive health education, HIV/AIDS education, MHM, sex education, basic life skills, team building amongst target problems girls face in their socio-cultural context like rape, abortions, sexual abuse and prostitution.

Our female trainers act as role models and mentors to the girls. As they all share a similar background with the girls and

are available (to the young girls) at any given time after the training sessions are finished.

When girls who have been raped, pregnant, or suffer from sexual abuse and related incidents and diseases, physical or psychological, reach out to us, we refer them to well equipped and highly professional organizations such as MSF, who have a huge presence in Kibera.

By September, we included boys to one training session with similar subjects and also focus on boy child related issues. 300 boys participated in this session.

Parents and guardians too have attended information meetings in schools about The Cup program. All parents have signed an approval for the girls to be given a menstrual cup. The teachers have also participated in the parents/adult training sessions. The Cup has also been guaranteed the support of the community Elders and leaders in the areas that we have been working.

The menstrual cup provides dignity to girls

About 50 % of the girls who enter their menarche have parents or guardians who supply their daughters with pads. The rest are left to cope with whatever is at hand like old cloth or socks, pieces of sponge torn from mattresses and papers. Many girls have had infections as a result of the un-hygenic practices. Many of these girls end up missing almost a week of school per month while they have their periods.

Some girls who have found no cloth or other solution in their environment of scarcity have opted for a Plan B having sex for pads. Some reports indicate that 30-50 % of these said girls engage in sex for pads without a condom in Nairobi slums leaving them at high risks of contracting STD's, HIV and/or pregnancy.

The menstrual cup is an environmentally friendly and healthy solution. It is made of medical silicone and can be reused for 10 years. A cup is easy to use, doesn't leak and can stay in place for up to 12 hours. This has enabled the girls to put it in at home before going to school and empty it when they are

back to the privacy of their homes in the evening.

Before handling a cup the hands need to be washed with soap. The cup has to be rinsed with clean water. In Kibera the girls usually take a bottle of drinking water with them to the latrine. After the period the cup needs to be sterilized via boiling water for 5 minutes.

Girls who participated in the program during 2015 now have higher scores in school and are free to play and take part in sports and other activities. They have a higher attendance and girls using the cup have NOT lost a day of school due to periods. In some schools the girls have surpassed the boys in attendance as a group.



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Anonymous questions

During the second session the girls have been given the opportunity to write anonymous questions. In the next pages you see examples from some of the girls aged 9-16's questions.

The questions show how the girl-child in Kibera suffer from neglect and lack of basic knowledge on how to protect themselves.

why do people get pregn-
ant when they are still
young?

How can somebody
avoid feelings?

Our Sunday teacher wanted
me to do sex with him but I
refused and he removed me in the
class lessons what can I
do please help me?

If you are 9 years and you have been raped by a mature man can you get pregnant or be affected by STD or HIV/AIDS virus.

What is a goal
What is self-esteem
What is bacteria

1. why ~~is~~ if you do sex
you get pregnant?

Launch Of The Cup On Menstrual Hygiene Day

The Cup was launched on the Menstrual Hygiene Day on the 28th of May in Kibera at the Undugu grounds in Silanga. The event was co-hosted by Ghetto Radio who had announced the event for a two week period.

Special/celebrity guest was the musician Bahati, who sang for half an hour. MC Smatta was the MC and both him and Bahati were raising awareness about girls situations, menstruation and The Cup with an attempt to break the taboo. Other special guests invited were also all other organizations who work with MHM in Kibera.

All schools in Kibera received an invitation. 3000 youths showed up. The event was exposed in the Guardian as an example of a successful celebration that took place around the world.



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Cups & Pouches

The cups that have been distributed come from our partners Lunette, Ruby Cup and Mooncup. All leading manufacturers of the highest quality cups. The cups have been given in pouches made by a youth group consisting of girls aged 13-21 in Kibera called Uwezo Girls Empowerment Centre.

Schools

During 2015 we have reached out to 40 schools in Silanga, Soweto East, Laini Saba, Lindi, Mashimoni, Makina, Darajani in Kibera. All schools who participate in The Cup Program write an MOU with Binti Kibera, provide time for sessions and help arrange the parents information meeting. They also give time for a follow-up session after three months.

This year all schools have been private schools. There are approximately 6000 girls age 9-16 in Kibera going to informal schools. It is estimated that another 10000 attend the 9 private schools situated in Kibera (around).



Thank you Cristina Ljungberg/Giving Wings and Richard Ulfvengren for your amazing support and for believing in the Cup program and making a difference in girls lives.

Thanks also to:

MP Ken Okoth

Ministry of Health

Lunette

Ruby Cup

Mooncup

MSF

Umande Trust

Elders

Josiah Omotto

Uwezo Girls Empowerment Centre

Amani Kibera

Kaki Gondii

Binti Kibera

Stanley Mitoko

Ghetto Radio

Bahati

MC Smatta

Lydia Njeri

Mohammed Abdullahi Mohammed

And all schools who participated

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