

I Can Solutions for WOMEN'S EMPOWERMENT

We use our I Can power to ensure all woman feel safe, respected and appreciated. This is our journey. Which of the solutions would you try?

My mother plays such an important part in my life, but her name is nowhere in my identity.

Espaliar
The Experimental School,
India



As girls, we always feel unsafe and threatened.

Satya Bharti School
Shahjahanpur, India



Women in the community are unaware of the science behind menstruation and don't have enough money for sanitary napkins.

The Galaxy School
Gujarat, India



Some women in our village are trapped by their husbands. They become depressed and even commit suicide.

Satya Bharti Adarsh School,
Punjab, India



What if we lived in a world where all women felt safe, respected and appreciated?

- Asked everybody say their full name, with their mothers name.
- We showed the change in school documents
- Explained the need for this change to schools, the bank, hospitals, their neighbourhood and government offices through seminars and sending circulars and also on the radio



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- Learnt karate from their karate coach
- Held workshops for all the girls in the community
- Provided information on safety precautions
- Marched with posters and songs and chants about being fearless
- committee created my some man??

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- Designed a reusable cloth pad" made of cloth and towels.
- Made 5 step manual that taught women how to make these reusable cloth pads at home and how to sterilize
- Created awareness campaigns about menstrual hygiene
- Expanded our target audience to men too



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- Encouraged the women to become confident and employable by helping them acquire a skill
- Looked for people to teach embroidery and stitching
- Arranged buyers by approaching the headman of the village and the teachers of the school
- Fought through obstacles thrown by fthe villagers

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Using the FIDS formula, we helped many woman become confident!

WHAT WILL YOUR STORY OF CHANGE BE?