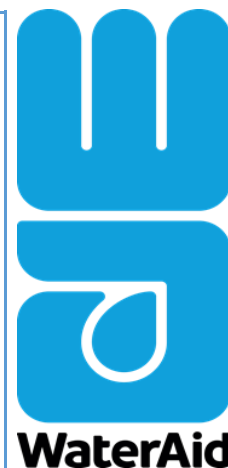


## Make your own sanitary pads

### Background:

WaterAid is an international not-for-profit organisation, determined to make clean water, decent toilets and good hygiene normal for everyone, everywhere within a generation. Every month, 1.8 billion people across the world have a period – but millions have to manage theirs without essential clean water, decent toilets and good hygiene knowledge. Not having access to these can be both embarrassing and unsafe – and can have far-reaching impacts for women and girls, acting as a disadvantage in their lives as they are forced to stay home every month, missing vital chances to go to school, earn a living, and to take control of their futures.



### Materials:

- Paper
- Marker pen
- Scissors
- Thin cotton fabric
- Thick cotton fabric (such as a towel)
- Velcro or buttons
- Needle and thread

### Aims:

To help students understand how people overcome period poverty using sustainable reusable period products.

### Sanitary towel care:

- For regular usage more than one sanitary towel is needed for day and night wear.
- Rinse the sanitary towel after use and then thoroughly handwash or place in the washing machine to clean.

### Instructions:

1. Print and out the template below, cutting along the dotted line.\*
  2. On the back of a piece of cotton fabric trace two templates.
  3. Cut out the two fabric templates.
  4. Place the fabric pieces on top of each other – front to front side.
  5. Sew three of the sides of the fabric outlines together.
  6. Turn fabric lining inside out using the one unsewn side.
  7. Attach your buttons or velcro to the wings of the lining.\*\*
  8. Cut out a rectangle 10x26cm of piece of soft plastic.
  9. Now cut out 2 towel rectangles measuring 10x26cm.
  10. Sew the two towel strips together.
  11. Insert the towels into your liner placing the plastic underneath the towels to help stop any leaks.
  12. Stitch the final side of the liner down
- \*if a printer is unavailable cut out two simple rectangles 27x11cm  
\*\*if buttons or velcro are unavailable cut out 4 long strips of thin fabric and sew these onto the sides of the sanitary pad.

For a visual explanation: [https://www.youtube.com/watch?v=7ay\\_eammUSg](https://www.youtube.com/watch?v=7ay_eammUSg)

Sanitary Pad  
Template

