

DiVINE
DR  PS

PARTNERSHIP GUIDE.



INITIAL COLLABORATION LEVEL

“changing the world, one period at a time”

We offer different levels of collaboration to accommodate organizations of various sizes and capacities. These levels ensure that every organization can find a suitable way to participate and contribute to the success of the program. This is an initial proposal, but we understand that everyone has different needs and contexts, our idea is just to provide an overview of the way we work and how we're used to organizing these types of collaborations, but we're always open to writing our own story and contribute in diverse ways.

INITIAL COLLABORATION LEVEL

Target Audience: Organizations that prefer a low-touch, less interactive role in the partnership. This level focuses on organizations that want to leverage our resources but have minimal direct involvement.

Identification Criteria:

- About resources: Organizations that primarily seek access to educational materials and basic resources without committing to extensive activities or events.
- About participation: Organizations that do not plan to host or organize events but are interested in promoting the program within their networks.

What's an example of a good fit for this level?: A small community center that wants to distribute flyers and educational pamphlets with low budget or small team. They want to use our materials to enhance their existing programs but do not seek deeper involvement.

General characteristics of this level:

- The decision-making authority of the organization that receives the benefits is minimal, primarily administrative or logistical.
- The collaboration's customization level is low; the organization will use standard materials and resources.
- The commitment duration is short-term or on as needed basis.

INITIAL COLLABORATION LEVEL

Benefits:

- **Recognition:** As a community partner, your organization will be featured on our website and promotional materials.
- **Local Engagement:** Opportunities to participate in community events and engage with local stakeholders.
- **Educational Materials:** Access to our educational resources, including posters, pamphlets, workshop guides and trainings on.
- **Training and Support:** Basic training and support to help implement the program effectively.

Requirements:

- **Promotion:** Commitment to promoting the program at your organization.
- **Staffing:** We require two staff members who are able to meet and follow all agreed-upon steps of the collaboration process.
- **Event Hosting:** Ability to organize and host small workshops and community outreach events if needed.
- **Feedback:** Willingness to provide feedback and participate in program evaluation.

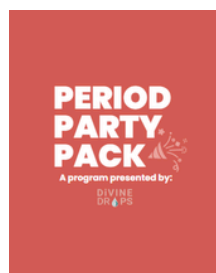
What We Need from You:

- Regular updates on program activities and participant feedback.
- Collaboration on local marketing and outreach efforts to promote the program.
- Assistance with distributing materials and organizing events.

Which programs are available for this collaboration level?:



THE DOCTOR'S OFFICE



PERIOD PARTY



HEALTH COURSES



REUSABLE PRODUCT DISTRIBUTION



DIGNITY KITS

LET'S REVIEW EACH OF THEM!

THE DOCTOR'S OFFICE

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Our program is designed to foster a close doctor-patient connection, ensuring women have access to accurate information and educational resources through their Medical doctor. By building strong, trust-based relationships between doctors and patients, we aim to enhance the quality of care and support for women's health.

Through this initiative, we strive to dispel myths and reduce misinformation surrounding critical topics such as the menstrual cycle, hormonal imbalances, anatomy, and all aspects of feminine wellness. Our comprehensive educational resources are tailored to address common concerns and provide evidence-based knowledge, empowering women to make informed decisions about their health.



OUR PROGRAM GOALS

- Enhance Health Literacy.
- Foster a trusting and open relationship between participants and their doctors.
- Dispel Myths.
- Encourage participants to advocate for their health needs.
- Encourage Preventive Care.

WHO CAN BE PART OF THE BENEFITS?

Adolescent Girls.

College Students.

New Mothers.

Caregivers.

Educators.

Healthcare Professionals.

Rural Populations.

Low-Income Women.

Pregnant women.

Women with Chronic Health Conditions.

You can find more information about this amazing program

https://drive.google.com/drive/folders/1SxEIG9uHQU8_OPbbwNNr-uw7pZ0ku78T

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PERIOD PARTY.

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Our program aims to create a joyful and secure haven where all menstruators can educate themselves and empower others in advocating for period health. We provide party host with the knowledge and tools they need to promote menstrual health awareness to their friends, while emphasizing community and support, ensuring everyone feels valued and included.

Think of it as a party with a purpose. Combining the informative aspects of a workshop with a personal and enjoyable twist, we make learning about period health fun and impactful. Through interactive sessions and engaging activities, participants share experiences, gain insights, and build lasting connections, leaving inspired to advocate for menstrual health in their own communities.



OUR PROGRAM GOALS

- Educate Participants on Menstrual Health.
- Promote Period Health Advocacy.
- Reduce Menstrual Health Stigma.
- Provide Practical Tools and Resources about the period, women's health, hormones, wellness, etc.
- Create Engaging and Fun Learning Experiences.

WHO CAN BE PART OF THE BENEFITS?

Adolescents and Teenagers.

Young Adults.

Teachers and Educators.

Parents and Guardians.

Community Leaders.

Nonprofit Organizations.

School Health Programs.

Youth Group Leaders.

School Nurses.

Community Health Workers, Corporate Wellness Programs, etc.

You can find more information about this amazing program

<https://drive.google.com/drive/folders/1SxElG9uHQU8OPbbwNNr-uw7pZOku78T>

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HEALTH COURSES.

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Our expertly crafted educational courses are designed to cater to diverse interests and needs, ensuring comprehensive and engaging content for all participants. These courses are available on our user-friendly platform, providing free access to thousands of visitors who frequent our website annually. We aim to empower individuals with knowledge and skills that promote menstrual health and sustainable practices.

In addition to our online courses, we offer workshop packets tailored for communities eager to collaborate and disseminate these valuable resources. These packets include everything needed to conduct informative and interactive sessions, fostering a supportive environment for learning and growth. By equipping community leaders with these tools, we ensure that essential education reaches even the most remote areas.



OUR PROGRAM GOALS

- Access to reliable and accurate information about health.
- Curriculum development.
- Empower and inspire community leaders.
- Promote sustainable practices.
- Increase awareness.

WHO CAN BE PART OF THE BENEFITS?

Men and women.

Teachers and educators

Kids and teenagers.

Parents and guardians

Community members

Health advocates

Non-profit organizations

Health professionals

Government organizations

You can find more information about this amazing program <https://docs.google.com/document/d/1luO3ALmWdpzQeGtigq6wqnehO2uMzGt9x43oPY9nyYw/edit>

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REUSABLE PRODUCTS DISTRIBUTION

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

The Reusable Products Distribution program is designed to collaborate with a wide range of organizations, schools, and community groups with the goal of improving menstrual health through the distribution of reusable menstrual products.

These products include reusable pads, period panties, and menstrual cups, all of which offer long-term, sustainable solutions for menstruators. In addition to providing these products, the program emphasizes comprehensive education, ensuring that recipients understand how to properly use the products, their numerous long-term benefits, and how to support individuals in their menstrual journey effectively.

By building strong and meaningful partnerships, the program strives to enhance menstrual hygiene management practices, significantly reduce environmental waste, and promote greater health equity within underserved communities around the world.



OUR PROGRAM GOALS

- Provide access to reusable products.
- Teach proper product use and care.
- Encourage open menstrual conversations.
- Promote transition to reusable products.
- Offer ongoing support and resources.

WHO CAN BE PART OF THE BENEFITS?

Adolescent girls	Young women	Low income women
Underserved communities	Rural populations	Remote areas
Schools	Educational institutions	Health care providers
Patients in underserved areas		

You can find more information about this amazing program <https://docs.google.com/document/d/1pbDGtn7CJX8a1sNh4e4dMHCVdf17iEvUTcgxDSEnKH4/edit?usp=sharing>

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DIGNITY KITS

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Dignity Kits program offers middle schools complimentary reusable menstrual kits and educational resources to promote menstrual awareness and hygiene in schools and the wider community.

The goal is to empower young girls to attend school confidently, without the feelings of shame or fear that often accompany menstruation. Schools receive these kits and ensure they are accessible to girls who need them, focusing on students who may face menstrual health challenges.

The kits contain reusable menstrual pads, educational handouts on menstruation, the menstrual cycle, hormones, and general health. In some cases, donated books are included to further educate students about these topics.



OUR PROGRAM GOALS

- Provide middle school girls with reusable menstrual kits.
- Educate young girls on menstrual cycles and hormones.
- Empower girls to manage periods with confidence and dignity.
- Promote open conversations and awareness about menstruation.
- Include comprehensive educational resources on menstrual health.

WHO CAN BE PART OF THE BENEFITS?

Educators	Low-income students	Middle school girls
Administrators	School nurses	Parents
Counselors	Community leaders	School community
Girls who face challenges in accessing menstrual products		

You can find more information about this amazing program <https://docs.google.com/document/d/1GvkQUOM1s5fWfkM6NfcxD136iG9-KFBbB5keVVwm07o/edit?usp=sharing>

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KNOW THE PROCESS

Check Our Information

- Explore our website and informational materials to learn about our programs and projects.
- Review this booklet and other specific documents provided for your organization.

Submit an Initial Application

- Complete the initial application form on our website.
- The form requires basic information about your organization, your interest in our programs, and any specific collaboration ideas you may have, you can previously review all the ways we have to collaborate and the levels of partnership we offer.
- We'll follow up through established communication channels if you've had prior contact or discussed a potential collaboration, if that's not the case, we'll just contact the email provided in your application form.
- We aim to respond within two weeks. Additional information or clarification may be requested.

Set a Date for a Discovery Call

- If your application is successful, we will schedule a discovery call.
- This call allows us to learn more about your organization, discuss your goals, and explore collaboration opportunities in detail.

Design a Personalized Collaboration Plan

- After the discovery call, we will create a personalized collaboration plan tailored to your organization's needs.
- This plan will outline specific roles, responsibilities, and resources required, ensuring clear understanding and effective partnership.

Training, implementation and evaluation

- After agreeing to the partnership, you'll receive training and support for implementation, regular check-ins, and continuous resources. We'll work together to evaluate progress and ensure program success, with opportunities for feedback to improve future collaborations
- explore the detailed chart below, which outlines the full implementation process, guiding you step by step with timelines and support resources to ensure a smooth and successful partnership.

HOW WILL BE THE EXPERIENCE OF THIS COLLABORATION?

WEEK 1

GET READY

- Receive the educational materials and resources we agreed to share with you during the previous stage of the collaboration.
- Start planning how you'll introduce the program to your community.
- Set a date for your first event or distribution.
- Spread the word! Send out invitations and get your community, school, or workplace excited.

WEEK 2

LAUNCH TIME

- This week marks the start! Host your event or begin distributing resources.
- Keep everything running smoothly—make sure resources are available for two weeks.
- Have 1-2 people help keep track of participants and make sure everything is being used as intended.

WEEK 3

HOW'S IT GOING?

- By the end of Week 2, we'll send you a quick form via email to check in. We'd love to hear how things are going, what you need, and how the program is impacting your community.

WEEK 4

LET'S REFLECT AND PLAN AHEAD

- This is your chance to reflect on how things have gone so far. You'll receive an email to share feedback and discuss any needed adjustments.
- In this email, you'll have three options:
 1. Extend the collaboration up to 6 weeks by adding 2 more weeks, with continued weekly check-ins by email.
 2. Complete the collaboration if you feel the program has met its goals.
 3. Explore a higher level of collaboration if you're ready for a deeper partnership and more involvement.

We're committed to helping you achieve lasting impact, and we look forward to working together to create meaningful change. Remember you can always contact us, we'll make sure we find the best way of starting the menstrual revolution together!

THANK YOU
FOR
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NEW FUTURE
FOR OUR
GIRLS!

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