

Jessy

| Date | Percentile |
|------------|------------|
| 27/01/2015 | 3 |
| 05/08/2015 | 25 |
| 22/02/2016 | 25 |
| 11/10/2016 | 25 |
| 28/06/2017 | 50 |

In just over 2 years, Jessy has shown a sure and **steady increase** in her weight and height. She is

now the **average size of an 8 year-old** across the world. If she continues this way she will match her peers in all areas of **physical development**.

At the age a girl begins **menstruating** she will be behind her male peers, they can miss a week of school every month through lack of access to **sanitary products** or **washing facilities**. They often resort to using unsanitary rags, tissue or moss to mop up the flow risking infection, or they remain at the family home until the end of the cycle.

At Porridge and Rice Schools such as Excel Emmanuelle, all menstruating girls and female teachers are provided with **sanitary towels** to keep them attending school. Without **missing** the equivalent of **3 months of education** a year, the girls are able to advance at the same rate as their male peers and graduate at the same time.



Porridge and Rice works with **Zana Africa** to provide the sanitary towels (**Nia**) and educate the girls on how to use them and what to expect during menstruation. To ensure that their male counterparts understand, they are also given lessons on **puberty**.