

I Support the Girls-North Dakota

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Community Organization

- **Organization:** I Support the Girls
- **Mission:** To empower and provide dignity to women going through homelessness and poverty. We promote that no woman should ever have to choose between a meal and basic hygienic products
- **Population Served:** Females across the state of North Dakota through 17 different organizations



Personal Growth

Lessons Learned:

- There is a true need for basic hygiene products within our state and throughout the world
- Donating hygienic products provides dignity and autonomy to women at all phases of their lives
- Women experiencing homelessness, addiction, domestic violence, and recent incarceration throughout our state can have an increased need for these items
- No matter where you are in the world, every woman deserves to have these products that many of us take for granted

Personal Awareness:

- Greater appreciation for hygienic items that we and many others take for granted
- Increased understanding for the loss of dignity that is associated with not having these products during menstrual cycles and how this can contribute greatly to an already stressful time in one's life



Community Impact

What we Do:

- We create relationships with local organizations, assess need throughout the state, organize and host donation drives, and hand deliver hygienic and menstrual products throughout North Dakota

Organizations and Relationships Built:

- Bismarck-Mandan: Heaven's Helpers, Heaven's Helpers Closet 701, Youthworks, Abused Adult Resource Center, Center Inc, Bismarck Transition Center, Welcome House, ND Teen and Adult Challenge, Sacred Pipe Resource Center
- Fargo: Center Inc.
- Grand Forks: CVIC
- Jamestown: State Hospital, Community Action, B Unique
- Other: CAWS, ND Women's Correctional and Rehabilitation Center, Standing Rock Reservation

Most Recent Donation Drive:

- We helped organize, collect, clean, and donate with a local participant who hosted a drive through ISTG-ND
- Four local businesses involved: Luminare Studios, Pure Barre, Hi Honey Salon, and Transitions Yoga
- Donation drive brought in: 207 bras, 4835 menstrual products, 152 other

The Pandemic and Continual Need

- The need will continue to be ongoing throughout the state and worldwide
- With the current pandemic, this need has increased substantially and most likely will remain high for the coming months/years
- North Dakota has been impacted a great deal and ISTG is hoping to continue to try mitigate some of the growing need throughout the state



Challenges and Rewards

Challenges:

- For most states, there is an ISTG Affiliate in many major city centers. With the organization being new to the state, we have two affiliates for the entirety of the state. Although this has not stopped us from delivering any product, it has created difficulties to distribute the product statewide
- There is a substantial need throughout the entire state, and it is greater than the amount of product we have been able to obtain and distribute
- There has been difficulty in organizing in-person drop offs and donation drives throughout the pandemic

Rewards:

- Helped provide dignity and autonomy to many women throughout the state by providing products that they need for basic hygiene purposes
- Created relationships that will hopefully carry on with the organization for years to come
- Increased state awareness of the need for these products and the organization I Support the Girls
- Created a meaningful way to have community involvement during an international pandemic



Future Goals

Future Goals for ISTG-ND:

- Continue donation drives to involve community members
- Introduce and decrease the stigma around reusable menstrual products
- Continue to increase awareness and help those who need it most in our state through the strong platform we have created with the wonderful help from I Support the Girls headquarters

Our Careers:

- As two future obstetricians and gynecologists, this organization and the women it serves is close to our hearts. We are both very passionate about helping those in need, especially in relation to bodily autonomy. We hope to continue this throughout our careers and hope you will join in our help to end menstrual and hygienic product poverty throughout our state!



Thank You

- I Support the Girls
- Our wonderful donors and donation drive participants

