

Project:

For the Girls

April - June, 2026

**Classes
24 - 28**



75 

Students Reached

75 

Books Distributed

5 

Teachers Supported



**Rohingya
Community**



**Kutupalong
Bangladesh**



Program Description

For the Girls is a culturally contextualized women's health education program developed by Books Unbound for adolescent girls living in displacement.

Through interactive lessons, picture-based learning, and facilitated discussions led by trained local facilitators, participants explore nutrition and physical activity throughout a woman's life.

The curriculum emphasizes cycle awareness, helping girls understand the phases of the menstrual cycle and how nutrition and movement support their bodies throughout each stage.

It also introduces key topics across the female life cycle, including pregnancy, postpartum health, and menopause.

What We Did

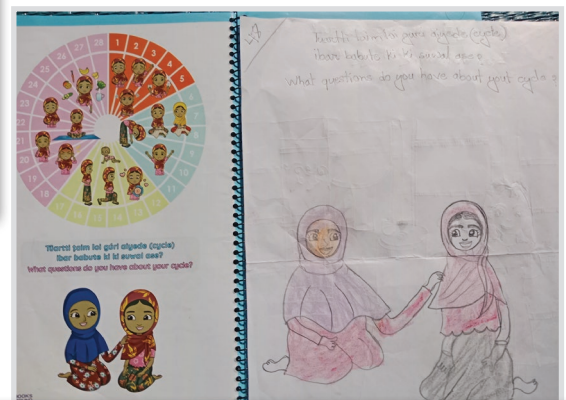
- Delivered 125 interactive sessions across 5 classes, totaling 250+ hours of women's health education.
- Taught cycle awareness, pregnancy, postpartum, menopause, movement, and nutrition.
- Led every session through trained local female facilitators in a safe, discussion-based environment.
- Provided each participant with a [For the Girls](#) book, notebook, and writing supplies.
- Served snacks during every session.
- Measured learning through baseline and endline assessments to evaluate program impact.

The program was inspired by Rohingya girls in refugee camps, where rising rates of child marriage left many adolescents navigating womanhood, marriage, and motherhood with little access to accurate health education.



"Today's session answered many questions that had been building up inside me. I now have a better understanding of my body and my health."

- Student
Kutupalong, Bangladesh



"Many girls in our community do not know these things. This program is very helpful, and I hope more girls have the opportunity to learn from it."

- Student
Kutupalong, Bangladesh

5
classes

25
sessions per class

50+
hours per participant

By the end of the program, participants showed increased knowledge and confidence in key women's health topics. Many girls shared that they better understood their bodies, felt empowered to apply what they learned in their daily lives, and wanted to share their new knowledge with other girls in their communities.

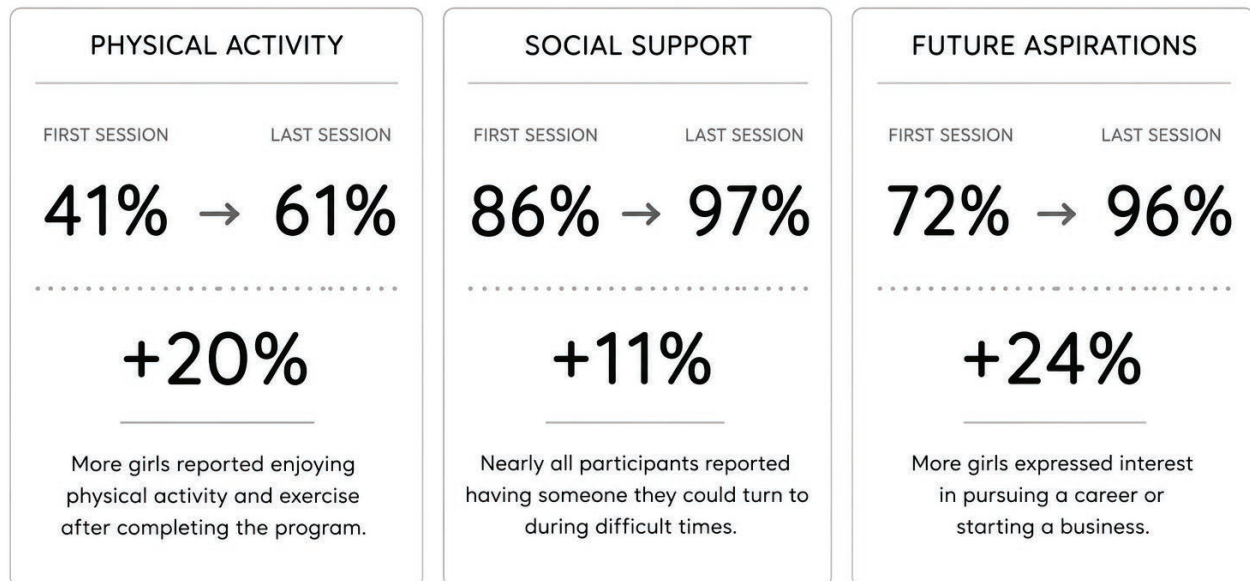
The book also explores entrepreneurship and

innovation, encouraging girls to think creatively about future opportunities despite the challenges of displacement.

The program was led by five Rohingya female instructors, creating a trusted and culturally relevant environment where girls could learn, ask questions, and openly discuss topics that are often considered taboo.

Results at a Glance

These results compare participant responses from the first and last sessions.



"I learned how to take care of my body during my period."

"I now understand my body better."

"I learned many things about women's health that I didn't know before."



Beyond the Classroom

One year after participants completed the program, we invited parents and family members to share how the experience had continued to shape the lives of their daughters/family members.

Here are a few reflections shared by families of students who completed the program in 2025:

“My daughter participated in this class and learned about the harmful effects of consuming betel nut during pregnancy. She shared what she learned with our family, and as a result, my son’s wife stopped consuming betel nut during pregnancy and delivered a healthy baby.”

- Mother, Student from Class 13

Kutupalong, Bangladesh

“After this class, my daughter feels safe with the changes in her body and mind and is no longer ashamed to tell me about her problems.”

- Mother, Student of Class 16

Kutupalong, Bangladesh

“I have seen my daughter’s physical improvement since participating in this class. I believe this program is very meaningful for girls growing up in the refugee camp.”

- Mother, Student of Class 16

Kutupalong, Bangladesh

“My daughter shares what she learns from each class with our family, and I have seen positive changes among our family members.”

- Mother, Student of Class 20

Kutupalong, Bangladesh

Why This Program Matters

Understanding how our bodies work empowers us to:

- Make more educated decisions about our bodies
- Recognize the close interconnection between our physical and mental health
- Take action and be positive role models for our community

What’s Next?

Thanks to the generous support of our donors, this program will continue throughout the remainder of the year. Between August and September, we will launch five additional classes, reaching **75 more adolescent girls in the Rohingya community**. We will share the outcomes from those classes in our next impact update.

Out of all our outreach programs, we see the most potential in *For the Girls* program. There is an overwhelming need for culturally sensitive women’s health education. The community support and positive feedback from participants and their families have reinforced our belief that this program can be successfully adapted to serve girls in other communities.

Our goal is to expand this program into **Central/South American communities**, adapting and providing more girls with access to culturally relevant health education.



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