



ECO FEM GUAJIRA

Programa de educación menstrual sostenible



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@plasticaware_colombia



@soywardiana

Eco Fem Kuisa



Eco Fem is a sustainable menstrual education program, developed in collaboration with the Colombian Environmental Movement, Copa Free, Plasticaware and Wardiana, as a first pilot for 30 women (teachers and students of the Centro Etnoeducativo Nuestra Señora del Carmen in Kuisa- Alta Guajira), to provide a series of workshops on female empowerment, the menstrual cup as a hygiene alternative and the impact of waste on the environment.

Yoga y Dragon dreaming

Every woman during her life, faces social and environmental processes that are related to her feminine cycles, economically and in terms of environmental impact; however, when we talk about these issues it is also vital to recognize that behind the fears, taboos and rejection of many natural female processes, there are also great wounds of valuation around our own body.

This is why in our Eco Fem program the first module is the self-recognition of our emotions, through the practice of yoga, with meditation exercises, conscious movement and breathing.



In these sessions we live a process of self-valorization and reconciliation with our feminine cycle.



Menstrual education

Do we know our body ?

80% of Colombian women do not know their bodies, this is due to the lack of sexual and menstrual education in Colombian schools and colleges, so we decided to dedicate a workshop only to this topic.



What eco-sustainable menstrual hygiene methods exist?

There are many ecological methods to live our bleeding days in a sustainable way, some of these are: cloth towels and pads, menstrual discs, absorbent sponges, menstrual cups and others.

What is a menstrual cup?

The cup is a menstrual hygiene product made of hypoallergenic material that retains blood inside the vaginal cavity, has a life time of 10 years and can be inside the body for 12 continuous hours, it is a healthy, economical and ecological alternative for women.



Waste awareness

How much sanitary waste do we generate?

Approximately 100 billion tampons and sanitary napkins are used each year, approximately 60 kilos per person, which take between 300 and 600 years to degrade.



Where does all the plastic go?

Plastic takes up to 450 years to degrade!!!! There are currently 7 islands of plastic and trash floating in our oceans. Using eco-friendly products such as menstrual cups, bamboo brushes, reusable bottles and bags reduce the environmental impact. In La Guajira, waste collection and disposal is very complex, so these alternatives help to reduce the environmental impact.



Reduce

Reuse

Recycle





What does the kit you
donated contain?

With your contribution we made it possible to deliver 30 menstrual kits consisting of cup, user manual, reusable bag and the cycle of workshops that allowed this first group of wonderful women to know their bodies better and receive the possibility of having a more dignified and sustainable period.



Thanks for your donation!

Being empathetic, understanding that opportunities are different for everyone makes it possible for small actions to initiate big change.

Andyawachijaa