

LEARN MORE ABOUT THESE PROJECTS:

Thank you for participating in our service project kit initiative! The feminine hygiene kits provide recipients with necessary hygiene supplies which gives them the means to care for themselves and dignity. This exemplifies the Jewish value of human dignity, which in Hebrew is *kavod ha'adam* and translated to “honor of humans.”

DID YOU KNOW?

Facts About Period Poverty:

- Every month, more than two billion people around the world menstruate. Period poverty refers to the inability to afford and access menstrual products, sanitation and hygiene facilities and education and awareness to manage menstrual health.
- In the United States of America, 1 in 4 teens and 1 in 3 adults struggle to afford period products, especially teens of color and lower-income households.

A JEWISH LENS:

Pirkei Avot, a book of Rabbinical teachings, known in English as *The Ethics of Our Ancestors*, is made up of short statements of advice, ethics, and wisdom. One of the prominent 2nd Century scholars whose teachings are featured in *Pirkei Avot* is Ben Zoma.

Ben Zoma said... “Who is honored? He who honors his fellow human beings.” -*Pirkei Avot (Ethics of our Ancestors)*, 4:1

By putting together these kits, we are putting the value of Human Dignity into action by meeting urgent needs and allowing people to more easily care for themselves for a short time.

CONSIDER THIS:

- What does it mean to show honor and care to others?
- In what ways do you like others to show their respect for you?
- What is something that you can do to care for yourself?