**Week Report 4**

**Colegio Santa Catalina**

**Tucuman, Argentina**

**Teacher: Romina Lucero. I teach English as a foreign language using a lot of technology.**

a. Our province is called the “Garden of the Republic” as a nickname but in reality it is one of the most dirty provinces. We, as teachers, try to change this situation by encouraging our students to not pollute and produce waste throughout projects.I started to use menstrual cup last year because I read about the negative impact that tampons and pads made to the environment and to a woman`s body. At the beginning of this year I have the idea to make this project because it is an all girls´ school and I was sure that nobody knew about the existence of any sustainable methods to make their periods greener and healthier. And I was right.I noticed also that girls are ashamed of their periods as well as they did not have healthy habits regarding their selfcare. So, I chose this group of students who were eager to participate and help me to start a campaign to change this situation.

b. We wanted to offer information and all the possible alternatives (specially the menstrual cup) to girls who wanted to change their habits and help the environment by supporting at the same time the Sustainable Development Goal 3 (Good health and well-being), Sustainable Development Goal 6 (Clean water and sanitation) and 11 (Sustainable cities and communities) .Our support towards the SOLUTION is described in the following Steps:

**Step 1**. The group of 42 students was divided into 4 smaller groups with an specific task: Photography and Augmented reality group, Brochure and web page group, Poll group and Campaign group. We create our motto: Let`s greened up our periods!

**Step 2.** The photography group took pictures of all the process, specially they have to take pictures of the school bathrooms in order to have the impact we needed to raise awareness during the campaign.

**Step 3**. The campaign group collected information about sustainable period provided by the teacher in the virtual classroom platform we use. They made posters and expositions using projectors to explain the sustainable methods and they also encourage other students to try them.Some female teachers were also invited to listen and to share their doubts with the students. They are also collecting money to buy all together their menstrual cups.

**Step 4**. The poll group made a virtual poll using Google Form to collect data about the methods students and all the women of their families and friends use during their periods.This poll was shared by using Whatsapp and it is upload in the site.

**Step 5.** The Augmented reality group shared the brochure using augmented reality in the school classrooms and outside the school. They also taught the rest of the students how to use this technology. They emphasized the use of technology and not to produce more waste by giving paper brochures.

The Web page group did the brochures and a site with all the information and the process of this project.

**DIFFICULTIES:** The major difficulty was to struggle with the feelings of disgust and discomfort by being coping with their own blood. So, if my students did not want to try menstrual cups or cloth pads, It would be difficult for them to encourage others to use them. But it took 1 or 2 girls and their teacher´s own experience using these methods to spread the excitement. Other difficulty was my students´ parents. Some of them did not want their daughters to use this strange device. They have to show their parents all the information as well.

**RESULTS:** We have reached to more than 300 girls in our school and some more including mothers, sisters, friends and other teachers. The campaign will continue next school year and in some towns in Tucuman where my students do volunteer work and where there is no provision of basic services such as clean drinking-water or sewage and garbage disposal.

**REFLECTIONS:** We felt so excited to do this project and to know about our bodies. It grew a feeling of sorority among the students because some girls were eager to talk about this subject but nobody, even their own mothers, wanted to explain them basic things. We felt a little stressed at times, after all we had to do but so excited and grateful for the great results and thrilled to have achieved our goal. We hope to inspire more to take actions to support our campaign Sustainable period: Let`s greened up our periods! and continue supporting SOS4Love project. Because we all know in heart, That Only Love can Change The World.

Brochure link: <https://www.canva.com/design/DADpTKDH6y0/G9AXDCJS7-XozSi5Ks6pSA/view?utm_content=DADpTKDH6y0&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink>



Web Page link:

<https://5da742b71f4ba.site123.me/>

Online poll

<https://docs.google.com/forms/d/1RIa0GnqGlWGiTAOuOwCxfah5FU-7tvnk1NeTP_zfoUo/viewform?edit_requested=true>