

Dignity Bag for Girls

We have developed a Dignity Bag for Girls that is easy to make and is designed to carry feminine products for impoverished girls living in rural communities. These bags will be filled with 2 panties, 2 washable sanitary pads, a booklet on puberty, a small bar of soap and a Ziploc bag for soiled pads. The girls live in extreme poverty and cannot afford to purchase sanitary pads of any kind.

These dignity bags are easy to make, but if you don't feel comfortable sewing by yourself, ask an adult for some help.

Materials Needed

- 2 Pieces of fabric measuring 11" x 14"
- KTCC iron on label - provided by KTCC
- Scissors
- Sewing Pins
- Needle and thread for basting
- Permanent marker

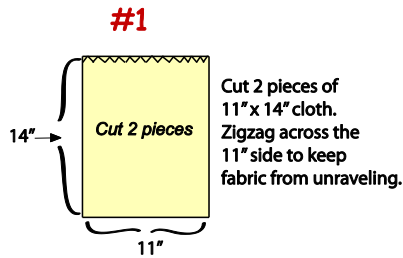
Additional Equipment

- Sewing machine and thread
- Iron for ironing on label



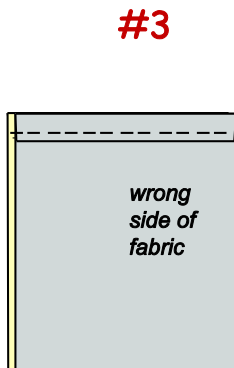
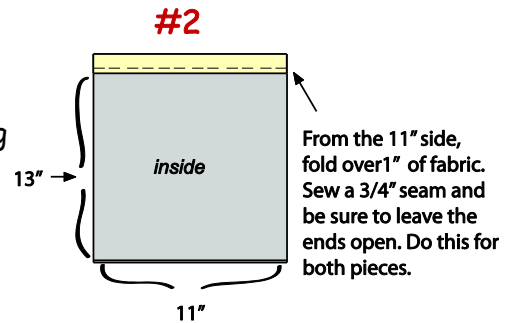
Dignity Bag Instructions

Select a piece of fabric that 2 pieces of cloth may be cut out measuring 11" x 14". Cotton or a cotton blend fabric works best. Contact KTCC to request the KTCC Iron-on Labels. Please specify how many bags are being made.



#1 - Cut 2 pieces of fabric to 11" x 14".

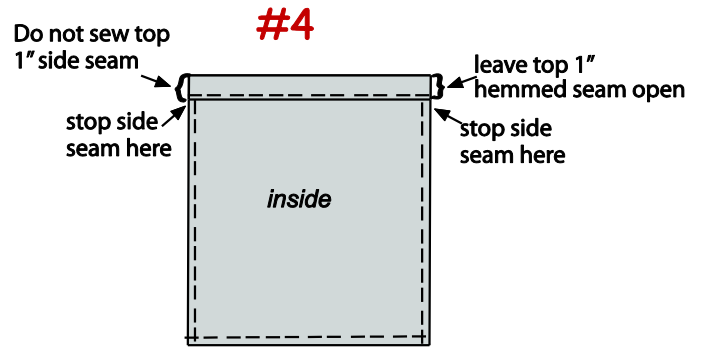
#2 - Fold the top edge 1 towards the inside of the fabric (on the 11" side) and sew the flap down leaving a 3/4" margin.



Place 11" X 14" panels together with wrong sides facing out. Secure with straight pins.

#3 - Place the two pieces of fabric together with the right sides facing in and the sewn seam at the top of the rectangle. Pin the two pieces together.

#4 - Sew the bottom and sides with a $\frac{1}{2}$ " seam. Do not sew the top 1" seam closed as this will be used for the draw string.



Sew $\frac{1}{2}$ " side and bottom seams. Stop sewing the side seam at 1" from the top of the bag. The top seams are for threading cording through for the drawstrings.

#5 - Remove any pins and turn the bag inside out.

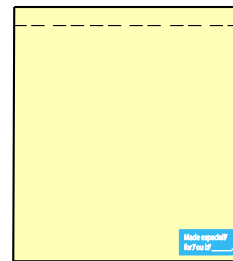
#6 - Place the KTCC iron-on label on the lower right hand corner, glue side down.

Put the iron at the cotton setting. Do not use steam.

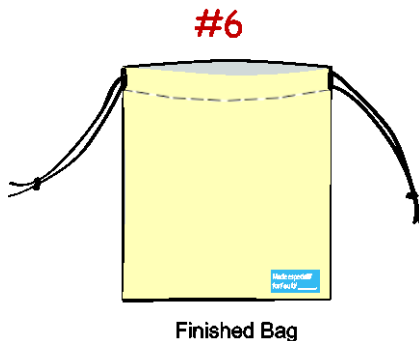
Hold the hot iron on the label for 5-10 seconds to apply the label to the bag.

Write your first name only on the label using a black permanent marker.

#5



Turn bag inside out. Place iron on label in the lower right hand corner. Use a warm iron to apply the label. Write your first name with a permanent marker on the label.



#7 - When you have completed your bag, send it to KTCC where we will insert the cords for the drawstrings.

KTCC Dignity Bag Submission Form

Date: _____ # of KTCC Dignity Bags: _____

Name (individual or group): _____

How many people participated to assemble the bags? _____

Total amount of time to assemble the bags: _____ hours

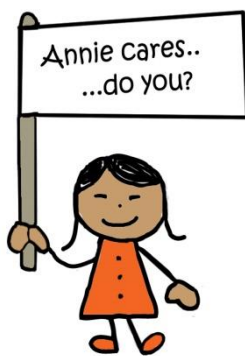
Address: _____

Contact name (if different than above): _____

Phone: _____ Email: _____

Please send completed book bags and form to:

Kids That Care Club
1042 Lewis St.
Santa Clara, CA 95050



Kids That Care Club

1042 Lewis Street, Santa Clara, CA 95050 Ph: 408-554-5860
email: susan@kidsthatcareclub.com
<http://www.kidsthatcareclub.com>

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