

Driving positive change,
together



share^{the}
dignity

Ensuring that everyone is afforded
the dignity in life that so many of us
take for granted.

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GET IN CONTACT WITH
OUR PARTNERSHIPS
TEAM TO SEE HOW WE
CAN WORK TOGETHER!



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Today you've started your journey towards becoming a period proud organisation!

share*thedignity*

did you **know that...**

4 out of 5 Australian women and girls are effected by PMS.¹

2 out of 5 Australian women have called in sick to work due to their period.²

Nearly half of Australian girls have skipped school due to their period.³

3 out of 4 say their opinions of their workplace, school or university would be higher if they provided free period products.⁴

Initiatives which support those in your workforce and community who menstruate could save the Australian economy up to **\$9 billion in lost productivity**⁴.

1. Ju, H., Jones, M., & Mishra, G. D. (2014). Premenstrual syndrome and dysmenorrhea: Symptom trajectories over 13 years in young adults. *Maturitas*, 78(2), 99–105.
2. Connory, Jane and WhyHive, (2021), 'Period Pride Report: Bloody Big Survey Findings: Australia's largest survey on attitudes and experiences of periods'.
3. Ibid
4. Preliminary findings from Share the Dignity's 2024 Bloody Big Survey from approximately 82,000 respondents.
5. Figures estimated based on economic data from *TheGlobalEconomy.com* and findings from Share the Dignity's *Period Pride Report (2021)* as cited above.



About

Share the Dignity

In 2015, Share the Dignity was founded after identifying there was a genuine need to provide vulnerable women in our community with essential sanitary products. It was reported that these women were often forced to choose between buying food to eat or buying expensive sanitary items to get through their periods. Women and children, either homeless or in shelters, were having to clean themselves in public toilets and use paper towels to create makeshift sanitary pads.

This is not and should never be okay.

From a grassroots local community initiative to a national charity, Share the Dignity has struck a chord with the Australian public and continues to evolve in order to provide for the needs of at-risk women and children. Working tirelessly with over 6000+ volunteers, the charity has been able to deliver over 4 million packets of pads and tampons and over 800,000 essential filled handbags to Australian women and girls.

Share the Dignity continues to grow with the support of passionate volunteers and the generosity of Australian businesses, ensuring that everyone is afforded the dignity in life that many of us take for granted.



4.8 Million
Period Products



898,000+
It's in the Bag



793+
DVMs Installed

Our impact in numbers



The total number of pads, tampons and liners donated. Additionally, we've received 22K reusable products.

4.8 Million
Period Products



The total number of bags distributed through our It's in the Bag and Sponsor a Bag campaigns.

898,879+
It's in the Bag



Our growing number of amazing volunteers who make everything we do possible.

6,000+
Volunteers



Our growing number of social followers across Facebook, Instagram, LinkedIn, X, and TikTok.

332,000+
Socials Followers

793+
DVMs Installed

The total number of Dignity Vending Machines installed in schools, community hubs, and commercial venues.



543,000+
Period Pack Vends

The total number of period packs dispensed by our Dignity Vending Machines and Dispensers since 2017.



3,000+
Charity Partners

The total number of charities and community organisations we partner with Nationwide.



284,000+
Remote Donations

The number of packets of period products delivered to remote Indigenous communities since 2021.



mission

Ensuring that everyone is afforded the dignity in life that so many of us take for granted



vision

Dignity for the vulnerable

purpose

To ensure dignity through the provision of basic necessities for vulnerable people at every stage in their life.

commitment

Improving the quality of life for those experiencing homelessness or domestic violence.

values

Gratitude
Integrity
Passion
Innovation

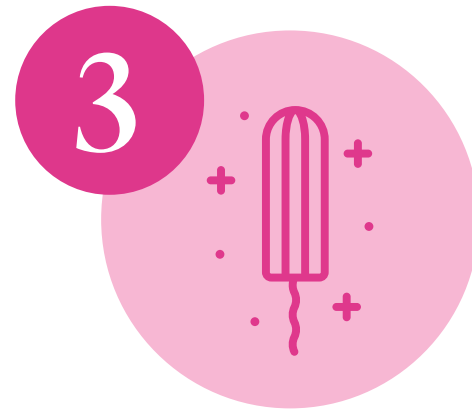
PROVIDE CLEAN AND SAFE
SANITATION FACILITIES



PROVIDE PERIOD
PRODUCT DISPOSAL BINS



PROVIDE FREE PERIOD
PRODUCTS



PROVIDE AND CREATE
AWARENESS ACTIVITIES
IN THE WORKPLACE



PROVIDE PERIOD/
MENOPAUSE LEAVE



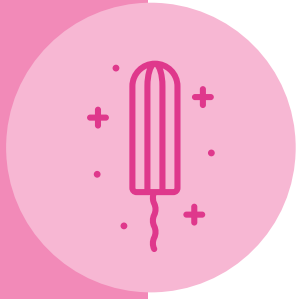
• BECOME A PERIOD PROUD ORGANISATION •

5 Milestones of **Menstrual Equity**

The 5 milestones focus on removing the obstacles which hinder women and those who menstruate from participating equally in the workplace. This includes providing safe and dignified sanitation facilities, removing the financial burden of period products and personal leave taken, and tackling the shame & stigma around menstruation. By committing to these 5 milestones, you commit to creating a supportive and equitable environment for your employees.

How many have you already achieved?

Providing Free Period Products



We believe that no-one should have to go without period products, so we created a machine that dispenses them for free!

At Share the Dignity, we are passionate about empowering and supporting people to live a life of dignity and safety. The state of period poverty in Australia is unacceptable. We acted and created the Dignity Vending Machine (DVM). We have heard too many stories of women, girls and those who menstruate having to resort to using rags or socks or using period products for too long because they could not afford more, which is a major health risk.

Support your employees by installing a Dignity Vending Machine

By installing a commercial DVM or Dispenser not only are you supporting your employees and patrons, but the funds raised through this program increase your impact by helping to fund our mission and the vulnerable communities that we support.



**FIND OUT MORE ABOUT
DIGNITY VENDING
MACHINE'S**



Commercial Machines

Our Dignity Vending Machines ensure those in need can access free period products at the push of a button.

In February 2024 we installed our very first commercial Dignity Vending Machine at Australia Zoo.

Commit to taking meaningful actions through leasing our Dignity Vending Machine (DVM) or purchasing our Dignity Dispensers. The machines dispense a specially designed Period Pack containing 6 tampons and 2 period pads, offering a choice of product and ideally enough to support anyone through a full day of menstruation.



DIGNITY VENDING MACHINE

Our Commercial Dignity Vending Machine is designed with your space in mind. It showcases a clean, minimal design with its purpose front and centre: providing free period products to those who need them.

This machine offers the benefit of telemetry records, a remote reporting functionality which will assist you in optimising the location and/or awareness of your machine to get the greatest benefit for your employees and patrons. This will also alert you when stock is low and the machine needs to be refilled.



DIGNITY DISPENSER

Our Commercial Dispenser is designed for small spaces. It can be mounted to any wall, including framework and lower load bearing walls. It showcases a clean, minimal design with its purpose front and centre: providing free period products to those who need them.

The Dignity Dispenser is a great option for small bathrooms or bathrooms without access to power. It dispenses one product at a time with reserve product automatically dropping down.

SPONSOR A MACHINE IN YOUR LOCAL COMMUNITY

Sponsorship delivers a Corporate Social Responsibility (CSR) opportunity that empowers those in need through your business. Each Dignity Vending Machine has a space to showcase its sponsor.

EXPRESS INTEREST
IN SPONSORING A
MACHINE



Creating Awareness: Corporate Volunteering



In a country where almost one million people are living in severe income poverty, ensuring access to basic essentials for the most vulnerable among us is a significant undertaking.

With the support of corporate volunteers, we can pack more bags, reach more charities, and provide much-needed period products and essential hygiene items to those who need them most. Join us in creating a team bonding experience that directly impacts vulnerable girls, women, and people who menstruate in your local community. It's more than just donating; it's about creating meaningful engagement between your team members and the cause they're supporting.



WE CAN HOST **UP TO 25 PEOPLE** AT SHARE THE DIGNITY'S 'PAD CENTRAL'



CONTACT OUR PARTNERSHIPS TEAM ABOUT BAG PACKING



Creating Awareness: Off-site Bag Packing



OPTION FOR LARGE GROUPS

Hosting a bag packing day at your office or site not only fosters team bonding but also directly impacts the lives of individuals facing adversity.

Want to create an even LARGER impact by getting your whole organisation involved? Our option for off-site bag packing allows for larger groups to commit to packing even more bags. Together, we can make a real difference in the lives of those in need. Host a bag packing day with us and experience fulfilling team bonding that leaves a lasting impact. Ready to get involved? Contact us today to organize your personalized bag packing day and be a part of something meaningful. We're happy to discuss your specific event in more detail and tailor it to meet your team's needs and preferences.

CONTACT OUR
PARTNERSHIPS TEAM
ABOUT BAG PACKING



Get Involved at your workplace



SHARE THE DIGNITY SHOP
Purchase supporter products designed to start important conversations around the issue of period poverty.

All Year



DIGNITY DRIVE
Twice annually we ask the public to donate period products to be distributed to our registered charities across Australia.

March
&
August



DIGNITEA
Major high tea events will be held in Brisbane, Melbourne and Sydney in recognition of World Menstrual Hygiene Day.

May



IT'S IN THE BAG
Everyday Aussie's put together bags filled with essential items to be donated to someone in need at Christmas.

November



WORKPLACE GIVING
Foster a culture of philanthropy within your organisation. Regular contributions, no matter how small, allow us to continue our ongoing projects.

All Year



GIFT IN KIND
Donation of items such as goods & services to support our mission, providing essential resources beyond financial contributions to help us grow through giving.

All Year



CO-BRANDING & BRAND COLLABORATIONS
Collaborate with us in your own unique way to raise funds, awareness, and support for the cause. We can tailor ways to best work with your brand!

All Year



HOST YOUR OWN FUNDRAISER
Register online to host a fundraiser at your workplace. Looking for the perfect time? How about International Women's Day!

All Year



Our 2024 limited edition bloody good socks are a *bloody* good conversation starter!



WNBL PERTH LYNX PLAYERS
AMY ATWELL AND ANNELI
MALEY POSE WITH THE 2024
LIMITED EDITION BLOODY
GOOD SOCKS.

Check out our latest shop products designed to start conversations and spread the word! By having these conversations we can help remove the shame and stigma associated with periods. All profits raised from store products go directly towards our mission to end period poverty. Your purchase will help make a real on-the-ground difference in the lives of those experiencing period poverty.

Support us by wearing our merch!

It's that easy! Purchase a new shirt or a pair of limited edition socks that make a real, on the ground difference for women, girls and those who menstruate.



FIND OUT MORE ABOUT
BLOODY GOOD SOCKS



Help End Period Poverty

Dignity Drive collections are an integral part of our year, held in March and August. Members of the community are encouraged to donate pads, tampons, maternity pads, incontinence pads and period underwear to assist those who would otherwise go without.

Collection points can be found in every Woolworths store across Australia and other businesses can nominate to become collection points.

Our Sheroes and Heroes collect, sort, count and then drop the products direct to our charity partners. Any overflow from an area is collected and sent to other communities where we have not collected enough products.

Support us by
registering as a
collection point

You can purchase a collection box through our website to collect donations, or create your own with our downloadable resources. Host as drive within your workplace to collect products amongst your employees.

EACH DRIVE WE SEE
OVER 180,000 PRODUCTS
REQUESTED FROM OUR
CHARITY PARTNERS.



FIND OUT MORE ABOUT
OUR DIGNITY DRIVE

The 2021 Bloody Big Survey was Australia's **LARGEST** survey on attitudes and experiences of periods and in 2024 we want to go even bigger!

The Bloody Big Survey provides us with the evidence-based data we need to advocate for change. It proves the social, personal and financial impact of menstruation on Australians and is, to date, the largest body of data in the world on Menstruation! The 2024 Bloody Big Survey will allow us to see if attitudes or experiences have changed over the last 3 years. The survey will be open from March to May.

Support us by taking the survey!

We have committed to running this survey every three years to monitor the changing attitudes towards periods and the evolving state of period poverty in Australia. We would love you to encourage your workplace to take part in future surveys!



FIND OUT MORE
ABOUT OUR 2024
BLOODY BIG SURVEY

In celebration and recognition of World Menstrual Hygiene Day

Share the Dignity host high tea events across the month of May in Brisbane, Sydney and Melbourne. These fundraising events bring together supporters to have a fun, entertaining afternoon, making a difference for those doing it tough.

Support us by sponsoring an event

Our sponsorship options offer the chance for corporate sponsors to get involved at the level that best suits.

You will receive access to a dedicated corporate relations specialist to help tailor your package to your benefit. Sponsorship benefits include exposure at your local DigniTEA event, and social media.



FIND OUT MORE ABOUT
OUR 2024 DIGNITEA



We receive approximately 160,000 bag requests each year from our charity partners and collect approximately 100,000 bags

Our annual flagship campaign, It's in the Bag recognises this issue and aims to supply a gift to a woman, teenage girl or new mum in need, just in time for Christmas. For some, this will be the only gift they receive. The community start buying their bag items months ahead in readiness for the campaign, where complete bags are dropped off at our collection points across all Bunnings stores nationwide.

Support us by
collecting, sponsoring
or packing bags!

Each year we receive far more requests for bags than we can fulfill. With your help, we can work to meet these goals! Can't collect bags? You can *Sponsor a Bag* through our website, or volunteer your time to pack bags at a *corporate bag packing day*.

BEFORE COVID-19, 3.2 MILLION AUSTRALIANS WERE LIVING BELOW THE POVERTY LINE. IT IS NOW EXPECTED THAT THIS NUMBER HAS GROWN TO OVER 5 MILLION.



FIND OUT MORE ABOUT
'SPONSOR A BAG' AND
PACKING PARTIES



To assist with the shortfall of *It's In The Bag* donations each year, we have introduced a *Sponsor A Bag* program.

This enables people to support the program from anywhere. Members of the community can make a donation through our website and we will pack bags on their behalf and deliver them directly to our charity partners.

The aim of this program is to help fill the gap of approximately 60,000 bags that we are unable to fulfill. Unfortunately to achieve the full shortfall we would need to raise almost \$2million. As a small charity this is a large financial goal.



\$49

ESSENTIALS BAG

Sponsoring an Essentials bag will help provide a bag filled with life's essentials such as period products, shampoo and conditioner, body wash, deodorant, toothbrush and toothpaste.



\$99

ULTIMATE BAG

Sponsoring an Ultimate bag will help provide a bag filled with life's essentials such as period products, shampoo and conditioner, body wash, deodorant, toothbrush and toothpaste. It will also include some extra special gifts such as stationery, jewellery, makeup or perfume.



\$199

MUM & BUB BAG

Sponsoring a Mum & Bub bag will help provide a bag filled with life's essentials along with some extra special gifts.

Also included will be a nappy bag with the essentials for a baby like nappies, wipes and dummies.

We believe that no woman or girl should go without the very basic essentials, and together, we really do have the power to make a difference.

All year round, you can raise funds for Share the Dignity by hosting your own fundraiser with your workplace. By signing up to host your own fundraiser, your support will help make a difference to women, girls, and anyone with a period who is experiencing period poverty.

Support us by
hosting a fundraising event with your workplace

We have created a range of tools to make it easy for you to host your event including posters, social media tiles, fundraising tools, and videos to help you make your event a success. Plus, there is the opportunity for our founder, Rochelle, or one of our volunteers to speak at your event.



FIND OUT MORE ABOUT HOSTING YOUR OWN FUNDRAISER





Since 2015 we've been able to support over 2000 Indigenous charities by donating nearly 1.5 million period products.

In many remote communities across Australia, the cost of period products is much higher due to freight costs and lack of competition in these areas. We distribute thousands of packets of period products to those in need in remote communities across the country to ensure that they are still empowered to take control of their period.

Support us by
packing a pallet for a remote
Indigenous community

A Tax-deductible donation of **\$6000** will help us put together one pallet which includes:

- 50 Adult Bags
- 20 Teen Bags
- 5 Mum & Bub Bags
- 50 pkts of pads
- 100 pkts of tampons
- 3 x menstrual cups
- 10 pkts of incontinence pads
- 10 pkts of period underwear

Join our workplace giving program and help us make a difference in the lives of women, girls and those who menstruate.

Workplace giving is a great way to initiate goodwill associated with Corporate Social Responsibility (CSR) and helps Share the Dignity on our mission to end period poverty. Regular contributions, no matter how small, allow us to continue our ongoing projects including Dignity Vending Machines and Sponsor a Bag donations.

Donate Directly

Make a secure, tax-deductible donation to help women and girls across Australia who are experiencing period poverty.

\$40 CAN HELP PROVIDE UP TO 8 WOMEN OR GIRLS WITH A PACKET OF PERIOD PRODUCTS

\$55 CAN HELP PROVIDE UP TO 11 WOMEN OR GIRLS WITH A PACKET OF PERIOD PRODUCTS

\$80 CAN HELP PROVIDE UP TO 16 WOMEN OR GIRLS WITH A PACKET OF PERIOD PRODUCTS

Or donate any amount.
Choose to make your donation monthly, weekly or as a once-off.

FIND OUT MORE ABOUT WORKPLACE GIVING AND CORPORATE SOCIAL RESPONSIBILITY



Our Board of Directors



Rochelle Courtenay

Executive Director



Simon Tolhurst

Chairman



Jennifer Witheriff

Deputy Chair



Matt Smith

Secretary



Michelle Taupau

Director



Shayne Gilbert

Director

We are one community, where people can build meaningful connections, find fulfillment in their contribution, and be passionate advocates for Share the Dignity. It is through the generosity and kindness of our Volunteer Sheroes and Heroes that we are able to run our two Dignity Drives and our It's in the Bag Appeal each year, when we collect and deliver donated items to ensure women and girls in need all across Australia have the basics of essentials.

Our Volunteer Sheroes and Heroes also:

- Collect and deliver products from collection points to our charity partners
- Assist at our national or local events
- Attend talks to advocate for Share the Dignity
- Write grants
- Source locations for our Dignity Vending Machines (DVMs)
- Support us behind the scenes with administrative assistance

Our people are the most important part of Share the Dignity. Without them we cannot help Women and Girls in need across Australia.

**FIND OUT MORE OR
REGISTER AS A VOLUNTEER**





Some of our amazing partners

Partner With Us:

share ^{the} dignity

Partnerships Team

Share the Dignity

partnership@sharethedignity.org.au

