



**FOR IMMEDIATE RELEASE**

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**Women In Training, Inc. (WIT) Co-Founder Wins Prudential Spirit of Community Award**

*Non-profit founded by Brooke Bennett and her twin sister honored nationally for providing menstrual hygiene products and educational information about menstruation to girls in need*

MONTGOMERY, Ala. – Brooke Bennett, who co-founded the nonprofit organization Women In Training, Inc., with her twin sister, Breanna Bennett, has won a Prudential Spirit of Community Award for her work providing menstrual hygiene products and educational information about menstruation to girls and young women in need.

Brooke, 12, a seventh-grader at Saint James School in Montgomery, Alabama, has worked with her sister to assemble and distribute approximately 100 bags of menstrual hygiene products and toiletries every month to girls who otherwise might have to miss school during their periods because they can't afford personal care products.

“The kind of vision and commitment you have demonstrated is extremely important to the future of our neighborhoods, our cities, and our nation,” the Prudential Spirit of Community Awards administrators wrote in a letter to Brooke, informing her of her selection. “Young volunteers like yourself are inspiring examples to all of us; you are our brightest hopes for a better tomorrow.”

Brooke came up with the idea for Women In Training, Inc. – a 501(c)(3) nonprofit organization – after seeing her mother, who used to work at a school in a low-income area, frequently bring personal care items to school because many girls there could not afford to buy their own.

Based on her research, Brooke learned that “[period poverty](#)” keeps 20 percent of girls out of school during their monthly cycle because they don’t have the proper protection.

“People often think this is a problem that affects only poor girls in Africa, Asia, and South America,” Brooke said. “However, girls right here in Alabama and throughout the United States suffer, too.”

As Alabama’s top middle school youth volunteer for the 2020 Prudential Spirit of Community Awards, Brooke will receive an all-expense-paid trip in early May to Washington, D.C., for four days of national recognition events. During the trip, 10 students will be named America’s top youth volunteers of 2020.

“Brooke is a young woman of great energy, compassion, and vision,” said Barbara J. Wells, Esq., president and chair of the Women In Training Board of Directors. “She is making a real difference in the lives of young people in her community. I’m proud to play a supporting role in that effort.”

Brooke is the second twin in her family to win the prestigious award. Last year, her sister, Breanna, won a Prudential Spirit of Community Award for producing a 30-minute educational film with Brooke about the struggles of the civil rights movement. The film, “Architects of Change,” which was produced in conjunction with the Rosa Parks Museum at Troy University and premiered at the Civil Rights Memorial Center in Montgomery, Alabama, educates children about the heroes who strived to bring equal rights to all Americans.

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### **About Women In Training**

*One in five American girls and young women skip school or miss work because they cannot afford sanitary pads or tampons to stay healthy and clean during their period. To alleviate period poverty, Women in Training, Inc. (WIT) provides monthly donations of #WITKITS® – canvas bags full of menstrual hygiene products – to at-risk girls, young women and non-binary youth. WIT also provides educational information programs about menstruation and publishes the brochure, “A Young Woman’s Guide to the Menstrual Cycle.” For more information, see [www.womenintraining.org](http://www.womenintraining.org)*

### **About the Prudential Spirit of Community Awards**

*The Prudential Spirit of Community Awards program is the United States’ largest youth recognition program based exclusively on volunteer community service. Created in 1995 by Prudential and the National Association of Secondary School Principals (NASSP), the program honors middle level and high school students for outstanding service to others at the local, state and national level. For more information, see [www.spirit.prudential.com](http://www.spirit.prudential.com)*

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