



FOR IMMEDIATE RELEASE

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Women In Training Provides Menstrual and Hygiene Products to Teenage Girls Who Have Run Away From Home

TUSKEGEE, Ala. – [Women In Training, Inc. \(WIT\)](https://www.womenintraining.org), a nonprofit organization that distributes WITKITS® of menstrual, hygiene and dental products to underserved girls and nonbinary youth, distributed WITKITS® to seven teenagers at [Tears Runaway Shelter for Girls](https://www.tearsrunawayshelter.org) in Tuskegee, Alabama, on Saturday.

During the event, Dr. LaKeshia Thomas, a pediatric dentist in Montgomery who serves on the WIT Board of Directors; Jill Friedman, a former lawyer who is the WIT photographer; and Dorothea Ligon-Hawley, a WIT volunteer; offered words of advice to the girls on growing up as women.

“I would sometimes be the only person that may look like myself in a room, but I would always tell myself it’s OK to be different,” Thomas told the girls. “But just remember that you have to lead, be a leader as well. It’s a very challenging but also very rewarding career because I get to help people and I get to encourage people and I get to counsel people.”

Tears Runaway Shelter for Girls is a basic living residential facility that provides a safe environment for teenage girls who have run away from home. The names of the girls are being withheld in this story for their protection.

“I think it’s good because when I was younger, I really didn’t have a chance to get all the hygiene products I needed,” said one of the girls who received WITKITS® at Saturday’s event. “But now you know, since Women In Training is passing out stuff like that, it gives me a chance to, you know, clean myself, keep my hygiene up as a female.”

WITKITS® include menstrual pads, soap, shampoo and conditioner, lotion, deodorant, socks, a journal and a hand-made bracelet with a positive message. Since the COVID-19 pandemic began, WITKITS® have also included personal protective equipment, such as masks, gloves and bottles of WIT hand sanitizer.

Another girl at the event said she also appreciated receiving the products in the WITKITS®.

“I think it was amazing because when I was with my dad he wasn’t funded. I didn’t have a mom either, so he didn’t really know what I needed, and I was never really able to tell him because I knew he didn’t have the money for it,” she said. “So I would have to make just a makeshift pad or just go to school and I would have to ask people, like all the time, do you have anything, like I could borrow? Sometimes they would have it but if I knew that you guys were around then which I don’t think you were, if anybody would have helped me out, I would have been like so emotional and it would have made a huge difference in my life today.”

[Running away from home](#) is a serious problem. One in seven children between the ages of 10 and 18 will run away at some point, according to the [National Runaway Switchboard](#), an organization that takes calls and helps children who have run away from home or are thinking of running away.

Throughout the global COVID-19 pandemic, WIT has continued its mission of alleviating period poverty, while observing the social distancing guidelines recommended by the Centers for Disease Control and Prevention (CDC) to curtail the spread of the coronavirus.

WIT’s signature program is the WITKITS® Campaign to provide menstrual products and hygiene items to young, low-income people who menstruate. WIT has given away menstrual and hygiene products to girls in need at [Brantwood Children’s Home](#), a home for abused and neglected young people ages 10-20 years; [That’s My Child](#), a nonprofit youth organization; [New Beginnings Educational Center](#), an after-school program across the street from Paterson Court public housing complex; [Common Ground Montgomery](#), a nonprofit, non-denominational Christian community organization that focuses on youth development and leadership; and [Aid to Inmate Mothers](#), a nonprofit organization that provides services to Alabama’s incarcerated women and their children. Girls who receive WITKITS® at WIT distribution events continue to receive products every month.

WIT has also inspired state Rep. Rolanda Hollis to introduce a bill that would require schools across Alabama to provide free menstrual products for menstruating youth.

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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 feminine hygiene products – to at-risk girls, young women and nonbinary youth. WIT also provides educational information programs about menstruation for girls and publishes the brochure, “The WIT Guide to the Menstrual Cycle.” For more information, see

www.womenintraining.org