

FINAL REPORT



After 13 incredible years of programming, advocacy, and community impact, Girls Health Ed, Inc. (GHE) entered a strategic pause in its operations in December 2025. This decision comes after careful consideration of our organizational sustainability and the evolving landscape of girls' health and education programs.

Since our founding in GHE has reached over 12,000 girls and young women across the United States, Kenya, and India and Bangladesh. Our programs have provided comprehensive health and sexuality education, leadership training, and mentorship to empower young women to make informed choices about their bodies, education, and futures.

Through 100+ workshops, delivered in schools, community centers, and virtual spaces, GHE has trained and mobilized over 100 Teaching Fellows, creating a network of educators who continue to advocate for girls' rights globally. Our curriculum, which has evolved to include mental health, menstrual disorders, leadership, cyber safety, and adolescent motherhood, has prepared thousands of girls to navigate adolescence and early adulthood with confidence and knowledge.

GHE's advocacy extended beyond workshops: we participated in UN CSW panels, spoke at Capitol Hill and Columbia University, and contributed thought leadership in international forums, amplifying girls' voices and influencing the sector's approach to sexual and reproductive health and rights (SRHR).

This report captures our programmatic achievements, advocacy impact, and the enduring legacy of GHE, honoring our staff, Teaching Fellows, volunteers, donors, partners, and the young women whose lives we have had the privilege to impact.



Transforming the way girls see themselves

Our Mission

To advance gender equality by fostering empowered, healthy, and informed decision making in adolescent girls and young women through comprehensive health and sexuality education.





I founded Girls Health Ed because I saw how quickly inequality takes hold when girls reach puberty, and how often they are left without the honest, empowering health education they deserve. For 13 years, together with our partners and supporters, we worked to meet that moment.

I am deeply proud of what we built and hopeful that gender equality will one day be something girls inherit—carried forward by the educators, advocates, and young people who continue this work.

SARAH HILLWARE SPANNING | FOUNDER GIRLS HEALTH ED

Teaching Fellows & Curriculum Legacy

Over the years, over 100 Teaching Fellows (TFs) were trained and mobilized to deliver workshops and mentor young women in their communities. TFs played a pivotal role in:

- Delivering dynamic, age-appropriate curriculum covering puberty, menstrual health, self-esteem, leadership, cyber safety, and adolescent motherhood.
- Advocating for girls' rights on national platforms, including media appearances and SRHR panels.
- Supporting peer education and community engagement.



Curriculum Materials & Tools Developed

- Comprehensive TF training manual.
- Program toolkits for schools and community centers.
- Resource guides for girls and young women in Kenya and the U.S.
- Evaluation tools, surveys, and data collection frameworks.

These resources will be archived and made available for future organizations and educators, ensuring GHE's impact continues beyond our operational closure.



Partnerships, Advocacy & Publications

Strategic Partnerships

- Signed MOUs with White Ribbon Alliance, Girl Up, and local community organizations.
- Collaborated with over 100 schools, community centers, and shelters.
- Worked with county and state governments in Kenya and the U.S.

Advocacy & Thought Leadership

- Represented girls and youth at UN CSW, Columbia University, Capitol Hill, and multiple international webinars.
- Participated in the Generation Equality Forum, organized a Menstrual Hygiene Day Roundtable, and co-organized events for Pandemic Periods initiatives.
- Published articles, reports, and resource guides to educate stakeholders on comprehensive sexuality education (CSE) and girls' health.

Media Coverage & Recognition

- Coverage in major outlets and platforms, including The Washington Post, Global Citizen, CBS, Huffington Post, Yale School of Public Health, and GW Alumni Magazine.
- Amplified youth voices through social media, webinars, and international speaking events.
- Through these efforts, Girls Health Ed, Inc. helped increase awareness, reduce stigma, and build demand for programs and policies supporting girls' health and education.

Girls Health Ed has filled a critical gap in the ecosystem for a grassroots model to deliver comprehensive health and sexuality education to the girls and young women that need it the most. I've felt privileged to contribute to a small part of the journey for this small but mighty organization.

Thank you to all of our partners, team members, teaching fellows, volunteers, and supporters over the years. We could not have done it without you.



KATHERINE TAN | BOARD VICE CHAIR.



Girls Health Ed, Inc. has grown through the passion of a committed community, and leaves a lasting legacy. The lives of many young girls have been transformed at a personal level.

Looking back, I do wish I had a GHE of my time, many of my choices would have been different. I am truly honored to have served.

Though our operations conclude, the knowledge, advocacy, and empowerment we fostered will continue to influence young women, communities, and future organizations dedicated to girls' health and leadership.

SANKARA GITAU | EXECUTIVE DIRECTOR



Selected Highlights

2018

2,000 girls served; 19 Teaching Fellows;
100% retention of schools & community centers

2019

Expanded US programs: 4,500 girls reached
cumulatively; strategic partnerships & fundraising
growth

2020

Adapted to COVID-19: 459 girls in Kenya received
full workshops pre-pandemic, 433 during pandemic;
30 girls reached in NOLA & DC; 26 in NYC

2022

92% of girls understood condom use for STI
protection; 83% understood boundaries; 75% had
trusted adults

2024

1,466 girls & young women in Nairobi, Kenya; 29 in
the US (NY & IL); curriculum expanded to include
mental health, menstrual disorders, leadership, and
cyber safety

2025

219 Girls reached in Nairobi, Kenya. New Girls
Health Education Curriculum developed

Teaching Fellows

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Achievements

Research & Advocacy

- Impact studies launched with 300+ girls in Kenya and the US
- Data analysis of 2023–2024 programs
- Developed referral resources for girls and young women
- Amplified youth voices in global forums

Organizational Growth & Sustainability

- Developed Monitoring, Evaluation, and Learning (MEL) frameworks
- Expanded curriculum content
- Strengthened Teaching Fellow training and cultural sensitivity workshops
- Established strategic fundraising and donor stewardship strategies
- Engaged in global advocacy, policy influence, and thought leadership

Governance & Leadership

- Diverse Board of Directors representing all program locations
- Part-time core staff and volunteer leadership teams
- Legal counsel, donor CRM, financial audit plans in place
- Network of informal advisors and global collaborators





I first joined GHE as a 17 year old Black girl from Washington, DC who aspired to become a healthcare provider and serve her community with passion and dedication. I learned the ropes as a Teaching Fellow and worked diligently as an Outreach Intern, establishing connections between our org and my beloved hometown.

Now, 10 years later, I am involved as a Family Medicine resident physician who remains just as committed to the development and nurturing of our young women and girls, which is urgent now more than ever before. I am grateful to have stood alongside an organization that I have grown up with and creating an opportunity for hundreds of girls in the U.S. and Kenya to learn about themselves, their bodies and their health. It hasn't been a straight road and we've certainly faced our share of challenges, but with a team as passionate and dedicated as ours are, we made what felt impossible a reality. I am forever changed by the people I have had the honor of working alongside and I am proud of the legacy we have written for GHE already.

Even more, I am excited to see how GHE continues to evolve and enrich the lives and missions of so many more girls and organizations — this is not an ending but only a powerful and transformative new beginning.

DR. NAJYA WILLIAMS | PROGRAMS COMMITTEE CHAIR

Closure Statement & Legacy

After over a decade of service, Girls Health Ed, Inc. entered a strategic pause in its operations in December 2025. This decision reflects the growing demands of sustainability in the nonprofit sector and a recognition that GHE's mission will continue through other organizations, programs, and partnerships.

We celebrate:

- Over 12,000 girls and young women reached globally.
- 100+ workshops delivered and 150+ Teaching Fellows trained.
- Expansion of curriculum and advocacy impact across multiple countries.
- Strengthened networks, resources, and community engagement for future programs.

We extend our deepest gratitude to:

- Our board members for guidance and governance.
- Teaching Fellows, staff, and volunteers for dedication and passion.
- Donors and partners for enabling us to sustain programs and reach thousands of girls.
- The girls and young women who trusted us with their growth, learning, and voices.

Next Steps for Beneficiaries

All program materials, toolkits, and resources will be archived and shared for public and organizational use.

Girls, educators, and communities are encouraged to connect with partner organizations for ongoing support in sexual and reproductive health, leadership, and mentorship.



GIRLS HEALTH ED

Vision:

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