



GrassROOTS  
Community Foundation



# invest in girls summit

EMPOWERING FUTURE LEADERS





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Invest in Girls Summit empowers  
Jamaican girls with the tools to  
become confident leaders.

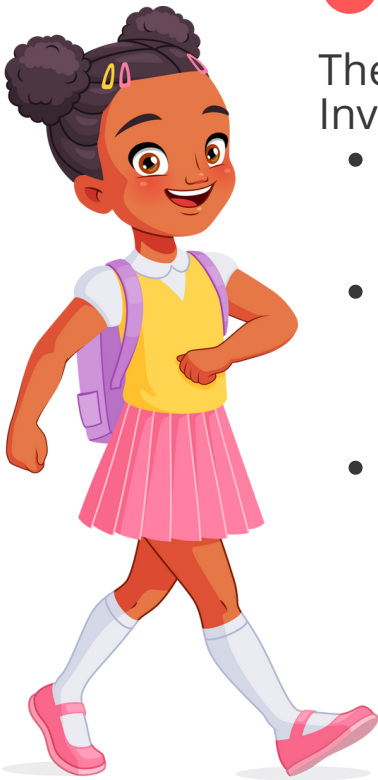
# about invest in girls

HerFlow Foundation in association with GrassROOTS Community Foundation presents the Invest in Girls Summit to empower Jamaican girls with the tools to become confident leaders.

## objectives

The Objectives for the Invest In Girls Summit are:

- To develop confidence through literacy and storytelling.
- To ensure free access to menstrual products to facilitate dignified periods.
- To ensure that Jamaican girls have greater access to literature with characters that represent them.



# ABOUT GRASSROOTS COMMUNITY FOUNDATION

GrassROOTS Community Foundation (GCF) is a training organization with an emphasis on public health and social action. We invest in our community members' collective well-being, and teach them how to use their healthy energy to transform themselves, their families and communities. We support, develop and tailor wellness programs for women and girls, particularly those who grew up in economic distress. We also advocate for policies and practices that reduce racial and gender disparities and foster equity.

Founded by sociologist Dr. Janice Johnson Dias with the support of Tariq "Black Thought" Trotter, lead MC of The Roots and Late Night of the Jimmy Fallon

Current board members include Lisa Maxwell, Vice President of Product Marketing at Mastercard, Mona Scott-Young, CEO of Monami Entertainment and Dr. Olivia Affuso, University of Birmingham-Alabama.

Visit <https://grassrootscommunityfoundation.org/> for more information.

**GrassROOTS**  
Community Foundation







# About HerFlow

HerFlow Foundation was formed by Author and Activist Shelly-Ann Weeks to empower Jamaican women and girls about reproductive health and rights through education and mentorship. Our flagship project is Period Poverty in Jamaican schools as well as to prepare young girls as they navigate through puberty.

## Objectives

HerFlow Foundation has 5 main objectives:

- To **ADVOCATE** for Comprehensive Sexual and Reproductive Health Education in All Jamaican schools
- To **EMPOWER** women and girls about their Reproductive Health and Rights
- To **ADVOCATE** for greater access to comprehensive Female Reproductive Health Care
- To **END** Period Poverty in Jamaica
- To **EDUCATE** by creating a comprehensive reference for Female Reproductive Health.





## About Marley Dias

Marley Dias, the powerhouse girl-wonder who started the #1000blackgirlbooks campaign, speaks to kids about her passion for making our world a better place, and how to make their dreams come true! When Marley Dias was 11 years old, she was a voracious reader. But she was sick of the books she was being given in school because, as she'll tell you, they were all about white boys and their dogs. And so, she set about changing that. In November 2015, Dias launched a campaign called #1000BlackGirlBooks. Her goal was simple: collect and donate 1,000 books that feature black girls as the main character.

# Her Flow invest in girls

EMPOWERING FUTURE LEADERS

**April 15, 2019 | St. James High**

In 2019 Invest in Girls Summit was held at St James High on April 15, 2019. The group visited the high schools bearing gifts of menstrual products for 400 girls at the school.











# INVEST IN GIRLS 2019



## HerFlow Team Up to Invest In Girls

13 Year Old Author and Activist, Marley Dias joined forces through the GrassROOTS Community Foundation with HerFlow Foundation for the Invest In Girls Summit held at St. James High Schools, Montego Bay on April 15, 2019. The group visited the high schools bearing gifts of menstrual products for 400 girls at the school.

"I was very excited to meet the young ladies at the school because I can relate to some of the challenges that they face growing up. I know I'm fortunate enough to give back and I am honored to help," a smiling Marley says about her visit to the St. James High School.

Marley Dias is the Founder of the #1000BlackGirlBooks Initiative that she started when she noticed that there were not many books at her school that features characters that look like her. She then set out to do something about it by collecting books and donating them to her school. Initially, Marley set out to collect 1000 books but she ended up collecting over 11000 books which she was able to donate to several schools including a few in Jamaica so that black girls would have access to them.

The GrassROOTS Community Foundation founded by Marley's mother Dr Janice Johnson Dias who was born in Jamaica herself and wanted to give back to her home.

"It's important for me to keep connected to my roots and giving back is the best way that I can do so. I know that Period Poverty is real and we are so happy to partner with HerFlow Foundation because of the amazing work that they have already started," explains Dr Johnson-Dias. "We will be going to Haiti and Ghana later this year as a part of our outreach."

In addition to the menstrual kits, there was a quick session about periods lead by HerFlow Foundation Founder and Author Shelly-Ann Weeks.

"It's important that we normalize conversations about periods because that is the only way we can address the stigma and shame still associated with periods," Weeks explains. "We are so thrilled that the GrassROOTS Community Foundation has partnered with us for this particular summit because it's not always possible for us to reach all schools, due to budgetary limitations."

The Invest In Girls Summit is an initiative created as a part of a partnership between HerFlow Foundation and the GrassROOTS Community Foundation to ensure that girls have the tools they need to function at their optimum - including menstrual products.

For more information contact [sarweeks@gmail.com](mailto:sarweeks@gmail.com) or 876-798-0820



Dr Janice Johnson Dias is all smiles as she gets ready to distribute menstrual kit to the students at the Invest In Girls Summit held at St. James High in partnership with HerFlow Foundation on April 15, 2019.



It's all love with HerFlow Foundation Founder Shelly-Ann Weeks and Miss Imani Patricia from the GrassROOTS Community Foundation as they interact with the students at the Invest In Girls Summit held at St. James High in partnership with HerFlow Foundation on April 15, 2019.



Say Cheese! Author, Activist and Founder of #1000BlackGirlBooks, Marley Dias smiles for the camera as she interacts with students at the Invest In Girls Summit held at St. James High in partnership with HerFlow Foundation on April 15, 2019.



Teamwork makes the dream work. L-R from the GrassROOTS Community Foundation Dr Janice Johnson-Dias - President, Marley Dias - Author and Activist, Imani Patricia, Lisa Maxwell and HerFlow Foundation Founder - Author and Activist, Shelly-Ann Weeks at the Invest In Girls Summit held at St. James High in partnership with HerFlow Foundation on April 15, 2019.



# *Her Flow* **invest in girls** EMPOWERING FUTURE LEADERS

## May 6, 2022 | Holy Trinity High

In 2022 Invest in Girls Summit was held at Holy Trinity High on May 5, 2022, supported by Lasco Curves. 200 girls were beneficiaries.









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SPECIAL ADVERTISING 10



## SOCIAL LOVE



### INVEST IN GIRLS SUMMIT 2022 EMPOWERING FUTURE LEADERS

**H**erFlow Foundation in partnership with GrassROOTS Community Foundation (based in New Jersey) presents Invest in Girls Summit, an initiative created to empower girls by ensuring that they have the resources to become future leaders.

Under the theme, Empowering Future Leaders, Invest in Girls Summit was held on May 6, 2022 at Holy Trinity High School in Kingston. The event featured presentations by GrassROOTS Director, Ms Lisa Maxwell, Teen Author, Activist and Founder of the #1000BlackGirlBooks Campaign, Marley Dias and Period Workshop by Author, Activist and HerFlow's Founder, Shelly-Ann Weeks.

The over 300 girls present received Packages with Period Products, as

well as literature books featuring black characters including copies by the authors present:

- Marley Dias Gets it Done, So Can You by Marley Dias
- Parent Like It Matters by Dr Janice Johnson Dias
- It's My Body Period by Shelly-Ann Weeks

Additional menstrual products were presented to the school, represented by Mrs Tamara Amos-Williams, Guidance Counsellor.

"Through the partnership with HerFlow, we have been able to drastically reduce the number of girls missing school because of period poverty. We are so appreciative because we have girls who come and get their menstrual supplies each month and HerFlow

keeps us stocked since 2017." An -elated Amos-Williams stated.

Why must we Invest in Girls?

GrassROOTS Community Foundation President, Dr. Janice Johnson Dias believes "We must invest in girls and women because they are among our greatest natural resources. When we invest in girls and women we are ensuring a healthy and thriving society."

"We must invest in girls because they are the seeds that we will bloom into our future bounty. The health of our overall world can be measured by the health and joy of our girls. So we have a choice - stay the course and end in famine or invest in girls for plenty." Lisa Maxwell, Director - GrassROOTS Community Foundation.

HerFlow Foundation is invested in empowering Jamaican women and girls as a part of our core mandate, that's why initiatives like Invest in Girls matter.

HerFlow's Founder, Shelly-Ann Weeks thinks "We must invest in girls because empowered girls build strong communities."

Invest in Girls is an annual event, the first edition was held in 2019 at St. James High in Montego Bay.

We look forward to empowering 1000 girls in 2023.

Visit <https://grassroots-communityfoundation.org/> to learn more about GrassROOTS Community Foundation



Say cheese! Teen Author and Activist Marley Dias shares the lens with students from Holy Trinity High at Invest in Girls Summit



Like this! HerFlow's Executive Director, Shelly-Ann Weeks demonstrates how to use menstrual products during the Period Workshop at Invest in Girls Summit



Sir by! Holy Trinity High students teach the visitors from GrassROOTS Community Foundation some dance moves at Invest in Girls



GrassROOTS Community Foundation President, Dr. Janice Johnson Dias engages Holy Trinity Student at Invest in Girls

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**May 1, 2023 | Excelsior High**

**Date: May 01, 2023**

**8:00am to 12:00noon**

**Location: Excelsior High Students 500  
students attend the summit.**

**Each student will receive:**

**Goodie bag with Period Kit, Menstrual  
products, Journal, It's My Body. Period and  
Black Girl Book.**



**Follow us  
online!**

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## Why invest in girls?

When girls and women are safe, healthy, educated, and empowered, they can generate a positive ripple effect - helping to lift their families out of poverty, improving global health, and growing economies.

Simply put: Supporting the rights of girls and women is a matter of justice; it's also smart policy.

<https://unfoundation.org/>

