

Requirements of the Ambassador Program:

- The Ambassador Program (AP) is for any individual interested in fighting period poverty and expanding menstrual equity.
- The AP term will be from August 2022 through the end of May 2023. At the end of the year, AP members will have to reapply to the program. Near the AP start date, there will be a mandatory, virtual orientation.
- AP members will be placed into groups based on location and specific interest. Each group will have an Advisor who is in charge of working with AP members to help them complete their projects.
- AP members will participate in bi-weekly meetings with their Advisory groups. The Advisor(s) will work with TPP staff to formalize the AP calendar.
- AP members will actively collaborate with their Advisory group and other members of the program to execute a campaign with the aim of educating, advocating, and/or fundraising for menstrual equity.
- AP members will learn about other social and environmental injustices and how they intersect with the menstrual equity movement.
- AP members will turn passion into action through the hands-on approach and project-based learning model of the program.

Fundraising

- The AP members will work with Ambassador Advisors and The Pad Project staff to plan fundraising events in their local communities.
- Project examples include
 - Hosting a menstrual hygiene product drive.
 - Creating a personalized fundraising page via MobileCause (The Pad Project's online peer to peer fundraising platform.)
 - Raising funds to place a machine in a community.
 - Hosting a donation drive for a local homeless or resource center.
 - Hosting a bake sale to raise funds for The Pad Project.
- For any concerns or questions, AP members should contact their Ambassador Advisors.

Social Media

- Actively engage with @thepadproject and @periodendofsentence social media posts by liking, commenting, and sharing when possible.
- If there is a post you don't feel comfortable with sharing, please communicate your concerns to your region's leader.
- Since social media is The Pad Project's main source of public communication, it is essential that we continue to grow our following, and AP members should take an active

role in spreading information about the organization.

- If in school, engaging with Pad Project social media accounts should be done after school hours.

Community Service School Credit

- The Pad Project is happy to provide community service credit for AP members when applicable.
- In order to receive credit for community service hours, AP members must notify their Advisors and Nicolette Harutunian before beginning the program.

Hosting a screening of PEOS

- Every AP member is required to host a minimum of 1 screening of *Period. End of Sentence.* in their community.
 - Due to the pandemic, AP members are encouraged to host virtual screenings in order to comply with CDC social distancing guidelines.
- AP members should take pictures of their screenings and email them to info@thepadproject.org so they can be featured on Pad Project social media accounts.

Hosting a menstrual hygiene product drive

- Every AP member is required to host a minimum of 1 menstrual hygiene donation drive in their community.
 - Due to the COVID-19 pandemic, or at any time it is dictated as unsafe to gather in groups within local regions, AP members are encouraged to create wish lists for organizations they will donate to instead of hosting in-person donation drives.
- AP members should notify their Advisor(s) of upcoming donation drives so the information can be shared on The Pad Project's social media accounts.

the pad project.