

# Women in Training

## spotlight video

### Transcript

**00:00:14:04 - 00:00:32:05**

**Brooke Bennett:**

A few years ago, my mom used to work at an all girls school in Florida, and we would go to her work after our school ended and her students would go into our classroom and ask her for a period product. And my sister and I asked our mom, why are these girls coming to your classroom asking for these products?

**00:00:32:05 - 00:00:39:08**

**Brooke Bennett:**

And our mom told us what period poverty was, which is the lack of menstrual hygiene and menstrual education, menstrual products.

**00:00:39:08 - 00:00:49:10**

**Breanne Bennett:**

And so we realized that this was a need that we could help alleviate or try to fix.

**00:00:49:10 - 00:00:58:18**

**Brooke Bennett:**

The mission of Women in Training is to end period poverty by providing menstrual and hygiene items to girls, women and non-binary youth.

**00:00:58:26 - 00:01:14:16**

**Breanne Bennett:**

We also do menstrual education workshops. When you're on your menstrual cycle, these girls would bleed through because they didn't have the products that they need. Nobody wants to go through the embarrassment of that. And we saw that and we really understood that.

**00:01:14:16 - 00:01:27:00**

**Brooke Bennett:**

Our WITKITS are bags with our logo on it and we have things like shampoo, conditioner, body wash, deodorant, fuzzy socks and the pads.

**00:01:27:00 - 00:01:39:29**

**Breanne Bennett:**

With having these period products in the girls school system, and donating these products to girls in need. More menstruators can go to work, more menstruators can go to school and feel confident in themselves.

**00:01:39:29 - 00:01:51:21**

**Breanne Bennett:**

These girls genuinely got so excited when they opened up the WITKITS. So excited to see that they had menstrual products for the month.

**00:01:52:21 - 00:02:01:08**

**Brooke Bennett:**

When we first started Women in Training, we didn't think it was going to be this big. We just thought that we would, you know, do one giveaway. We didn't think organizations would be reaching out to us.

**00:02:01:08 - 00:02:18:10**

**Breanne Bennett:**

I think it means doing something greater, taking the organization to the next level. We can hopefully get more people to know about period poverty, more people to help us out with our organization, more people to be inspired to maybe create a change in their community.

**00:02:18:10 - 00:02:26:11**

**Adeyela Albury Bennett:**

There are people who have the expertise like Grant Thornton, and so we want to benefit from the expertise and the years of experience and training that the company has.

**00:02:26:11 - 00:02:32:07**

**Breanne Bennett:**

We really want to see Women in Training flourish and open up the conversation about period poverty



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