

What Girls Aren't Taught

Fifteen school years of Better Me for Girls

**PRATTHANADEE
FOUNDATION (PND)**

Better Me for Girls · Northeastern Thailand · 2011–2026

The Gap

For fifteen years, Better Me for Girls has come schools in rural northeastern Thailand to deliver workshops to girls, at an age when their futures are decided.

When we arrive, it's clear that the girls have clear goals and real ambition. What they lack is information: where to turn when they are unsafe, what their rights are, how to plan a next step when money is tight. These are not part of a standard classroom education, and most of these girls have nowhere else to learn them.

Every year a new group of girls reaches the same crossroads the girls before them faced. Fifteen school years does not mean fifteen years spent on one problem. It means fifteen groups of girls, met at that crossroads, one cohort at a time.

**Here is what fifteen years has taught us,
in fifteen facts.**

Where It Started

- 1 Better Me for Girls launched in 2011, the year PND opened its Ubon Ratchathani branch to reach girls in Thailand's rural northeast.

1999: Pratthanadee Foundation is founded (as the Goodwill Group)



2011: Ubon Ratchathani branch opens, Better Me for Girls begins

- 2 The program serves girls aged 14 to 18, concentrated in Matthayom 3 (Grade 9) and Matthayom 6 (Grade 12), during a critical stage of transition.

COMPULSORY (9 years)

Prathom 1-6 (primary, 6 yrs)
+ Matthayom 1-3 (lower secondary, 3 yrs)

OPTIONAL

Matthayom 4-6
(upper secondary, 3 yrs)

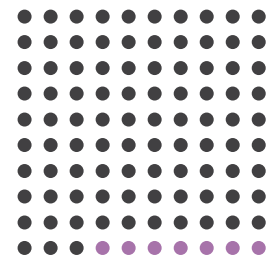
- 3 Workshop are delivered in three provinces where PND has direct school relationships: Ubon Ratchathani, Sisaket, and Amnat Charoen.



What Girls Arrive With

- 4** 93% of girls had never attended any training on violence or personal danger before PND arrived.

Never Attended Training (93%)



Attended Training (7%)

- 5** 86% had received no preparation of any kind for education or work after high school.

Career Guidance



Interview Skills



Job Search Support



Financial Planning

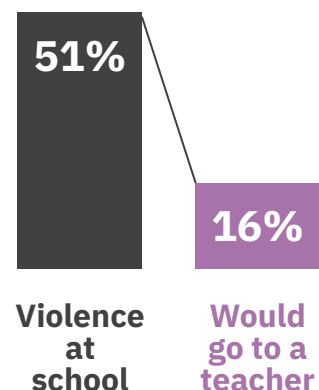


- 6** In an emergency, 97 out of 100 girls couldn't name anyone to call for help but the police.

97%

could only name the police as a place to seek help

- 7** Girls report school (51%) and social media (50%) as the two most common places they encounter violence. Only 16% would go to a teacher for help.

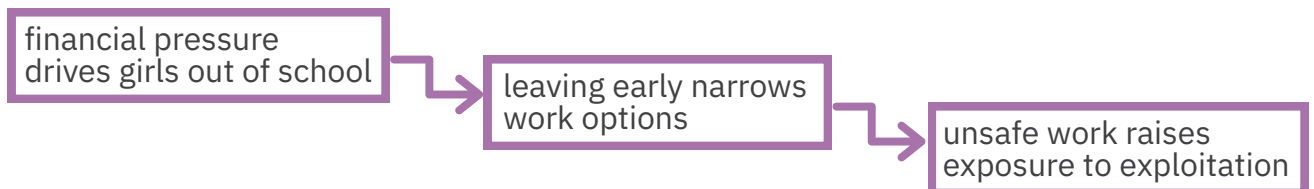


What PND Built

- 8 A single workshop can't cover ground that takes a school year to matter. PND expanded to a four-module cycle because information that doesn't compound doesn't change what a girl does when the moment arrives.



- 9 The modules are sequenced deliberately, because the risks compound.



- 10 Between November 2022 and January 2023 alone, 1,506 girls across 12 schools reached that same crossroads. This is a program built to repeat, not a program built to finish.

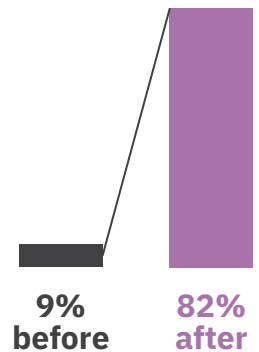
PND reached 1,506 girls aged 14 to 18 during a critical stage of transition



November 2022 to January 2023

What Changes

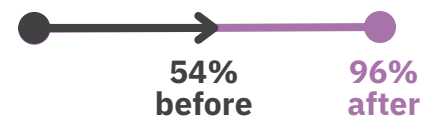
- 11** Girls who know where to turn for help in a safety emergency: 9% before, 82% after.



- 12** Girls who know where to access family planning support: 6% before, 71% after.



- 13** At a danger-prevention workshop in 2025, average test scores moved from 54% to 96%.



- 14** Every teacher surveyed rated all four modules beneficial for their students, and every one wanted the program to continue at their school.

“This project strengthens students’ resilience and supports their success in navigating life in today’s society. After participating, students recognize the value of what they learn and apply it in daily life—often sharing it with others—and **I have seen greater awareness, stronger future planning, a more positive mindset, increased confidence to express themselves, and more courage to set life goals.**”

– Vice Director, Muangsamsip Amphawanwittaya School

- 15** 79% of girls passed what they learned on to someone else. The program impact lasts beyond the workshop.



The Fifteenth Year

The gap has not closed, because every year brings a new group of girls to the same crossroads. Fifteen years in, the work is not finished. It is simply underway again.

Fifteen school years were made possible by the partners who funded them: Anderson Foundation, Black & Veatch, OVOLPE, Girls Opportunity Alliance, and anonymous supporters. Thank you for backing what girls rarely get to learn anywhere else.

\$10,000 gives 100 girls the ability to name where to go when they're unsafe, at the moment they need it most.

Every cohort that reaches this crossroads deserves to reach it with the information to choose well.

Support the next year: pndthailand.org/donatenow



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