

# WITHOUT ACCESS TO CLEAN WATER

- A mother and her unborn child are subject to dehydration and malnourishment during pregnancy, and both may suffer from carrying heavy loads of water long distances.
- · A mother risks her life in labor.
- She and her child also face a higher risk of infection due to unsanitary conditions.
- A young girl is likely to be chronically hungry and thirsty.
- · She will carry heavy loads of water for many miles, stunting and deforming her growth.
- She must help her mother walk for water—up to eight hours a day—which leaves no time for school.
- A young woman may drop out of school at puberty, because there are no adequate sanitation facilities available - or be forced to leave by her family, who need her help to carry water.
- For each year of school she missed, a woman lost 10-20% of her future potential income.
- The less education a girl has, the more likely she is to marry young (and against her will) and have more children.









#### **PREGNANCY**

 A mother and her unborn child benefit from a healthy and hygienic pregnancy.

### **BIRTH**

• A mother can give birth in a sterile hospital, with the staff, medicine, and facilities needed to treat any complications for herself and/or her child.

### CHILDHOOD

- A young girl has more than enough to eat and drink.
- She can wash her hands to prevent illness, or see the doctor to treat it.
- She has time for school and play, developing physically and mentally with the tools she needs for a successful future.

### **ADOLESCENCE**

· A young woman with a higher level of education marries later, has a smaller family, and earns more money.

## **ADULTHOOD**

- · Healthy and educated, a woman can pursue further educational, personal, or professional goals as desired.
- If and when she decides to have children, she is less likely to die in childbirth or contract HIV/AIDS, and her children are more likely to survive to age five



www.thevossfoundation.org



WITH ACCESS TO CLEAN WATER









