WITH ACCESS TO CLEAN WATER

PREGNANCY
- 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.

WITH ACCESS TO CLEAN WATER
- 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.

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CHILDHOOD
- 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.

WITH ACCESS TO CLEAN WATER
- 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 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.

WITH ACCESS TO CLEAN WATER
- A young woman with a higher level of education marries later, has a smaller family, and earns more money.

ADULTHOOD
- A mother risks her life in labor.
- She and her child also face a higher risk of infection due to unsanitary conditions.

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- 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.

- 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.

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