



With My Own Two Hands | At-Home Film Screening Guide

Thank you for taking the time to watch and learn about our films with your friends and family.

Recommended Films

- **Her | Soil (15 min) (2024):** The inspiring story of the Digital Women's Group, a collective of women in Kenya who are turning barren land into thriving farms through regenerative agriculture.
- **Drop of Life (20 min) (2017):** The life of this 10 year old girl living in an informal settlement in Nairobi is changed forever when a WMO2H greenhouse allows a community to raise funds to send her to school.
- **Just Like Me (10 min) (2025):** Learn about Rosemary, a devoted caretaker at a school for children with visual impairments, and a site that we partnered with to bring water to in 2021.

Did you know?

- 1 in 4 people globally still do not have access to clean water. (WHO, 2025)
- In 2 out of 3 households, women are primarily responsible for water collection. (United Nations, 2025)
- In Sub-Saharan Africa millions of people live without access to clean water and women and girls spend billions of hours walking for water each year.
- Hunger continues to worsen in Africa - approximately 20% of the population are food insecure. (FAO, 2025)

Discussion Questions

**Watch 1-2 times as films are short and rich with content and beautiful imagery. Select a couple of questions to set the context before the film and a couple of questions to debrief after the film. Make sure to leave time for questions as children may not be familiar with some of the topics discussed.*

Pre-Film

- How easy is it for you to access clean water and food?
- What do you use water for? How often are you using water each day?
- How do you think life would change if you only had access to a limited amount of unsafe water?
- Can you imagine what life would be like without clean water and nutritious food?

Post-Film

- How did this short film make you feel and why?
- What challenges did you see the people in the film face and overcome?
- How do you think good health is connected to clean water and nutritious food?
- If you had the chance to sit and hang out with someone in this film, what would you say to them and why?
- What is your biggest takeaway from the film and how will you share this with other people in your life?
- If you were to create your own project that resulted in positive change for an individual or a community, what would it be and why?



Make an Impact

We truly appreciate you taking the time to watch our films. If you and your families feel inspired by our films, we invite you to help share the work we do.

Please join our monthly giving program: THRIVE is an easy and incredibly impactful way to support the WMO2H mission. [Click here to learn more and join THRIVE.](#)

You can also start your own fundraiser: Our fundraisers have done incredible things to raise money for clean water and sustainable agriculture. Here are just some of the ways you can campaign to create a more equitable world:

- Birthday fundraisers
- Empathy walks
- Group Project

To see all the ways you can get involved, click [HERE](#).

Thank You!

Without access to clean water, healthy food and sustainable income, cycles of poverty and gender inequity continue. We work relentlessly to alleviate poverty and address gender inequality by eliminating the burdens of sourcing clean water and nutritious foods while prioritizing women-led community partnerships.

Together, we can effectively impact more people through more projects and help more communities **THRIVE**.

Visit: www.withmyown2hands.org || Contact: meghan@withmyown2hands.org