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TRAINING OF REUSABLE SANITRY PAD MAKING & MENSTRUAL HYGIENE MANAGEMENT REPORT

April 2017

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LIST OF ACRONYMS

CCHF	Community Centre Health Foundation
MHM	Menstrual Hygiene Management
NGO	Non-governmental Organization
SORAK	Strategic Organisation for Real Action Kampala

1 Introduction

Reusable sanitary pad training was a two days *non-residential training that commenced from 10th-11th April 2017.

*Non residential workshop: Participants attend from their homes, without being accommodated at the training venue (residential workshop)

Overall Project Goal:

To equip pupils, parents and teachers with knowledge and skills on Menstrual Hygiene Management (MHM) and making of reusable pads.

1.1 Facilitator and Team Member:

The facilitator of sanitary pad trainer was called Namutebi Haris who works with an NGO called Community Centre Health Foundation (CCHF) based in Mityana. Team members were Hadijah Nakiruuta –SORAK programmes manager, Muhumuza Adolf- SORAK Project Officer, Kyeyune Robert-SORAK Music Trainer, Najjuko Jane-Teacher Preciuos Child Learning Centre.

1.2 Training objectives

By the end of the training participants were expected to:

- Learning how to make reusable pads.
- Have a clear understanding of the MHM and be able to explain it to their peers.
- Understand their individual roles and responsibilities in MHM.

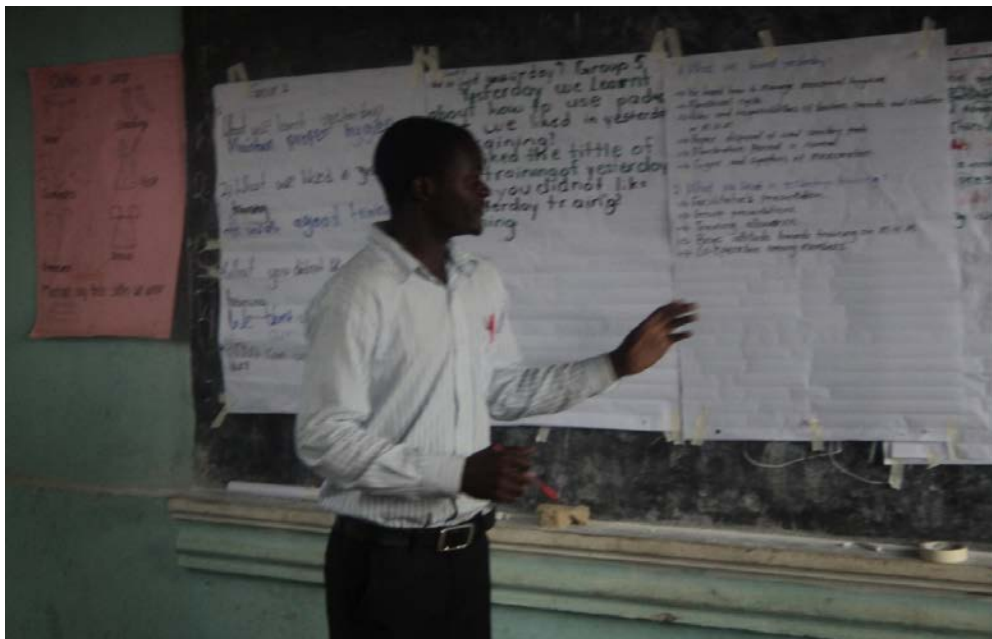


Plate 1: above showing male teacher's involvement in MHM

The Adolescent's views on different stake holders roles on MHM

Role and Responsibilities

Children, teachers and parents play different roles and responsibilities in promoting MHM

Children: *Knowing their menstrual cycle, proper disposal, care and management of used pad (both disposal and re-usable) *If it is a disposable pad, girls must know how to dispose them off after use like putting them in an incinerator for burning, throwing them in a toilet though not so much encouraged but these pads must be out of reach. For re-usable they must know how that they must be washed after use and if possible they can even be ironed to avoid germs.*

Emphasis was put on how to count days each period last plus counting the number of weeks there from the last period to the current one. (Menstrual cycle)

Attention was put on how to dispose off the used menstrual materials and for disposable we encouraged them to either burn them or throw them in the pit latrine.

For the side of re-usable emphasis was put on proper washing and drying.

Parents: *Providing pads for their children, sensitizing their children about menstruation and also providing a favorable environment at home for girls like separating girl's rooms from boy's*

Teachers: *Teachers also have roles and these includes; providing a conducive environment at school like separating girl's toilets from boy's, stocking pads at school to help girls in case of emergency*

2 Participant's Expectations

- To know how to make reusable.
- Proper understanding menstruation and its myth*.
- Knowing how to effectively deal with their menstrual cycle.
- Experience sharing especially on the physical and emotion challenges girls face during menstruation.

*Some myth about menstration include;1.that a girl in her menstration should not cross road junctions,2.That she should not seat near boys, 3.that she should not eat food with salt,4.that she should tie her self around her waist with an extra clothing like a sweater.

3 Selection of the Target Participants

Thirty (30) children, 6 teachers, 3 parents were selected by following reasons.

Girls were selected from the assessment SORAK conducted, those who were very active in the assessment were given the first priority plus consulting the senior and male teachers basing on the vulnerability status of the children.

For boys, the senior men teachers were given the task to select best boys to participate since they knew the boys better than anyone else.

The eligibility criteria for selecting, parents were having a child at the targeted school with also a sewing machine for tailoring during sanitary pad practical sessions.

Targeted population

Table 1: Categories of participants Trained.

Name of the school	No of girls	No of boys	Teachers	Parents
Lwawuna P/S	07	03	02	01
Kibalinga P/S	07	03	02	01
Precious Child Learning Centre	07	03	02	01
Grand total	21	09	06	03

4 METHODOLOGY(S) USED

The training applied a variety of methodologies aiming at achieving the intended results of the training

The training used a number of modalities which included using both English and Luganda since some of the words were not well understood in English. Translation into Luganda enabled participants understand and conceptualize the key concepts regarding MHM.

Group discussions, question and answer sessions, group presentations, sharing of personal experiences were conducted. Presentations were about the different roles and responsibilities of children, teachers and parents in promotion of MHM.

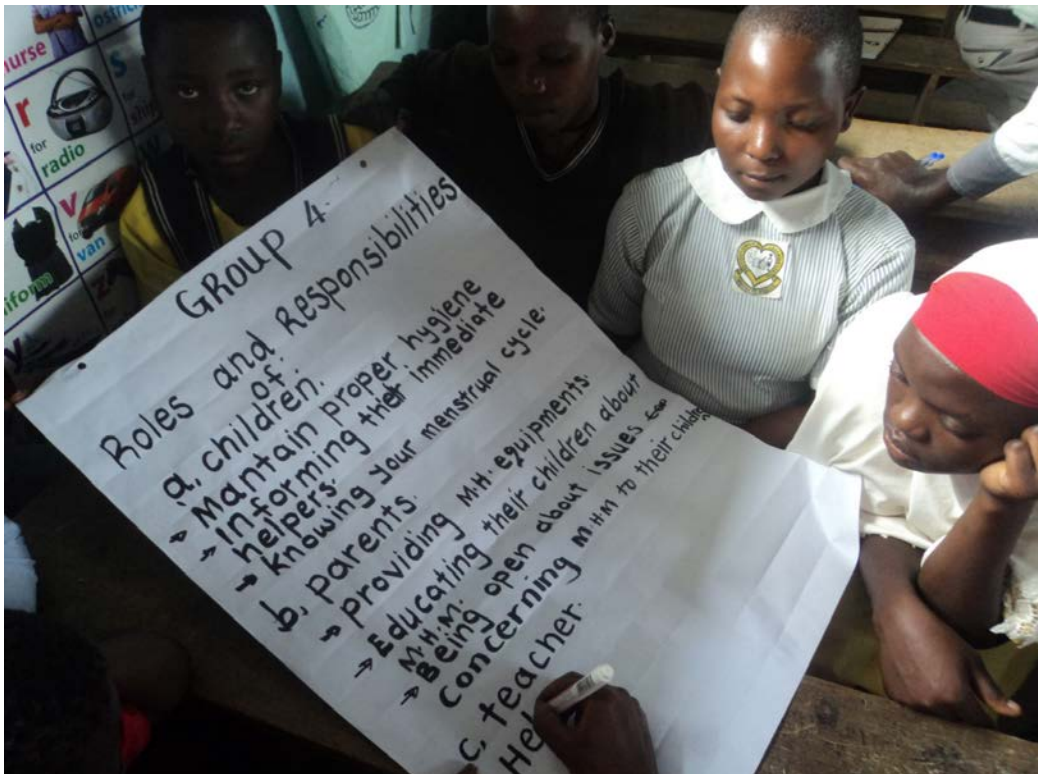


Plate 2: Participants discussing the roles and responsibilities of children in MHM promotion



Plate 3: Trainer demonstrating how to make re-usable pads to participants



Plate 4: Participants in group discussions discussing parent's roles in MHM promotion



Plate 5: Group 3 members presenting roles children, parents and teachers play in promotion of MHM

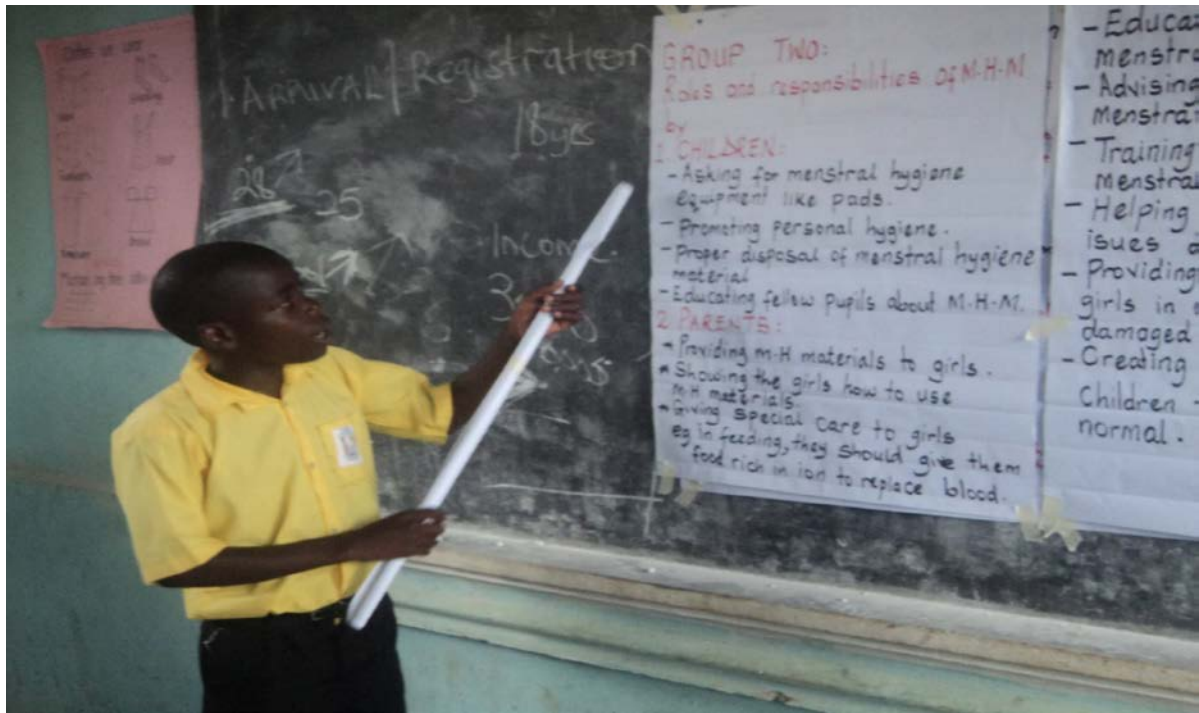


Plate 6: Wasswa from Lwawuna P/S presenting boy's involvement in MHM



Plate 7: Halima of Lwawuna P/S leads a discussion on how girls feel about Menstruation



Plate 8: Angellah of Kibalinga P/S takes lead of her group

Participants shared their views on actual experiences like the menstrual cycle, physical changes as a result of menstruation, as well as their personal challenges they face during menstruation. During presentations participants talked about their experiences including their menstrual cycle

5 Challenges faced by girls during Menstruation

- Inadequate sanitary pad materials to use.
- Menstrual cramps.
- Limited knowledge on MHM.
- Backache
- General body weakness

6 Training materials used

Training materials included notebooks, pens, markers, stick notes, masking tape and flipcharts, fleece, nitril, nylon, panties, scissors, kitengi, buttons, lastic, needles, threads which were used in the practical and theory session.

7 The Facilitation Process and the Content

7.1 Pre-test for participants' knowledge in MHM

At the start of the training, although pupils knew what menstruation meant, they did not understand key issues such as menstrual cycle.

The 2days training equipped participants with knowledge and skills on MHM. The interactive learning methods were used to train participants. Following initial introductory remarks, participants were given the opportunity to voice their expectations (What they anticipated to acquire from the training and further expectations from some participants were shown like learning how to make re-usable sanitary pads) in the training. Some of their expectations were learning how to make re-usable sanitary pad and to effectively deal with menstruation. Participants were taught basic concepts and terminology through a range of activities including practical training.

7.2 Expected Outputs of The Workshop

Participants were empowered with knowledge and skills on issues on MHM. Skills attained will be used to better manage menstruation and at the same time create an alternative income especially for trained tailors who were also parents from the 3 targeted schools. Alternative income will be created by themselves through sawing re-usable sanitary pads for sale. It will boost their income especially for selected tailors who are parents.

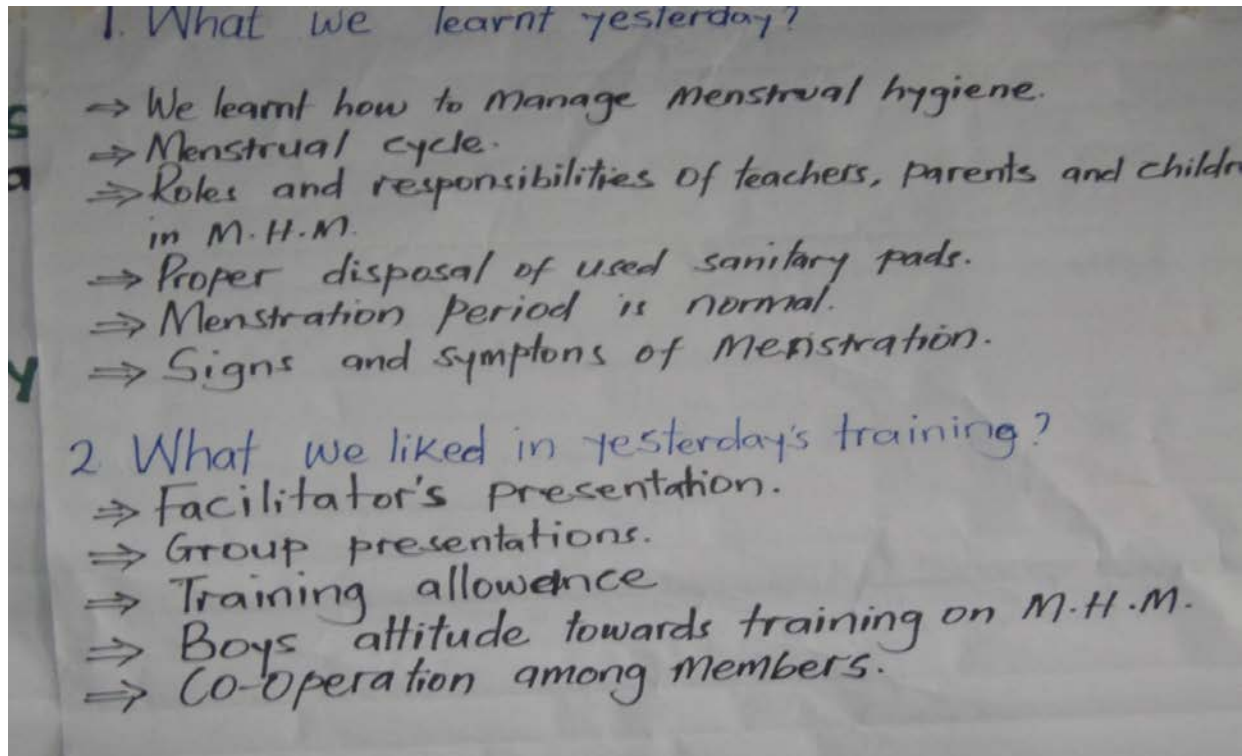


Plate 9: Adolescent participant perception of day one's training.

8 KEY ISSUES COVERED

- Understanding a period or menstruation,
- Pre-menstrual syndrome,
- understanding the menstrual cycle,
- myths around menstruation,
- roles and responsibilities of parents, pupils and teachers in MHM and how to make reusable pads.

During group discussions, participants were able to;

- share knowledge on roles and responsibilities of pupils,
- teachers and parents existing challenges in MHM in their schools and communities

By the end of the training, all participants had a clear understanding of MHM.

Finally, all participants were provided with materials for practical trainings in making reusable pads.



Plate 10: Parents to adolescent girls /tailors owning sewing machines participate in the demonstration



Plate 11: Parents cutting materials for the training



Plate 12: Trainer demonstrating how to make re-usable pads

9 TRAINING OUTPUTS/ACHIEVEMENTS

- Participants were able to learn and understand MHM and its key concepts in menstruation such as menstruation cycle, menstrual cramps.
- Through experience sharing, participants gained a greater understanding of the roles and responsibilities of various stakeholders in MHM.
- Participants identified some of the challenges at their respective schools which included parent's failure to provide the sanitary materials to their children, and inadequate infrastructures at school like having separate toilets for girls, inadequate water etc.
- The impact of boys' participation is, for example, at first boys felt shy and thought that MHM is associated with girls only, though they fully participated in group work and some boy called Wasswa from Lwawuna P/S presented but in the presentation, he continued referring to menstruation as if it is a problem (When girls are in their) but later they became comfortable and freely started talking about menstruation with girls. It was a good experience to include boys
- For parents, they acknowledged persistent reluctance among some parents when it comes to providing sanitary pads for their pupils. Parents thought that when these pupils are at school the responsibility goes to teachers to handle MHM and provide the necessary menstrual materials for their children. However, parents learnt that it is their responsibility to provide pads for their children even when at school
- Boys realized that MHM does not concern only girls and women. Boys used to laugh at girls and even giving girls funny names to girls, with this training boys realized that menstruation is a natural process every girl/woman has to go through.
- Teachers realized their roles and responsibilities they have to play in the promotion of MHM at school like providing water for girls, soap, separating girls toilets from boy's among others.

10 Recommendations

- Parents are key stakeholders in MHM because they hold the finances needed to procure sanitary pads so successful MHM initiatives need to engage parents.
- There is continuous need to engage men on issues of MHM to end stigma surrounding menstruation.
- Teachers need to take menstruation as an important issue, there is need to increase on the budget for sanitary department in order to effectively promote MHM to buy sanitary pads, soap that girls can use at school during emergency.
- More materials should be provided to the schools as startup for in school training on making reusable pads.

11 End of training evaluation results

At the end of the training participants were asked to evaluate on the following;

1. Ability of the Trainer.
On the ability of the Trainer all participants rated her as very good and clearly understood the contents of the training.
2. Ability to use and apply the newly acquired skills.
30 out of 39 participants promised to use and apply the newly acquired skills if availed with the materials.

3. Make any other recommendations/comments.
35 out of 39 participants recommended for project extension for other adolescents to benefit from other schools.

By the end of the training participants were knowledgeable on key issues of MHM.

12 Annex 1: MENSTRAUL HYGIENE MANAGEMENT – SORAK MUBENDE WORKSHOP ON 10TH APRIL 2017

Time	Activity	Person Responsible
08:00am-09:00am	Arrival and Registration	SORAK
09:00am-9:20am	Introduction, objectives of the training, participants expectations	Harris
9: 20am- 10.00am	Understanding Menstruation	Harris
10.00am- 10: 30 am	Question and Answer sessions	Harris
10:30am-11:00pm	Break tea	SORAK
11:00pm-1:00pm	Roles and responsible of Parents, Pupils and teachers in Menstrual Hygiene management and Education	All Participants
1:00pm-2:00pm	Lunch Break	
2:00pm- 3:00 pm	Group presentations	All Participants
3:00pm-5:00 pm	Experience sharing on Menstruation breaking the ice	Participants
5:00pm-5:30pm	Logistics and departure	SORAK

13 Annex 2: MENSTRAUL HYGIENE MANAGEMENT – SORAK MUBENDE WORKSHOP ON 11TH APRIL 2017

Time	Activity	Person Responsible
08:00am-09:00am	Arrival and Registration	SORAK
09:00am-9:20am	Recap of day one	Harris
9: 20am- 10.00am	Evaluation of the training	Harris
10.00am- 10: 30 am	Question and Answer sessions	Harris
10:30am-11:00pm	Break tea	SORAK
11:00pm-1:00pm	Practical training in making Reusable pads	Florence, Harris and all Participants
1:00pm-2:00pm	Lunch Break	
2:00pm- 3:00 pm	Practical training in making Reusable pads	Florence, Harris and all Participants
5:00pm-5:30pm	Logistics and departure	SORAK