



SORAK Development Agency
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NPO法人グローバルブリッジネットワーク
Global Bridge Network

Improvement of school environment to combat Menstrual Hygiene Management (MHM) challenges to Stop Adolescent Girls' School Dropouts in Uganda project

Parents sensitization on gender menstrual Hygiene management

Date: 13rd/04/2017

Venue: Lwawuna Primary School

Introduction:

In all projects that deals with pupils there is need to get consent from parents/guardians. The base line survey conducted indicated the parents' negligence to provide sanitary towels to their adolescent girls; Parents think it is a government and school responsibility to provide the sanitary towels.

Parent's perception has left many adolescent girls with no option but to devise means of getting the sanitary towels, some of these adolescent girls decide to do casual work during weekends and holidays to get some money to buy sanitary towels.

Male parents being the head of the family and has control of family assets and finances; there is need to fully engage them to make them realize their responsibility of providing sanitary towels to adolescent girls.

Session objective:

- Informing parents about the ongoing project and request them for their unconditional support and cooperation.
- Discussing with parents on their roles and responsibilities in promotion of MHM among adolescent girls.
- To find possible strategies towards addressing menstrual challenges adolescent Girls face both at school and home.

Facilitators:

- Byekwaso Habibu- Vice Chairperson/Village Health Team (VHT) Nabingoola Sub County.
- Nnakiruuta Hadijah- Program Officer SORAK Development Agency
- Muhamad Kyeyune-ED SORAK Development Agency

Topics covered:

- Components of menstrual hygiene and its Myth.
- Dangers of poor menstrual hygiene management
- Roles and responsibilities of Parents in the promotion of Menstrual Hygiene Management (MHM).
- Advantages of Re-usable sanitary pads.

Session participants by gender:

The head teacher Lwawuna primary school mobilized all parents from primary one to primary seven to attend the workshop. Participants were categorized into two groups based on gender as seen below,

Male: 61, Female: 39



Parents listening attentively on their roles and responsibilities in promoting MHM at Lwawuna P/S

Methods of Session

The following were the methods of the session.

- Case story profile.
It involves participants or facilitators telling stories or explaining a particular scenario related to the topic for members to learn from it, it can include how it came about, how s/he managed to overcome it. Always case story profile involves experience sharing and participants reflect at the same time learn from them
- Question and answer techniques.
It is asking questions to participants/related to a topic for them to answer. In the process of answering these questions they learn from each other, here open and close ended question are used

Session outcomes:

The following were the session outcomes;

- Female Parents pledges to provide prior counseling sessions to their adolescent pupils, male parents also promised to spare some little money to buy sanitary towels for their adolescent girls. They welcomed the innovation of re-usable sanitary towels since it is cost effective.
- Parents especially male had little knowledge on menstruation; they believed in the myth associated with menstruation and they considered it as a bible truth, these myths limited adolescent girls who are in their menstruation not to participate in some activities these include, not eating salt while in their

periods, not moving with boys during their menstruation, they are also not supposed to eat ground nuts among others. This session helps male parents to realize that the myth associated with menstruation was put up by elders in order to avoid girls from getting problems like pregnancy because girls were discouraged to move with boys while in their menstrual periods

- Female parents were able to mention some of the dangers and risks associated with improper menstrual hygiene management

“Whenever my child gets her period I could tell her to use one of my old skirts which I see of no greater value to me....., I myself cannot afford to buy a sanitary pad it is what I always use..... I am going to change and help my daughter manage her menstruation in a healthy way although buying disposable sanitary pad is a dream to me since am a single mother...” a mother to Nagayi Rehma female student in P.6 at Lwawuna P/S

- Both male and female Parents agreed to allow their children to fully participant in MHM activities organized by the school and SORAK

Recommendations and way forward:

- If possible we need to select a few active parents in order to train them on how to make reusable sanitary pads. Most female parents were interested in learning how to make re-usable sanitary pads; this is a good idea since they have much time compared to their children.
- Although all parents from primary one to primary seven were given invitations, those far to reach parents in the same area that did not have a chance to attend the workshop. if funds are available, we would like to organize community based sensitization activities in order to reach out to parents who missed the workshop.



Head Master Lwawuna P/S (Kamulegeya Hadad) giving testimonies about the challenges adolescent girls face as a result of parents' negligence



Facilitators listening to the Head teacher's testimonies on challenges adolescent girls face during menstruation