



SORAK Development Agency
Registered NGO: No:8726

UEB Zone , Church Road –Mullago;P.o Box, 71883 Clock Tower –Kampala;Tel:+256 703515225
Mubende Office: Lusalira T/C, 16km from Mubende Town along Mubende –Fort portal Road



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

Monitoring Report on 'Reusable Sanitary pad making & MHM (Menstrual Hygiene Management) awareness training' on April 2017

Purpose of the monitoring

The purpose of the monitoring is to assess whether MHM awareness and 'Reusable' including making of reusable sanitary pad, conducted on April 10-11 2017, has contributed to positive impacts on school environment among adolescent girls in 3 primary schools of the project area.

Persons Met during the monitoring

The monitoring team comprised of 3 persons Muhammad Kyeyune Executive Director-SORAK, Nnakiruuta Hadijah-Program Officer SORAK and Muhumuza Adolf-Program Officer SORAK.

Targets for the monitoring

Targets who had participated in the training on 'Reusable Sanitary pad making & MHM' on April 2017 were 5 pupils (5 each school), 3 parents (1 parent from all the 3 schools), 2 head teachers (Lwawuna and Precious Child Learning Centre), 3 senior women teachers and 2 senior male teachers.

Experience before the project

The following were the experience before initiating reusable sanitary pad making project.

- Some girls believed in myth attached with menstruation. Some girls when they were in their menstruation periods they never ate some types of foods like ground nuts, salt and beans, not sitting with boys among others.
- Boys used to take menstruation as if it is something laughable; girls who used to get menstrual accidents at school were looked as if they are abnormal.
- Girls were shy to talk about menstruation with even their parents and senior women teachers, Menstruation was perceived as something shameful and girls had to treat it with high levels of discreet.
- Parent's negligence to provide sanitary pads for adolescent girls.
- Adolescent girls missing school during their menstruation periods. This is due to lack of sanitary towels to use, pupils bullying them among other factors.
- Schools having inadequate budget for promoting Menstrual Hygiene Management (MHM)

Experience after the project

After the project, the following were witnessed during the monitoring.

- This project's interventions changed girl's perception and myth associated with menstruation.



Rose of Precious Child learning centre above freely and happily shares MHM information with SORAK programmes Manager and peers after SORAK training

- Boys who participated in the project realized that menstruation is something which is normal and every girl/woman in her reproductive age must undergo through. Boys also realized that they have a role they have to play in promoting MHM. For example, some of the boys interviewed were able to mention some of their roles and responsibilities in promotion of MHM like providing sweaters to adolescent girls in case of menstrual emergencies, sensitizing other pupils on issues of menstruation among others
- Girls who participated can now discuss issues concerning menstruation with their parents, teachers and other responsible persons freely without fear.

“I was very shy I could not discuss issues concerning menstruation with anyone including my grandmother I stay with not even our senior woman teacher here at our school”.
Nagayi Rehema Lwawuna P/S.

- Some adolescent girls no longer miss school during their menstruation.

“Whenever I was in my periods I could miss four days every month because I had nothing to use..... the toilet paper I was using couldn't sustain me for the whole day but when you trained us in making reusable sanitary pad I made two that day and it is what am using following the advice the trainer gave for proper management and care. This changed my life I use 1 the whole and change when I go back home.....Thank you” Shadia P.6 student at Precious Child Learning Centre

- Teachers increased budget allocation to sanitary department to cater for sanitary towels to adolescent girls at school during emergencies. They also created a friendly environment for the adolescent girls for proper management of MHM; this was witnessed at Lwawuna and Precious Child learning Centre.
- Parents met pledges to venture into making reusable sanitary pad making and training others as their future source of income.



Shadia in orange T-shirt, and friend Nalule adfter sharing MHM information with Programmes Manager SORAK-Hadjah

Recommendation

The following are the recommendations the monitoring team see that can help to fully achieve the project's objectives.

- Engaging parents especially during parents meetings in order to promote MHM both at school and at home.
- Increasing on the number of boys to participate in this project. This will increase their awareness since they take number one position as far as teasing adolescent girls during their periods.
- Schools should increase budget allocation for sanitation department if proper MHM to be achieved.

Conclusion and Way forward

Different stake holders have roles to play in order to promote MHM and engaging boys was some of the good practices noted since boys who participated in the training can ably provide guidance to adolescent girls on how to deal with issues concerning menstruation.

In future, we need to increase on the boys number when conducting menstrual related trainings.

Special Interview for BOYS

We had a special interview for boys.

These questions must be answered by boys only who participated in training on 'Reusable Sanitary pad making & MHM'

<Interviewee>

BOY1 from Kibalinga P/S.

BOY2 from Learning Centre (PCLC)

BOY3 from Precious Child learning Centre.

Question1. Have you known about menstruation before the session? Yes No

If yes, how did you feel when you were selected among those boys to participate in the pad making workshop?

BOY1: Yes, partly I felt as if am special I kept asking myself why me. It was something I cannot explain.

BOY2: Yes, I felt so good about it. By the way I felt as if am special asking myself why me

BOY3: No

Question2.

1)What did you expect to hear from the workshop?

BOY1: I expected to hear the following,

- How to make re-usable sanitary pads.
- To hear about how I can help an adolescent girl during her menstruation.
- How girls feel when they are in their periods

BOY2: I expected to hear the following,

- About the normal days a person spends in her menstruation.
- How to make the re-usable sanitary pad

BOY3: I expected to hear about issues concerning making reusable sanitary pad.

2)what did you not expect to hear from the workshop but then you heard it?

BOY1: I did not expect to hear that even boys can make sanitary pads or girls to use during their menstruation. Also I did not expect to hear that girls should be free and share their challenges of menstruation with their parents including fathers. I thought they should only tell their mothers and big sisters.

BOY2: I did not expect to hear about the menstrual cycle.

BOY3: How women gets their menstruation.

Question3.

1) For those who answered yes in No.1 above, what was your perception about menstruation before attending the workshop?

BOY1: Before attending the workshop, I thought that menstruation among young girls was something unusual and needs medical attention. I thought girls feel a lot of pain and that it lasts for about 10 days than the ones were told in the training. And also that menstruation starts when a girls gets breasts.

BOY2: Before attending the workshop, I thought menstruation was something abnormal and only for female adults

BOY3: N/A

2) Did your perception change in anyway or not?

BOY1: Yes, I came to know that girls can start menstruation as early as possible (10 years and above). And that having breasts is not the only determinant of getting started to going into the menstrual periods.

BOY2: I gained more knowledge on menstruation and attitude changed

BOY3: N/A

Question4. After the workshop, what role or responsibility do you think you could play to support girls in your school or community?

BOY1:

- Create awareness on menstruation.
- Teaching them how to make reusable sanitary pads if provided with materials.

BOY2: If I see a girl at school or in a community where I live, having emergency menstrual stamps I can help her with my sweater.

Besides that I can also sensitize other boys about issues concerning menstruation.

BOY3:

- Making pads for them.
- Teaching them about menstruation.

Question5. Would you like to attend our next workshops or recommend a friend to join?

All Boys: Yes

Question6. Do you have any comments as regards your experience after attending the workshop?

BOY1: Yes, including boys is so appreciative but we need to engage more boys. Only three boys participated from this school.

BOY2: No

BOY3: I was totally green on menstruation, I knew nothing about it but after the workshop I can now teach other pupils on issues concerning menstruation.

Based on this follow up interview to boys who attended the sanitary pad making training, we can notice that their conception on girl's menstruation has been positively changed.

2017/4/24