



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

Project: “Improvement of school environment to combat Menstrual Hygiene Management (MHM) challenges to Stop Adolescent Girls’ School Dropouts in Uganda”

Activity: Building skills in reusable sanitary pad making and knowledge on Menstrual Hygiene Management

(Activity 1.1 Child-to-Child Menstrual hygiene management training (MHM) in schools)

Date and Location:

2018/3/12, Lwawuna Primary School, Nabingoola Sub county

2018/3/13, ST. Joseph Kibalinga Primary School, Kibalinga sub county

2018/3/14, Precious Child Learning Centre (PCLC), Kibalinga sub county

INTRODUCTION AND BACKGROUND

In 2017, SORAK got support from Global Bridge Network (GBN) with funding support from LUSH Japan and implemented a pilot project “**Improvement of school environment to combat Menstrual Hygiene Management (MHM) challenges to Stop Adolescent Girls’ School Dropouts in Uganda**” in three schools of St. Joseph Kibalinga P/S, Lwawuna P/S and precious Child Learning Centre (PCLC) from the two sub counties of Kibalinga and Nabingoola, Mubende District. The implementation of this pilot project, yielded impact among the few selected pupils and their respective schools mentioned above. This attracted funding for another 2nd MHM project 2018.

This report presents the progress of building skills in reusable sanitary pad making activity, called ‘Child-to-Child Menstrual hygiene management’. Totally 18 students (12 girls and 6 boys), including 4 girls and 2 boys who had been trained during the 1st pilot MHM project, were selected from each of the target schools with an objective of equipping them with skills on how to make reusable sanitary pad.

In this new project, children who participated in the previous project had to acquire extra skills in order to train other children. These selected children were also trained to train 120 pupils (90 girls and 30 boys) in promoting Menstrual Hygiene Management (MHM) in their respective targeted schools.

This was done in a manner that they shall train other pupils with support from the parents, senior male and female teachers plus SORAK Development Agency.

Purpose of the Training

The purpose of the training was to equip pupils with comprehensive knowledge on Menstrual Hygiene Management and skills impartation in making of reusable sanitary pad. This was training for trainers, pupils who will train fellow pupils through the Child-to-Child approach to ensure sustainability and project ownership.

FACILITATORS for the child to child trainings

1. Nnakiruuta Hadijah- Programmes Manager- SORAK Development Agency
2. Nakanwagi Judith- Senior woman Teacher- Lwawuna P/S
3. Nababi Maliat- Tailor/ Parent- Lwawuna P/S
4. Najjuko Jane- Senior woman Teacher- PCLC
5. Namyalo Maria Gorretti- Sanitary pad making volunteer
6. Nandawula Adia-Senior woman Teacher Kibalinga P/S

Content covered:

- General overview of menstruation
- Menstrual cycle
- Signs and symptoms/characteristics of menstruation
- Cramps and other sensations and natural remedies to cramping
- Menstrual Hygiene Management
- Making of reusable sanitary pad

Activity



On left Ssemata Ponsiano PCLC making a review on MHM while on right Kembabazi Sara explaining the techniques she uses to count her menstrual cycle in the plate above



Zziwa Ronald and Nansukusa Rosemary PCLC take lead in making reusable sanitary pad on left while on right Kimbowa and Nakasiko Prossy Kibalinga P/S also making their own made reusable sanitary pad in the plates above



SORAK's sanitary pad volunteer with Kibalinga adolescent girls taking measurements for their reusable sanitary pads on left and right a photo showing the finished sets of reusable sanitary pads ready for use above



Above: is Kesande Jesca (middle) PCLC demonstrating how to wear reusable sanitary pad, Namubiru Rita Kibalinga P/S doing the same



Lwawuna P/S pupils with their hand made pads ready to take lead in training other pupils in MHM and reusable sanitary pad making Above: Kibalinga P/S pupils taking a photo with the reusable sanitary pad they made in the plate

Training outcome

- All the eighteen (18) pupils (12 girls and 6 boys) were able to each make two reusable sanitary pads.
- Increased confidence; participants could freely give a general overview on menstruation, its misconceptions and the signs and how to deal with them and the menstruation cycle.
- Participants were able to mention most of the good hygiene practices for proper management of menstruation including proper disposal of used menstrual absorbents, proper washing and drying of menstrual absorbents and using a sanitary pad for not more than 12 hours, among others.

Challenges and solutions to overcome challenges

- Some children trained in 2017 during the pilot project had changed school. At Lwawuna P/S only one child was present, Kibalinga p/s had only 3 pupils while PCLC had only two pupils left. With the help of the senior women and male teacher SORAK quickly identified active pupils who could fill the gap. The 2017 cohort took lead in the sanitary pad making while the new entrants took keen note of all the procedures and by the end of the training the new entrants also managed to make their own reusable sanitary pad
- One parent who is a tailor, participated and represented Kibalinga P/S in 2017 pilot project had relocated to Kibaale District western part of Uganda. A tailoring machine had to be transferred or borrowed from SORAK offices to Kibalinga Primary School for use during the practical part in making the reusable sanitary pads.
- Even though the machine that does over-lock works on electricity, Lwawuna and Kibalinga P/S lacked electricity connection. With this challenge all reusable sanitary pads made were taken back to SORAK office to do the over-lock and then brought back.

Recommendation

- Pupils should ensure that such important information received is shared and passed on to other learners through the Child-to-Child strategy. The school administrator should allocate at least 2 hours per week for pupils to train fellow pupils in MHM, reusable sanitary pad making included.
- Parents and teachers should follow up pupils to ensure that information is shared and the skill is not lost. The teachers and parents shall always guide the pupils and provide accurate information where necessary.
- Kibalinga and Nabingoola sub county technical people and policy makers and the entire district should pledge their support towards the project. With support from the technical and political leaders it will help to promote the project and create demand for and utilization of the reusable sanitary pad

Conclusion

SORAK appreciates the support received from GBN and LUSH. Together we can improve menstrual hygiene management among in-school adolescent girls plus achieving better grades.