



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: Formation of Menstrual Hygiene Management (MHM Club)

(Activity 2-1 Facilitate MHM trainees to form 3 MHM clubs in schools)

Date and Location:

2018/3/25, ST. Joseph Primary school, Kibalinga sub county

2018/3/26, Lwawuna Primary school, Kibalinga sub county

2018/3/27, Precious Child Learning Centre (PCLC), Nabingoola sub county

Introduction and Background

When SORAK implemented the 2017 pilot project of “**Improvement of school environment to combat Menstrual Hygiene Management (MHM) challenges to Stop Adolescent Girls’ School Dropouts in Uganda**”, some of the recommendations from pupils, teachers included the urgent need for formation of Menstrual Hygiene Management club (MHM-Club) for sustainability and project ownership.

It is upon this background that SORAK and her partner, Global Bridge Network (GBN) with funding support from LUSH Japan, decided to introduce the idea of forming MHM clubs in all the 3 targeted schools (ST. Joseph Kibalinga, Lwawuna P/S and PCLC). Three clubs were formed (one in each of the 3 schools). These clubs use a Child-to-Child approach (children who have skills and knowledge will teach fellow pupils) in which MHM, gender awareness and sex education with the technical assistance and guidance of the SORAK team, senior male and female teachers from the 3 target schools respectively. 8 girls were selected and four 4 boys from each of the 3 targeted schools (making a total of 24 girls and 12 boys). All together 36 pupils were selected for the activity with the purpose of MHM club formation.

The main purpose of forming these MHM clubs in all the 3 targeted schools was to ensure sustainability and project ownership by the pupils, school community and parents. These clubs will remain and continue operating even after the end of the project. Pupils in these clubs will continue training their peers on MHM including making reusable sanitary pads.

Selection Criteria

With the help of their male and female teachers, each school was given the opportunity to identify 8 girls and 4 boys who will be a member of MHM clubs. Below is the selection criteria followed;

1. The 12 girls and 6 boys who had participated in activity 1.1 Child-Child MHM training were brought on board to participate in the formation of MHM clubs and their own positions in the club.

2. Since the club needed 8 girls and 4 boys each school, more active adolescent girls and boys from each of the project schools were also brought on board with the help of the senior woman and male teachers.
3. SORAK program staff fully explained the reason for MHM club formation and the activities the club members will engage in.
4. Adolescent girls and boys were given the opportunity to identify active 8 girls and 4 boys as representatives that will run/manage the club. Interested candidates were also given an opportunity to express their interests.
5. Participants were given the chance to either accept or decline the candidature for selection by show of hands, with guidance of senior woman and male teachers from all the 3 targeted schools.
6. After the selection, each participant was given 4 minutes to talk to their peers plus thanking them for selecting them. They also assured SORAK program staff of their commitment to their role and support to the newly founded club.
7. Members who could not fully express themselves were replaced by the ones who could freely express themselves without fear.

Result of Selection

80% of pupils who participated in activity 1.1 were selected as the member of MHM club. The other 20% of them could not go through due to lack of communication skills and they failed to express themselves before others. In addition to that, some of them declined the offer. On the other hand, with the help of both the senior woman and male teachers, active and hardworking pupils were identified and given the opportunity to express themselves before others. These pupils who never participated in activity 1.1 were selected based on their communication skills, capacity and activeness.



PCLC pupils identifying names of the capable and active participants for the MHM club



SORAK Program staff taking a group photo with the selected MHM members in the plates above



SORAK Program staff briefing Kibalinga Pupils on some of the roles and responsibilities of the club



Participants mentioning the names of the pupils they wish to have as members of the MHM club above



Kibalinga MHM having a group photo with SORAK Program staff



Lwawuna pupils selecting the representatives for the club in the photos above



Lwawuna's newly selected MHM club vows to make positive changes on issues regarding menstruation, sex education and SRHR issues in both the plates above



Responsibilities of MHM Club members in three schools

There are a number of responsibilities by MHM Club members and any other task related to MHM in school. The Club members will be responsible for the following activities with help of the senior male and female teachers plus external help from SORAK and her partner.

1. Conducting MHM which includes providing awareness on issues concerning menstruation, counseling and making of the reusable sanitary pads.
2. Providing training on gender issues, sex education and reproductive health rights taking a Child-to-Child approach.
3. Looking for market in communities and schools for already made reusable sanitary pads.

Recommendations from the Clubs

The following were the recommendations and suggestions from the newly formed MHM clubs for proper and smooth running of the MHM project. These suggestions were drawn from the 3 project targeted schools. However, most of these suggestions were very crucial but not budget for;

1. All the three (3) MHM clubs requested for different uniforms for the club members. This will help to identify them from other pupils and a way of motivating members in the club for the services rendered to the school.
2. PCLC's MHM club requested for a talking compound. They asked for posters, flyers and stickers to be pinned and displayed in the school compound bearing messages on menstruation, sex education and dangers of early marriages and early sex engagements including HIV.
3. Lwawuna Primary School's MHM club suggested that materials to be used in making reusable sanitary pads should be delivered to the clubs for proper accountability and ownership of the project by the pupils. It should be noted however, that there is need to work hand in hand with the school administrators, senior male and female teachers.
4. Kibalinga School's MHM club members requested for a group photo framed to be put in the Head Teacher's office for recognition with caption. SORAK shall follow up with this request with the top administrators of the school mostly the Head Masters office
5. PCLC's MHM club requested for a mentor that will guide the club to stay on track for the next generation and sustainability.

Annex : Names of the selected participants per school

PCLC-MHM Club				ST. Joseph Kibalinga P/S- MHM Club			
	NAME	SEX	CLASS		NAME	SEX	CLASS
1	Nakabuusu Swabula	F	P.6	1	Nagitta Noelina	F	P.6
2	Namwanje Justine	F	P.5	2	Nakirijja Angellah	F	P.6
3	Kirabo Prossy	F	P.6	3	Tusemerirwe Tayebwa	F	P.6
4	Twizera Rebecca	F	P.6	4	Tushabomwe Stidia	F	P.6
5	Nalweyiso Fatumah	F	P.5	5	Twesimire Agnes	F	P.5
6	Nabattu Rosemary	F	P.6	6	Tushabomwe Dimintilia	F	P.6
7	Atuhera Shania	F	P.6	7	Ahumuza Grecius	F	P.6
8	Kisakyamaria Paricia	F	P.3	8	Namutebi Bennah	F	P.6
9	Ssenyondo Marvin	M	P.6	9	Kyambadde Godfrey	M	P.6
10	Nyironkuru Destiny	M	P.5	10	Ssempafu Joseph	M	P.6
11	Kaliisa Jamiru	M	P.5	11	Tampaka Eric	M	P.6
12	Mugenyi David	M	P.4	12	Kimbowa Alex	M	P.6

Lwawuna-MHM Club

	NAME	SEX	CLASS		NAME	SEX	CLASS
1.	Kugonza Joseline	F	P.6	8.	Kabachwezi Afisa	F	P.6
2.	Kembabazi Sarah	F	P.6	9.	Nakaabya Sudaisi	M	P.6
3.	Nabuuma Gloria	F	P.6	10.	Mujuni Sepriano	M	P.6
4.	Nabukeera Doreen	F	P.6	11.	Muwanguuzi Joseph	M	P.5
5.	Omuziga Emma	F	P.5	12.	Namwama Kasim	M	P.5
6.	Namutima Sulaina	F	P.5				
7.	Kalungi Irene	F	P.5				