



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

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

Activity: Child-child MHM, gender awareness and sex education by MHM peer clubs

(Activity2-2-2 Facilitating MHM session by MHM peer club)

Date and Location:

November/7th/2018: Kibalinga P/S

November/ 8th/2018: PCLC

November/9th/2018: Lwawuna P/S

Introduction and Background

For promoting sustainability and ownership of the project among targeted beneficiaries, SORAK and its partners (GBN and LUSH) formed Menstrual Hygiene Management (MHM) clubs in all the three project targeted schools. These clubs are comprised of eight (8) girls and four (4) boys in each of the targeted school hence making a total of twenty four girls (24) and twelve (12) boys from all the 3 schools. These 3 clubs take lead in the day to day implementation of MHM activities with support from the senior female and male teachers and also school managers plus the parents and also support monitoring visits by SORAK program staff.

In November 2018, these clubs from all 3 schools successfully conducted MHM session, and club members trained their peers on issues related to MHM including making of reusable sanitary pads but with guidance from their male and female teachers also from SORAK program staff.

Purpose of the Training

The major purpose of the training was to equip their peers (who started/ who is ready for menstruation but never engaged in earlier interventions about it) with comprehensive knowledge and skills on MHM. This training was conducted by MHM clubs through the Child-to-Child approach.

Contents covered:

The followings are the content that the 3 clubs covered to train their peers

- General overview of menstruation.

The MHM clubs from all the 3 schools gave an overview of menstruation, and they clearly explained what it is and who will start a menstruation period. The clubs clearly explained that all adolescent girls experience the first menstrual periods. And they also pointed out that adolescent girls who haven’t experienced their periods yet need to prepare anytime from now. Boys also participated in the training because they were initially identified as a hindrance as bullying girls in promoting MHM at school.

- **Menstrual cycle.**
The MHM clubs explained what a menstrual cycle means to their peers, and they said that a woman's average menstrual cycle is between 28 days but clearly indicated that it is also normal to have a cycle shorter or longer. They encouraged their peers to use their calendars and note the days they have their first period and the last day of their menstruation. They encouraged their peers to always carry their menstrual materials a few days before their next periods to avoid staining their uniforms with blood.
- **Signs and symptoms/ characteristics of menstruation.**
The MHM clubs mentioned most of the signs and symptoms of menstruation, include fatigue, headache, stomach, mood swing among others. They recommended their peers to do some physical exercises during menstruation for blood flow.
- **Menstrual Hygiene Management.**
The MHM clubs briefed their peers on how to conduct menstrual hygiene management, and they talked about personal hygiene, and emphasized on the issues such as changing menstrual absorbents every after 7 hours, taking a bath at least twice a day (in the Morning and evening), not sharing knickers and menstrual materials to avoid infections, keeping their menstrual materials clean and out of reach by others.
- **Making of reusable sanitary pad.**
The MHM clubs showed the materials they use for making reusable sanitary pads. They explained the purpose of each material and demonstrated how to make reusable sanitary pads. Due to a big number of students, all 3 clubs and teachers agreed to have a regular practical session of making reusable sanitary pads every week (Lwawuna P/S they decided every Thursday afternoon, Kibalinga decided every Wednesday afternoon and PCLC agreed every Friday afternoon). The clubs will enroll few peers in the practical session of reusable sanitary pad making and arrange to enable all the pupils to gain these practical skills in the end.



PCLC MHM club facilitating MHM training.



PCLC club training their peers in reusable sanitary pad making



PCLC MHM club demonstrating how to use a reusable sanitary pad



Students having a group photo after the training above sanitary pad



Lwawuna P/S MHM club cutting materials for reusable pads.



The club members demonstrating how the material is used



Kibalinga P/S MHM club showing their peers that the reusable sanitary pad and its purpose



Lwawuna P/S MHM club taught their peers about proper personal hygiene management



SORAK program staff requesting pupils to seek support and guidance from the club at Kibalinga P/S



Right: The club members showing pupils how to use a reusable sanitary pad

Training outcomes:

- Pupils were able to explain what menstruation is and who are the people starting their menstruation periods..
- 624 pupils (215 boys and 409 girls) were reached and trained in MHM. The 215 boys in all 3 schools engaged will help in fighting against the habit of bullying girls whenever their clothes are stained with blood.
- School managers pledged to continue supporting the clubs and appreciated their roles, and they acknowledged that the existence of these clubs in schools has eased their work.
- All the 3 project schools accepted to allocate time in every week for the club to do their activities. For Kibalinga P/S they agreed every Wednesday afternoon, for Lwawuna P/S they agreed every Thursday afternoon and for PCLC they agreed every Friday afternoon. Teachers said that the Ministry of Education and sports put a policy of schools to allocate time for co-curricular activities though this time is not utilized by some schools, these schools promised to use this time for MHM project especially in reusable sanitary pad making.

Lastly

SORAK appreciates GBN and LUSH Japan for the support given to our rural vulnerable girls in Mubende district. We are excited that our rural adolescent girls from the three primary schools of Kibalinga, PCLC AND Lwawuna no longer miss school or decrease school dropout due to failure to manage their menstruation.