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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 Period: April to December, 2019**

**Activity Title: Training on how to make Reusable Pads in two Primary Schools from Pallisa.**

**Date and Location:**

No	Date	Location
1	21 <sup>st</sup> October, 2019	Odusai Primary School
2	22 <sup>nd</sup> October, 2019	Opadoi Primary School

**Introduction:**

**SORAK Development Agency** in partnership with **Visionary Lady Foundation (VLF)** and with support from **Global Bridge Network (GBN)** conducted a training on how to make reusable pads in two primary schools of Odusai and Opadoi Primary Schools. 28 girls and 12 boys were trained on how to make the reusable pad but also on how to manage the menstrual cycle, hygiene during and after periods.

**Purpose/ Objective of training/ activity:**

To equip pupils with accurate knowledge on how to manage menstruation and also provide skills on how to make reusable pads.

**The Specific Objectives were to support Pupils to,**

- For the girls and boys acquire skills on how to make reusable pads
- Girls to be able to properly manage their periods

**Participants:**

Location	Male/others	Female/others	Total
Odusai Primary School	06	14	20
Opadoi Primary School	06	14	20

**Facilitators:**

1. VLF Staff (3)
  - Daisy Arutun; Team Leader
  - Onapi Steven; Volunteer
  - Nyamera Betty, Volunteer (Tailor)

2. SORAK Staff;
  - Muhammad Kyeyune; Executive Director
  - Shamim Nalwanga –Programme Officer
  - Viola Nakalembe- Project officer-Volunteer

### **Activities:**

The following activities were held.

#### **Training on Menstrual Health Management**

Pupils were able to learn about pre, during and post menstruation management. At the pre level, girls are supposed to be preparing for the period, they go through ovulation and some pains, and they were advised to exercise a lot so that the body is active and warm to reduce on the pains. The girl is also supposed to have prepared her knickers and pads that will be needed during the period days. During the period days, girls are supposed to be extremely clean, bath at least 2 times a day and always change the pad at least 3 times a day for those who are not heavy flow. They were also encouraged to take warm water and stay away from the sun. During post menstruation management, girls were advised to keep healthy, take plenty of water, greens, fruits, and keep fit by exercising. Girls were advised to wear cotton knickers, wash them clean on daily basis and let the dry before wearing it again.

Boys were advised to be supportive towards the girls when they are going through their periods

#### **How to make Reusable Pads**

Pupils were taught on how to make reusable pads and also a demonstration was done showing them how it is measured and cut out to shape.

#### **Materials used in the making of reusable sanitary pads**

1. Soft towel/cotton material
2. Cotton flannel fabric
3. Mackintosh/Polythene
4. Scissors
5. Markers/chalk/pencil
6. Snap fastener/ buttons
7. Needle
8. Thread
9. Ruler/ Measuring tape
10. Paper

#### **Steps taken when making the pad**

1. Assemble all the necessary materials
2. Place a cloth on the flat surface and make a drawing of the shape of the pad
3. Make measurements in accordance to the size and length that is enough for your body
4. Cut out the piece of cloth passing through the shape drawn on the cloth

5. Put the pieces together and knit/sew around the shape to close up the pad
6. The cotton cloth has to be placed on top of the pad
7. You may either use a sewing machine or needle and thread to close up the pad



Demonstrating on how the reusable pad is cut to shape



A facilitator explaining the various materials used in making reusable pads



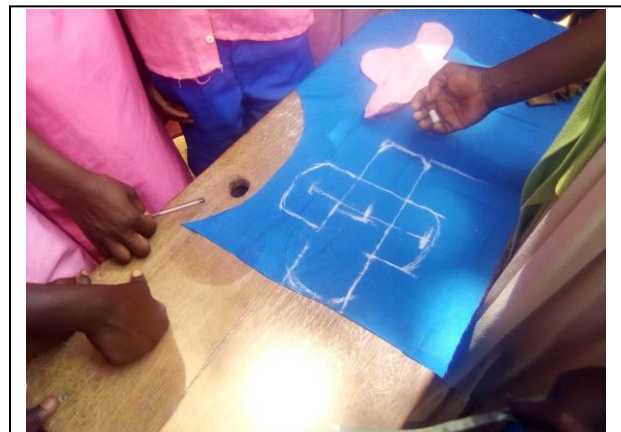
A pupil demonstrating how a pad is dressed on a knicker after making it



A boy offering support and demonstrating how a pad is worn



After making cuttings of the shape of a pad from the cotton cloth, a tailoring machine was used to sew the pad



Drawing the shape of the pad on a cotton cloth before cutting out the shape

The activities involved both girls and boys were very interested in the program, they were actively participating and also helped in demonstration of how a sanitary pad is used. Boys committed to continue supporting girls and also not to laugh at girls when in periods, and also tell their friends to support girls.

**Major challenges:**

1. We didn't have enough materials needed for making the reusable pads.
2. Poor roads leading to the training venues which affected safe travels of facilitators from SORAK.

**Recommendations:**

1. Need to purchase materials used for making reusable Pads.
2. Need to strengthen the capacity of the Health clubs that have been formed in the schools through conducting continuous trainings.
3. Develop more Information, Education and Communication (IEC) Materials that will help in educating pupils how to make the reusable pads. Those materials have effective information that is comprehensive in reusable pads making education.
4. Need to purchase a projector, TV and a DVD to show case the training on how to make the Reusable pads
5. Need to setup a training Centre so that pupils come to learn, tailor the reusable pads.

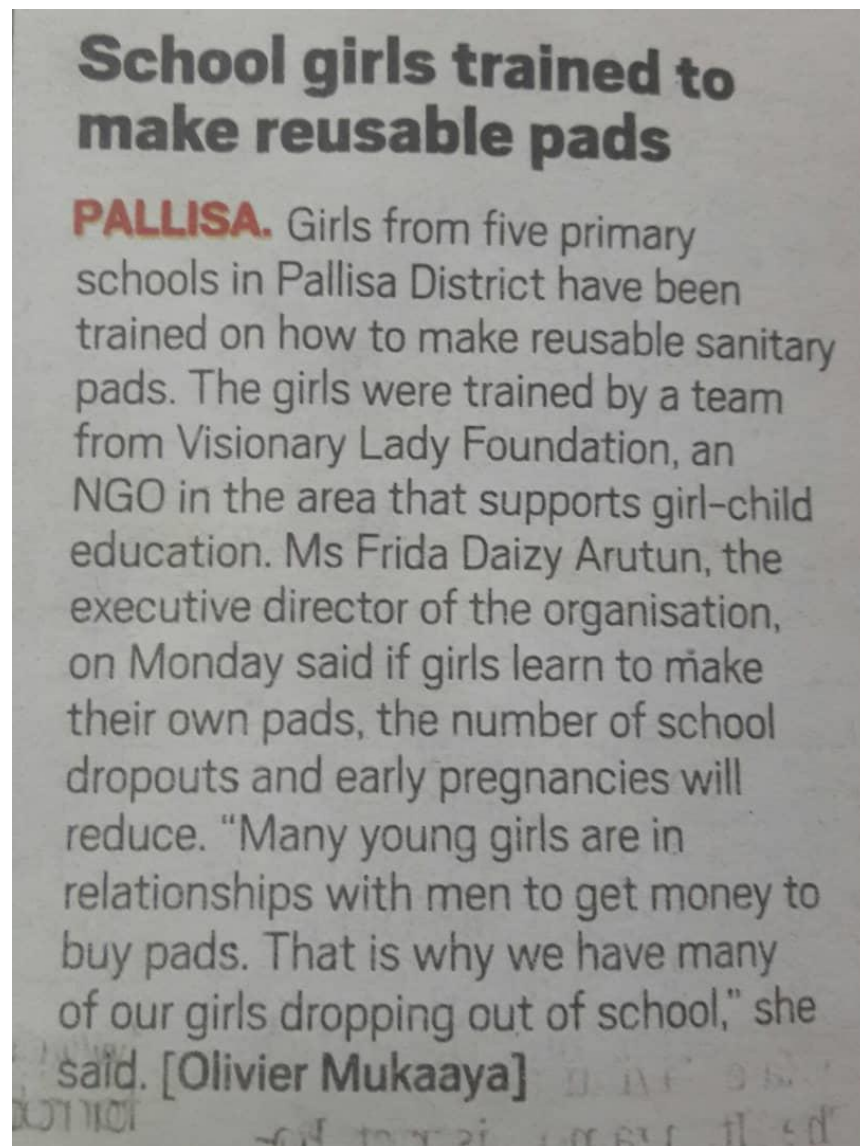
**Feedback from VLF:**

The training was a great success, it was the first of a kind to take place in both schools and with the partnership support that was given, made it easier to implement the activities, SORAK Development Agency because of the wide knowledge and skill they have in making the reusable pads were able to practically demonstrate how the pad is made. I think working in partnership will strengthens and builds support for better implementation of activities. With the formed Health clubs in the schools, we hope to strengthen their capacities and continue guiding them on how to make the reusable pads and also impact them with information and knowledge on Sexual reproductive Health and Rights. We intend to setup a central training Centre within the office premises so that the pupils from the different schools can come, learn and have hands-on practice on how to make the reusable pad. With the pupils trained on how to make the pads, I believe that there will be continuity to sustain the project.

The public was also very excited to have us train pupils on how to make reusable pads, the teachers were also very happy to join in and learn on how to make the pads. The Head Teacher of Opadoi Primary School committed to buy materials for the health club that was created so that they start making the pads.

The sub county officer, Mr. Elwana Michael, who is also a government official said that they were very happy that we are training children in school in pallisa **Visionary Lady Foundation (VLF)** to make the pads, he said we were the first organization to train girls in school and encouraged VLF to always train children to build their capacity rather than giving them already made things. He said this will create sustainability and not encourage people to always want to wait to receive. He assured us that they will always work with us to help the children better their lives.

On the 20<sup>th</sup> October, 2019, an article was published on the Daily National Newspaper by Ms.Olivier Mukaaya about the training that took place in the different schools. This shows that the community was very happy that we had the training. As shown in the article below.



**Conclusion:**

In summary, the training on how to make Reusable pads was extremely welcomed in all the schools and the head teachers committed to continue encouraging the children within their clubs to practice on how it is done but also talk about hygiene.