



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”

Project Period: April to December, 2019

ActivityTitle: Train secondary school teachers training on pad making &MHM and Gender awareness &Sex education

Date and Location:

No	Date	Location
1	8/11/2019	Agro organic gardens
2	21 /11/2019	Buwata Primary school
3	24/11/2019 to 2/12/2019	1. Kigando secondary school 2. Bagezza Secondary school 3. Clever Hill Secondary school 4. Silver steps Secondary school 5. Lusiba progressive Secondary school 6. Mugungulu Secondary school 7. Katalamwa Seconadary school 8. Nabingoola Public Secondary school 9. Kabbo Secondary school 10. St Mary’s secondary school

Introduction:

This report presents a briefing about three activities that were implemented in the month of November 2019. These activities targeted secondary school communities. These communities included teachers and students (adolescents).

Purpose/ Objective of training/ activity:

The purpose/aims of these three activities were;

- 1- To equip secondary school teachers with skills in reusable sanitary pad making
- 2- To provide information on SORAK made reusable ‘happy pad’
- 3- To inform participants on the advantages of using reusable sanitary pads compared to other disposable sanitary pads; such advantages include; being cheap for the average rural poor girls and women; being free from side effects, good for the environment as they are no daily dumping
- 4- To equip teachers with relevant information on the need and importance to promote and protect students sexualreproductive health and rights; including the need to fight and prevent sexual abuse and violence (rape, defilement, bad touches, use of abusive languages); prevention of early sex and unwanted pregnancies among secondary school girls.

- 5- Encourage trained teachers make it their routine to continue fighting and promoting sex education among their students as well as the use of SORAK reusable happy pad

Participants:

Location/venue	Male/others	Female/others	Total
Agro organic gardens	10 teachers	10 teachers	20 teachers
Buwata Primary school	10 teachers	10 teachers	20 teachers
School based activities			
Location	Male	Female	Total
Kigando secondary school	129 students	189 students	318 students
Bagezza Secondary school	136 students	394 students	530 students
Clever Hill Secondary school	42 students	88 students	130 students
Silver steps Secondary school	143 students	283 students	426 students
Lusiba progressive Secondary school	150 students	265 students	415 students
Mugungulu Secondary school	123 students	232 students	355 students
Katalemwa Seconadary school	20 students	36 students	56 students
Nabingoola Public Secondary school	82 students	124 students	206 students
Kabbo Secondary school	90 students	179 students	269 students
St Mary's secondary school	20 students	22 students	42 students

These activities were implemented/facilitated by the following SORAK staff;

1. Muhammad Kyeyune- Executive Director
2. Shamim Nalwanga Ggombe –Programme officer
3. Maria Gorreti –Babirye- Happy pad making assistant
4. Viola Nakalembe – Volunteer Project assistant

Activities:

The following activities were held.

To the 20 secondary school teachers from 10 different schools and about MHM, sex education and sanitary pad making the following activities were done;

1. Explanation on how to make sanitary pads;
This included verbal explanation by the sanitary pad making assistant, while the participants were listening
2. Taking participants through practical making of reusable sanitary pads; this involved the measuring and cutting as well as practical sewing with hands to demonstrate the practical making of the reusable sanitary pad.
3. Identification of the role of teachers especially the senior women and men teachers on what they should do to encourage girls stay in school through the use of reusable sanitary pads.
4. Men teachers were informed on how they should continue informing the boys the fully accept and appreciate the girls' menstrual cycles as normal and health.

To the 10 schools, this part of the activities and information targeted students and teachers as well as parentrepresentatives who wished to attend. The information provided included;

1. Identification of forms school based forms of sexual abuse and violence;

These included;

- bad touches
- having forced sex between underage students
- teachers having sex with underage students
- parents having sex with students

2. Identification of potential perpetrators of schools based sexual abuse and violence

The potential perpetrators included;

- Fellow students
- Teachers
- Head teachers
- Community persons especially boda boda(hired motorcycle) riders

3. Dangerous behaviors that could lead to sexual abuse and violence. The following were mentioned;

- Drug and alcohol abuse
- Peer pressure
- Girls moving to dark spots at night
- Girls being sent to fetch water or fire wood at wrong hours like late in the night
- Girls working with their mothers/parents in bars
- Sending girls to male teachers quarters unaccompanied

4. How and where to report sexual abuse and violence

- To report immediately when any form of sexual abuse and violence has occurred
- If it is sexual abuse girls were encouraged to report to;

✚ The senior women teachers

✚ To the parents

✚ To any teacher on duty

- If it is sexual violence including rape and defilement

- Victims should do the following ;

✚ Go to the nearest government health facility in not more than 72 hours

✚ Obtain a medical report

✚ Be provided with pregnancy and HIV prevention pills

✚ Do not wash clothes, knickers if raped in order to use them as good evidence at police and medical doctor in order to have successful prosecution of the rapist.

✚ The clothes and knickers should be kept in paper or cloth bag not in a polythene bag to ensure that any blood or semen stains are not disrupted to ensure effective evidence for prosecution of sexual violence cases

All the above will help victims of rape and their care givers have effective prosecution of cases involving rape. Going to the health unit will also help in the prevention of unwanted pregnancy and HIV infection

Photos and Explanations of the photos:



SORAK programme officer talks to the teachers on MHM and how it can be managed with SORAK made happy pads-Organic gardens



Students of Bagezza seed listening attentively listen to sex and reproductive health and rights education



One teacher possess a question on what should be done to encourage parents buy reusable sanitary pad for their daughters



Teachers listen to MHM gender awareness and sex education & sexual and reproductive health and rights information from SORAK



Students of Katalemwa Secondary pose for a group who were also visited



Group Photo 2



Engagement at Clever hill Secondary school



Parents representative and teachers ask questions about MHM and reusable sanitary pads

Outcomes:

Training secondary teachers was a recommended effort by all teachers and head teachers. Teachers appreciated the work done by SORAK.

1. Teachers agreed to incorporate continuous sexual and reproductive health and rights talks to their students for two times every schooling term.
2. All schools agree to stock SORAK made happy pads and ensure that they encourage their respective students to buy them.
3. All the secondary school senior women teachers agreed to invite SORAK next year in their respective schools to conduct a joint training for students in reusable sanitary pad making. This will be needed for those adolescent girls who will have joined secondary education.
4. Students pledged to keep informing SORAK staff and other relevant local leaders in case of threat or attempt by someone to abuse them sexually.
5. Students more noted that SORAK has helped them a lot towards learning about sex education for the first time. They noted that their parents fear and do not feel free to share with them such information. This is due to culture beliefs that a parent should not talk about sex with his or her children.

Major challenges:

1. These activities were conducted during a busy months when students were doing end of year exams. They were thus busy as well as their teachers. SORAK however solved this by asking each school to provide at least 2 hours which were used effectively to cover the planned training components.
2. The activities were done in a rainy season and sometimes SORAK staff got delayed on the way as we could find the roads blocked by mud stuck vehicles. For example the photograph below shows a bus which we found stuck on the way as we were going to conduct a school based training in Kabowa parish Kibalinga sub county. Here we had to wait for 2 hours until when this bus was pushed by youth to clear the road.



Recommendations:

Basing on the observations and questions asked by both the teachers and students during the implementation of these activities, the following recommendations are made;

- More trainings should be conducted especially in the first quarter of the year when there is no or less rain to ensure that movement is not disrupted
- SORAK to include similar activities in the next years proposal to ensure that students and teachers are adequately reached and engaged, given the fact that these activities were done during a busy period.
- Secondly more new children will be joining secondary, yet these are the most eligible girls for MHM.
- SORAK to assign a specific happy pad distribution and sales person in the next year.
- SORAK should in the next year design a baby pamper done with the same materials like those of a reusable sanitary pad. This will be in response to the demand made by secondary school teachers in addition to the community based women.

Conclusion:

In summary the conduct of training of secondary school teachers and their students in MHM, sex education and gender awareness were a welcome activities. These activities filled a both knowledge and information gaps. This was exemplified by the appreciation given to SORAK as well as the invitation of SORAK to go back for further training in the next year. This partly justifies SORAK planning to implement related activities in the same school in 2020 partly create sustainability as well as providing an opportunity to many more deserving female adolescents.