



**SORAK Development Agency**  
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## **Activity: Ashinaga Uganda collaboration with SORAK to sensitize pupils on the value of education and MHM**

**Date 19<sup>th</sup>/11/2018 ~ 20<sup>th</sup>/11/2018**

### **Introduction and Background**

Ashinaga Uganda is an International organization based in Japan with offices in Uganda provides higher (university) education to orphans who have excelled academically but lack funds to complete their university level of education.

SORAK in partnership with Ashinaga conducted school based awareness raising among 32 schools (28 primary schools and 4 secondary schools) on the value of education and MHM with emphasis in making reusable sanitary pads. This collaboration from Ashinaga brought young leaders from 33 different African countries to provide motivational speeches for the rural vulnerable pupils of Mubende district under the Ashinaga's program of "Community betterment".

Ashinaga team was divided into eight groups and each group was assigned with one SORAK staff and each group visited 2 schools per day for two days hence making a total of four schools per group.

### **Purpose of the Training**

The major purpose of the training was to encourage pupils to stay in school (value of education) with emphasis in making reusable sanitary pads.

### **Content covered:**

The following are the content covered by Ashinaga team

- **Value of education (Giving personal experience).**

Ashinaga students come from humble background, being orphans they went through a lot in their struggle to achieve their goal of attaining quality education. Some of the hardships they went through included limited funds to pay for their tuition fees, lacked scholastic materials, to some it was hard to get at least 2 meals per day among others. Despite of the hardships faced in attaining education, they never gave up they continued believing in the power of education.

Students were grouped into eight groups and each group comprising of four members and one Ashinaga staff plus one SORAK staff, these provided motivational speeches to pupils and encouraged them to study hard in order to have a better future. They also encouraged pupils to obey parents, teachers and elders plus avoiding bad peer groups that can lead them into danger like dropping out of school, early sex intercourse, alcohol among other acts.

- **General overview of menstruation.**

Ashinaga team gave a brief about menstruation to the pupils, and that menstruation is the start of periods and happens only after parts a girl's reproductive systems have matured. They were also told how they can manage their menstruation and emphasis was put on personal hygiene and also discouraged them from sharing menstrual materials and pads with their colleagues. Some pupils have never heard the word 'menstruation' and they were given enough time to clearly explain what it is and who is supposed to have menstruation plus the signs and symptoms.

- **Making of reusable sanitary pad.**

The team asked whether there is someone who has ever seen/ used a pad. They also asked whether there is anyone who has ever seen a reusable pad and also knows how to make them. Some pupils have ever seen disposable pads but majority have never seen or used disposable pads, this was because some pupils have not seen their first menstrual periods yet. Very few pupils that have ever seen reusable sanitary pads and also very few who knew how to make reusable sanitary pads and these pupils were new comers and the skill were got from their previous school. They first explained each material and the purpose of each of the materials used. Among the materials included soft end, measuring tape, needle, threads, stretcher, polyethen, cotton and buttons.

The practical session in reusable sanitary pad making took between 2 to 3 hours because being a one day training, they needed enough time to explain each and everything in detail. The Ashinaga groups made were donated to active adolescent girls and the materials remained were donated to schools to continue training and make reusable sanitary pads for sustainability plus addressing the issue of girls missing school because of their failure to make their menstruation.



*Ashinaga team talking to pupils on the value of education at Kabamba Military school, Kasambya sub-county Mubende District in the plates above*





*Practical session of reusable sanitary pad making at Kabamba primary school in the plates above*



*On left Andree from Ashinaga requesting pupils to study hard to have a better future while on right patricia asking whether they know how pads look like in the plates above at ST. Don Bosco Primary school*





*On left the team showing the made reusable sanitary pad in front of the pupils at ST. Don Bosco while on right pupils are being requested to obey their teachers and parents if they want to succeed in life at ST. Matiya Mulumba Primary school*



*Sawing pads made for demonstration on left and on right the team taking a group photo with pupils at St. Matia Mulumba Primary school*





*Showing the right measurements used when making reusable sanitary pads on left and on right the team displaying the materials used in making reusable sanitary pad in the above plates at Mugungulu Primary school*



**Nakassaga Ronita** arranging the materials used in making reusable pads on left at Mugungulu primary school while on right some of the team taking a group photo with SORAK's program staff above

### **Training outcomes:**

- 3, 426 Pupils were reached and encouraged them to stay in school and study hard to have a better future. The motivational speeches with emphasis on personal experiences like losing parents at a young age, financial challenges and sometimes they were sent back home for school fees among others. These motivated many pupils and changed their attitude. Like education can lift you from nothing to something.
- Pupils reached were trained in reusable sanitary pads using locally available resources.

- Pupils reached were discouraged from engaging themselves in bad peer groups but rather to be in developmental groups like academic groups where pupils can study together, in groups that can provide general guidance and counselling plus career development. They were also asked to obey their teachers and parents for personal development and excellence.

#### List of schools reached

No	Name of the school	Sub-county
1	Kabowa P/S	Kibalinga Sub-county
2.	Kabubu P/S	Kibalinga Sub-county
3	St. Mary's Secondary school	Kibalinga Sub-county
4	Nabibungo P/S	Kibalinga Sub-county
5	Kasana C/U P/S	Kibalinga Sub-county
6	Kyakasimbi P/S	Kibalinga Sub-county
7	Ntingamo Public p/s	Kibalinga Sub-county
8	CAWODISA Army Primary school	Kibalinga Sub-county
9	Happy land Secondary school	Kibalinga Sub-county
10	Kafundeezi P/S	Nabingools Sub-county
11	Maya P/S	Nabingools Sub-county
12	Nkokonjeru P/S	Nabingools Sub-county
13	Kitonzi P/S	Nabingools Sub-county
14	Kiyiita P/S	Nabingools Sub-county
15	Kirume Public P/S	Nabingools Sub-county
16	Kirume private school	Nabingools Sub-county
17	Buwaata P/S	Kigando Sub-county
18	Kisiita Primary school	Kigando Sub-county

19	Clever hill Secondary school	Kigando Sub-county
20	Mawujjo Primary school	Kigando Sub-county
21	Katega P/S	Kigando Sub-county
22	Mugungulu P/S	Bagezza Sub-county
23	Ebneezer Juvunile P/S	Bagezza Sub-county
24	Mugungulu moslem P/S	Bagezza Sub-county
25	Kabamba Army P/S	Kasmbya Sub-county
26	Nakawala P/S	Kasmbya Sub-county
27	Kasambya DAS P/S	Kasmbya Sub-county
28	ST. Don Bosco P/S	Kasmbya Sub-county
29	St. MATIA Mulumba P/S	Mubende Municipality
30	Gwanika P/S	Nabingoola sub-county
31	Kaseesa P/S	Nabingoola subcounty
32	Progressive Secondary school	Kigando subcounty