

## **MENSTRUAL HYGIENE AND TRAINING ON RESUSABLE SANITARY PADS**

**Date: Saturday, 2<sup>nd</sup> December, 2017**

**Venue: NYATUNGO CHILD CENTRE –KYENJOJO DISTRICT.**

This training was facilitated by two employees of Joy For Children Uganda. The dual are experienced in working with communities and schools on issues concerning hygiene and sanitation especially menstrual hygiene.

The training was held at Nyatungo Childhood Development Centre (CDC), Kyenjojo District. The centre looks after vulnerable children from the age of three years up to the time the child is a grown up to take care of him or herself.

The training aimed at skilling school-going girls in adopting the use of Re-usable sanitary pads using locally available materials as a way of enhancing girl-child education as well as promoting the retention and participation of the girl child at school. The training was also aimed at creating awareness on menstrual hygiene since dealing with such a challenge requires one to have accurate and adequate information. In most of our communities, menstruation is considered more of a private matter. Sometimes, Menstruation is seen as a taboo by traditionalists yet it is a real life situation affecting girls and women on a monthly basis.

Over 75 pupils (girls and boys) and their care givers participated.

The workshop was guided by the following objectives:

### **Objectives of the Training**

1. Enhancing menstrual hygiene in schools.
2. Promoting girl child education.
3. Reducing stigma and building self-esteem among primary school girls.
4. Enhancing parent's skills in handling challenges that are faced by girls at school.
5. Equipping pupils with skills in making sanitary pads using locally available materials.
6. Equipping the men and boys to also participate in empowering a girl child through supporting them during their menstruation.

Joy for Children Uganda team trained both boys and girls and with their parents.

The workshop started with training both for both the parents and children.

The topics discussed were;

- Menstrual hygiene and management.

- Personal hygiene.
- Water and sanitation.
- Training of sanitary towels
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Both parents and their children were able to get all the knowledge and skills on the above mentioned topics.

However, during the training group discussions were made and every one was given chance to freely share their thoughts in reference to the topics being discussed.

### **Lessons learnt.**

- It is very possible for Boys and men (male caregivers) to participate in promoting menstrual hygiene management.
- With active participation of both female and male participants, Nyatungo Child centre can prioritise menstrual management when budgeting for secured funds from the annual Child Development centre operational budget; an initiative to promote girls' attendance and retention at school.
- Joy for children has supported the training of students, parents and management committees which has fostered improved knowledge and skills to make reusable sanitary pads.
- Boys and fathers have are changing their attitude towards supporting girls rather than teasing them when they are in their menstrual periods.
- Both male and female parents have been trained. Knowledge attained will be transferred to their children (boys and girls) in breaking the silence on menstruation. Through this training, adolescent boys and their fathers have learnt how to break the silence on taboos that surround girl's menstrual management.
- Nyantugo Child Development Centre has learnt the importance of having separate and hygienic sanitary facilities for both boys and girls at the centre.
- Girls and their mothers have learnt how to manage their painful periods through drinking warm water and doing exercises on their bodies as one way to help them get relief.
- Both girls and mothers learnt how to number their menstrual periods' days which will help them to always keep prepared.
- Boys, girls, fathers and mothers have learnt how to make reusable sanitary pads. In addition, they have also been enlightened on the kind of materials they ought to use to make a smart, soft and comfortable re-usable sanitary pad.

- Both female and male parents have been sensitised on the necessities that a girl child ought to have when she starts her menstruation for purposes of maintaining menstrual hygiene.
- Girls and female parents have also learnt importance of bathing regularly for purposes of promoting personal hygiene, especially during menstruation.

### **Challenges**

- Nyantugo Child Development Centre faces a challenge of scarcity of water during the dry season. .

### **Recommendations**

- Trust building through friendly conversations is needed to help sustain interest of both boys and girls to learn more about menstruation.
- Engaging more men and boys in promoting menstrual hygiene management should start with their sensitisation so as to to break taboos that surround the subject.