



Shattering Menstrual Shame in Nepal: March 2024 Workshops *A Special Report for our Global Giving Community*

May 10, 2024

Dear Global Giving Community Members:

Together, we're breaking the stigma around menstruation and providing access to essential menstrual health (MH) solutions, improving access to quality MH education and resources.



In March, the Days for Girls Nepal team engaged in a series of workshops and community engagement events to address gaps in MH education. A few of the core objectives were to: teach girls and women (including pre-teens) about menstruation; foster dignity by raising awareness about quality hygiene solutions; and teach vital skills to



trainers and educators who help drive meaningful change in the attitudes and mindsets of community members for long-term outcomes. Our initiatives also underscore the importance of bodily anatomy by including anatomy charts and demonstrations that promote the efficient use of menstrual products.

At the same time, we also implemented DfG's signature Men Who Know (MWK) Training for adolescent-aged boys and men. By creating comprehensive and inclusive discussions around menstrual health and hygiene (MHH), we have seen a positive change and improved



forms of community care to help tackle the issues faced by people with periods.

During the first phase of implementation, DfG Nepal expanded its Training of Trainers (ToT) Program for volunteer teachers from our partner, Eternal Hope Nepal, in Chitwan. This included flagship training such as the Ambassadors of

Women's Health Training (AWH Training) and MWK.

Pre-teens Menstrual Health Training: Pahilo Pailaa

The Pahilo Pailaa project aims to equip pre-teens aged 8 to 12 with culturally-relevant, age-sensitive, MH education; encouraging early education interventions that help shape attitudes and behaviors for the better. Additionally, the Pahilo Pailaa project developed guidelines for the training of pre-teens on MHH Management. These guidelines included various activities and games designed to facilitate easy learning for younger participants. In Phase I of the Pahilo Pailaa project, Days for Girls Nepal made significant progress in delivering essential MH education to volunteer teachers and participants. The project successfully introduced menstrual hygiene management laying the foundation for future sessions. **Thank you for your continued support in helping empower communities in Nepal!**