



Train 600 girls on Menstrual Health Management (MHM)

WOMEN OF DESTINY GIRL'S PROJECT

Introduction:

Menstruation is an integral and normal part of human life, indeed of human existence. Menstrual hygiene is fundamental to the dignity and wellbeing of women and girls and an important part of the basic hygiene, sanitation and reproductive health services to which every woman and girl has a right. Globally, approximately 52% of the female population (26% of the total population) is of reproductive age. Most of these women and girls will menstruate each month for between two and seven days. In Uganda, the subject of menstruation, however, is too often taboo, and has many negative cultural attitudes associated with it, including the idea that menstruating women and girls are 'contaminated', 'dirty' and 'impure'. Women and girls in rural settings e.g. Kyotera District (our area of operation) and in particular girls in schools suffer most from stigma and lack of services and facilities to help them cope with the physical and psychological pains they undergo during their menstrual periods. Some of the problems they face are: inadequate preparations for young girls not yet experiencing menstrual hygiene, lack of or inadequate water to clean and wash the body, lack of materials for managing menstrual hygiene, lack of separate toilet facilities, no private space or wash rooms and inappropriate facilities for disposal of materials for those who have used pads. Furthermore the high poverty at family level makes it more difficult for girls to have a sanitary pad at the expense of an equivalent day's meal.

Problem Statement:

The onset of menstruation poses significant challenges to adolescent girls. Rakai Health Sciences Program (RHSP, 2017) indicates that girls from the most needy and vulnerable backgrounds lack access to adequate information to ably manage their menstrual health effectively in and out of school. Menstrual related challenges continue to account for more than half (57%) absenteeism of adolescent girls with a loss of 1 – 5 days per month translating into 20 – 60 school days per year (approximately 25% of learning time) which continues to result into high dropout rates. According to the Ugandan Ministry of Education, up to 80% of girls enrolled at primary level never complete this level. These dropouts further expose young girls to other Sexual Reproductive Health challenges such as sexual violence (20% UDHS, 2016) and teenage pregnancy (25%).

When blood is released, sanitary products such as pads and knickers are required to prevent spillage as well as pain killers to manage pain and counseling to manage the trauma. Meanwhile, resources for MHM are limited in availability due to affordability. It's against such a background that Drotty Uganda avails this intervention in Kyotera District.

Solution:

To train 600 young girls with skills to make own reusable sanitary pads. The Women of Destiny Program is designed to provide a safe dialogue space on issues that affect young girls. And it's through this environment that we will still provide accurate health education that will demystify myths and misconceptions around menstruation with the help of trained health workers.

Long Term Impact:

Needy and vulnerable adolescent girls will acquire relevant knowledge on menstruation and will enlighten them against malpractices during menstruation. The girls will attain a skill to make their own reusable sanitary pads, this will not only keep them healthy but will also positively enhance their confidence. In the long term adolescent girls will be more aware about their reproductive health and this will enhance their academic prospects.

About Drotty Uganda:

We are a youth-led and centered nonprofit NGO formed with an aim of advocating for improved standards of living for the vulnerable and disadvantaged rural youth (adolescents and young people aged between 10 - 24 years) by addressing youth challenges through extending youth empowerment programs in thematic areas of Sexual Reproductive Health and Rights (SRHR) and HIV awareness and prevention, youth livelihoods and environmental conservation. Drotty Uganda operates in Kyotera and Rakai Districts situated in the South Western part of Uganda at the International border with Tanzania.

Recent achievements in Menstrual Hygiene Management.

As a youth centered organization advocating for the reproductive health and rights of the needy and vulnerable young people, we are well aware of the challenges affecting this cohort. Menstruation is at the forefront of the main causes of the widespread dropout rates among young girls. We organized a successful health run in commemoration of the International Women's Day 2018 where we advocated for district leadership intervention to support menstrual health

management, we supported training of town girls to make reusable sanitary pads, formed 5 school health clubs in Kyotera district, we are also addressing the gap that the lack of proper wash facilities is causing regarding to MHM and so far we have constructed 1 separate VIP latrine for girls and also provided a water tank to easy water supply and promote good Water hygiene and sanitation.

To further strengthen the MHM component Droty Uganda disseminates menstruation IEC materials to schools in Kyotera to support menstrual awareness among primary school pupils. Additionally, Droty Uganda is one of the have engaged in MHM related advocacy at the community, district and national level. It is against this capacity and experience that Droty Uganda with partners is seeking for support to implement the Women of Destiny Girls' Project.

Time Frame:

3 months

Overall Objective:

To strengthen the capacity of adolescent girls, senior women teachers and health assistants through establishment of mechanisms of sustaining menstrual hygiene in selected schools.

Specific Objectives;

1. To enhance the capacity of school management committees, teachers and pupils in making reusable sanitary pads.
2. To improve the capacity of districts and sub county stakeholders in effecting effective management of menstrual health.
3. To develop strategies for sustainable menstrual hygiene management, knowledge sharing, learning, coordination and resource mobilization amongst stake holders at district and sub county levels to promote the use of reusable sanitary pads.

Project Message;

A girl's safest environment is school, help keep needy and vulnerable rural adolescent girls in school to bridge the equality gap.

Expected outcomes:

- Improved knowledge and skills in making handmade reusable sanitary pads.

- Action plans on implementation of sustainable menstrual hygiene management at the district and school level developed.
- Improved strategy for continued peer monitoring and resource mobilization at the district level school for sustainable menstrual provision of reusable sanitary pads.

Target group:

Adolescent girls and boys, women, male and female teachers, girls out of school, PTA, school health clubs, district staff and sub county extension staff, and community health groups.

Our approach:

The Women off Destiny Girls Project is designed to involve a close working relationship with Kyotera district local government especially the education and health departments whose role will be to provide technical support and supervision, community health groups, schools, to address the challenges of affordability, accessibility, personal hygiene, disposal, knowledge and attitudes.

The project provides a practical dialogue space to meet with key education stakeholders to ensure that their views and opinions are captured and there is agreed consensus on key issues to be addressed. Young girls are also encourage to voice their issues.

Detailed Activities:

- Weekly learning sessions for girls on Menstrual Health Management.
- Review meetings with School Health Committees
- Support supervision by the district health and education departments.
- Strengthen school health clubs
- Practical training to make reusable sanitary pads targeting girls and teachers.

Action Plan for Menstrual Hygiene Activities on the Work plan.

Objective 1: To strengthen the capacity of stakeholders to institutionalize MHM in their programming processes.

Sn	Activity	Expected output	Indicators	Methodology	Time frame	Responsible Person
1.	Conduct MHM sensitization dialogue meetings with school authorities and health workers	MHM incorporated in school activities and budget	No of schools with MHM incorporated in their activities and budgets % budget allocation to MHM.	Plenary and PowerPoint	3 months	Peter Atenyi and Nayiga Sandra
2.	Conduct training workshops for school health clubs on making reusable pads.1 in each School	15 representatives of school health clubs trained on making reusable pads	No. of people trained on making reusable pads	Hands on training	3 months	Trainers Girl Power Pads
3.	Follow up on adoption rate of making reusable sanitary pads.	Monitor progress of and use of reusable sanitary pads	Number of adaptors (Schools and pupils) identified and practicing making reusable pads	Observation and interviews to schools and parents	3 months	Peter Atenyi and Nayiga Sandra.
4.	Follow up on documentation about the utilization of the training (reusable)	Documentation on how children are making their pads	Number of follow up visits made	Follow-up visits and documentation	Month 2 and 3	Peter Atenyi and Nayiga Sandra
5.	Report Writing			Progress Reports(Financial and Technical)	All months	Peter Atenyi, Nayiga Sandra and

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The overall budget amounts to 9,500 USD

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