

MENSTRUATION AND SEXUAL AND REPRODUCTIVE HEALTH

Accompanied E-Learning by Global Changemakers

THE NEED

Menstruation and Sexual and Reproductive Health (MSRH) is not commonly discussed in 2020, nor is it adequately addressed in school curriculums in many countries around the world. This results in figures such as only 34 % of young people around the world being able to demonstrate accurate knowledge of HIV prevention and transmission or that two out of three girls in some countries have no idea of what is happening to them when they begin menstruating, let alone how to proceed.

Young women, particularly those from conservative and economically underprivileged backgrounds are often poorly informed, or receive conflicting and inaccurate information on topics such as proper menstrual hygiene, anatomy, contraception methods, and sexually transmitted infections. The absence of accurate, complete information creates a lack of understanding on what constitutes healthy sexuality and how to properly care for and protect themselves, which can lead to an array of psychological and physical problems including infertility and death. Even young women who are educated and whose backgrounds are not particularly conservative know little about these topics and find it difficult to speak about or ask important questions.

For more than a decade, Global Changemakers has worked with hundreds of young women worldwide who are actively seeking to achieve Gender Equality in different ways. From workshops to inform young adolescents about MSRH, to campaigns to prevent sexual assault, to providing health and sanitation education to sex workers, to projects aimed at economically empowering young women, to campaigns to keep young mothers in school - we have supported many initiatives with the objective of achieving Sustainable Development Goals 3 and 5.

Through our work and connection with these activists, we have seen an ever increasing demand for an easily accessible platform that informs, educates and breaks taboos on menstruation and sexuality for young women globally. This increased demand is met with research showing that comprehensive MSRH education empowers young people to make informed decisions about their bodies and navigate a world where gender-based violence, gender inequality, early and unintended pregnancies, HIV and other sexually transmitted infections still pose serious risks to their health and well-being.

BRIDGING THE GAP

To bridge the gap, we have created a comprehensive MSRH course. It will provide young women worldwide with factual, science based information and allow for a safe space where everyone who has access to the internet can learn, connect with other peers and ask questions that they would not be able to otherwise. The course not only covers standard MSRH lessons, but also touches on important and often overlooked issues such as peer pressure, respectful relationships and consent from a current and youth perspective. It also provides valuable information on different, modern menstrual hygiene and management products and the health and environmental impacts of their use.

A UNFPA [survey](#) found that young people find it difficult or impossible to discuss sexual health matters with adults and that they often find it easier to talk to or learn from someone closer to their age group. Our course content is the result of a collaborative effort between 11 young activists from 9 countries across 5 continents, who deliver the lessons and add their own unique perspectives, experiences and cultural backgrounds. Through having young women from different countries and backgrounds lead the course as peer educators, we ensure that the content is appropriate and relevant to young people's concerns.

The course also features their stories, what made them become active agents of change on this subject and how every young woman in the world can take a step to advocate for good health and well being and gender equality.

All the lessons and material will be available for full download to be an effective tool for other activists to use in workshops in their own communities. Printable materials will also be made available for that purpose.

In April 2020, Global Changemakers opened Changemakers School with online courses on Facilitation and Project Management. In five short months we have enrolled over 1000 students from more than 60 countries. Our MSRH course will be the first issue specific course we will offer and, seeing how our sponsored courses attract 80% of our enrollments with little marketing, we have no doubt we will be able to reach and benefit thousands of young people around the world with this important content.

Our team and contributors constitute an international group from varying backgrounds. This not only brings the added value of different perspectives and cultures to the course content, but makes it easily scalable through translation into different languages.

CURRICULUM

(Subject to small changes)

- 1 Introduction**
- 2 The Menstrual Cycle 101**
 - The Four Phases of the Cycle
 - How to Care For Yourself During Your Period
 - Menstrual Hygiene and Products
 - PMS
 - The Importance of Understanding and Speaking About Menstruation
- 3 Anatomy**
 - Reproductive Organs
 - Endocrine System
 - Hormones
 - Pregnancy
- 4 Psychological Perspective**
 - Emotional Aspects of Sexuality
 - Self Love and Self Esteem
 - Healthy Relationships
 - Peer Pressure
- 5 Fertility and Contraception**
- 6 Sexually Transmitted Infections (STIs)**
- 7 Gender Identity**
- 8 Rape and Sexual Abuse**
 - Consent
 - Reporting
 - Finding Support and Getting Help
 - Emotional Toll
- 9 Termination of Pregnancy**
- 10 Menopause**
- 11 Glossary (written)**
- 12 Frequently Asked Questions (written)**

BUDGET

| | Total (CHF) | Donor (CHF) | GCM (CHF) |
|--|---------------|---------------|---------------|
| Curriculum Development | | | |
| 6 hours per lesson for 12 lessons at 100CHF an hour | 7,200 | 7,200 | 0 |
| Lesson Recording and Production | | | |
| 300CHF per lesson for 12 lessons | 3,600 | 3,600 | 0 |
| Monthly Virtual 'Office Hours' | | | |
| 50CHF per hour for 11 teachers over 12 months of the year | 6,600 | 6,600 | 0 |
| Platform Set Up | | | |
| 100CHF per hour for 20 hours | 2,000 | 2,000 | 0 |
| Platform Fees | | | |
| - E-Learning Platform annually | 1,429 | 429 | 1,000 |
| - Zoom annually | 899 | 0 | 899 |
| Moderation and Maintenance | | | |
| 50CHF per hour for 5 hours each week over 52 weeks of the year | 13,250 | 13,250 | 0 |
| Management and Administration | | | |
| 750CHF monthly over 12 months of the year | 9,000 | 4,500 | 4,500 |
| Programme Marketing | | | |
| - Facebook Ads at an average of 50USD per ad for 10 months | 500 | 500 | 0 |
| - Google Ads at an average of 2000CHF for 10 months | 20,000 | 0 | 20,000 |
| - Opportunity platforms at an average of 50CHF for 10 months | 500 | 500 | 0 |
| - Content production at 100CHF per month for 12 months | 1.200 | 1.200 | 0 |
| TOTAL | 66,177 | 39,778 | 26,399 |

PARTNERS

Awareness 360

A group of changemakers campaigning for social awareness and contributing towards achieving the Sustainable Development Goals particularly, Clean Water and Sanitation, Quality Education, Poverty Eradication, Gender Equality through Youth Leadership.

BlurredLines

#BlurredLinesSM, is a global student run campaign that works on creating awareness on sexual assault and violence. They are primarily focus on three aspects: consent education, social and legal awareness and peer to peer education.

Menstruactua

A project that leads workshops in communities and public schools in El Salvador to properly educate both girls and boys about menstrual cycles. In these workshops menstrual cups and reusable pads are distributed in order to improve girls' menstrual health and raise awareness on the importance and benefits of using reusable and sustainable products.

Tiwale

Tiwale means, "let us shine or glow," in Chichewa. They are a youth founded, youth led community-based organization in Mtsiliza, Malawi focused on supporting women and girls through educational, entrepreneurial, and economical opportunities. They host business workshops followed by micro-loans and deliver vocation skills training. They also built a community center offering after-school homework support, a library, and learning center.

Tingathe

Tingathe is an organization in Malawi that trains young school dropouts to develop self-awareness, human rights and marketable skills for entrepreneurship or employment. The focus is to empower vulnerable young people to create self-employment through vocational training or boost capacity to access employment opportunities. They also support unprivileged youth with financing through a loan scheme, savings groups, access to markets, learning partnerships and mentorship.

Udaan

"Udaan" in Hindi means flight was founded to inform women about menstrual hygiene and to break the many taboos surrounding menstruation that obstruct women and girls from participating in everyday activities. With workshops in India and Nepal, they openly talk about these taboo topics, teaching women and girls about menstruation, puberty and the female body in general. In doing so, they ensure that these women have the knowledge to make the right decisions to lead a healthy and safe life.

COURSE CREATORS AND TEACHERS



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SUPPORTED PROJECTS





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