

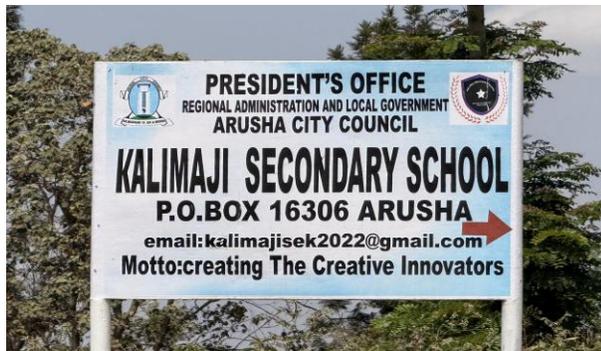


TRAINING REPORT

KALIMAJI SECONDARY SCHOOL

1. INTRODUCTION

On 2nd October 2025 Destiny Hope Foundation and REEpads Team conducted a training session at Kalimaji Secondary School focusing on key issues affecting adolescent girls. The session was organized with the aim of raising awareness on health and hygiene matters, particularly in sexual reproductive health, menstrual hygiene management (MHM) and distributes Reusable sanitary pads (REEpads).



This initiative was made possible through the generous support of **Destiny Hope Foundation**, under Mr. Pendaeli Amos leadership whose contributions ensured that the initiative was successful and impactful.

2. PARTICIPANTS

The training engaged a total of 234 participants, comprising:

- 232 girl students (ages 12 - 19)
- 2 teachers

Both students and teachers actively participated throughout the session.



3. TRAINING OBJECTIVES

The training covered the following areas:

- a) **Awareness Creation:** Building knowledge on the importance of health, education, and personal development among adolescent girls.
- b) **Sexual reproductive health:** Educating participants on the causes, prevention and consequences of sexually transmitted infections (STIs), early pregnancy with emphasis on making informed and responsible choices.
- c) **Menstrual Hygiene Management (MHM):** Practical education on proper menstrual care associated with menstruation and promoting dignity among schoolgirls.

4. DISTRIBUTION OF SANITARY PADS AND DEMONSTRATION

A practical demonstration was conducted on how to use, clean, dry and store reusable sanitary pads.

145 sanitary pads were distributed to students from vulnerable families. This initiative aims to reduce absenteeism during menstruation and empower girls to manage their periods with confidence and dignity.



5. QUESTION & ANSWER SESSION

Students were encouraged to engage in open dialogue by asking questions, sharing personal experience and clarifying concerns about menstruation and reproductive health.



6. OUTCOMES OF THE TRAINING

- a) Increased awareness among students on sexual and reproductive health issues.
- b) Empowered girls with knowledge and confidence on menstrual hygiene management.
- c) Teachers gained skills and are committed to continue awareness trainings.
- d) Empower students to make the right choices and focus to achieve their dreams.
- e) Vulnerable girls were supported with pads, reducing barriers to education.
- f) Students reported they felt more confident and learned a lot from the training.

7. ACKNOWLEDGEMENTS

Special appreciation goes to:

- a) **Destiny Hope Foundation** for financial support and commitment to supporting school girls and empowerment them with confidence and dignity.
- b) **Kalimaji Secondary School** administration for their cooperation and facilitation of the training.
- c) **REEpads Team** for their dedication and professionalism.
- d) **All students and Teachers** who actively participated and contributed to the success of the training.

8. CONCLUSION

The training at Kalimaji Secondary School was a great success. By addressing sexual health, menstrual hygiene, and distributing sanitary pads, the program not only created awareness but also contributed to the wellbeing and academic performance of the girls.

We recommend Continuous support and partnership to ensure more schools and vulnerable communities benefit from similar initiatives.

REEpads team is committed to continuing this important work and looking forward to knowledge generation.

“Period with dignity for every girl”

Destiny Hope Foundation, October 2025