



## Menstrual Hygiene Management Training Report at Mkonoo Secondary School

### Introduction

On 8<sup>th</sup> July 2025 REEpad team conducted a menstrual hygiene management (MHM) training session at Mkonoo Secondary School, located in Terati Ward, Arusha Region. The session was designed to educate and empower adolescent girls with accurate information on menstrual health, sexual reproductive health awareness, break taboos surrounding menstruation and provide reusable sanitary pads to help reduce absenteeism among schoolgirls during their menstrual cycles.

The initiative was generously funded by **Destiny Hope Foundation**, under the leadership Mr. **Pendaeli Amos**, who played a vital role in making the program a success.

### Objectives of the Training

The primary objectives of the training were:

- To provide comprehensive education on menstrual hygiene management.
- To raise awareness about the importance of good hygiene practices during menstruation.
- To break down cultural taboos and misinformation surrounding menstruation.
- To distribute reusable sanitary pads (REEpads) as a sustainable solution to menstrual hygiene challenges.
- To empower girls to feel confident, safe, and supported during their menstrual cycles.





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## **Training Activities and Sessions**

The session was designed to be interactive, participatory, and educational. The following activities were conducted:

### **a) Menstrual Health Education**

Participants received a comprehensive session covering:

- The menstrual cycle and physical changes during adolescence
- Importance of personal hygiene and the risks of poor menstrual practices
- Emotional and psychological aspects of menstruation

### **b) Sexual Reproductive Health (SRH) Awareness**

This segment aimed to broaden students' understanding of their bodies, rights, and responsibilities. Topics included:

- Basic anatomy and reproductive system functions
- Puberty and bodily changes
- Prevention of early pregnancy and sexually transmitted infections (STIs)
- The role of values and decision-making in reproductive health

### **c) Hygiene and Sanitation Practices**

Emphasis was placed on maintaining cleanliness to prevent infections and promote overall health. Discussions included:

- Proper handwashing techniques
- Personal hygiene during menstruation
- Importance of access to clean water, sanitation facilities, and soap

#### d) Reusable Pad Demonstration

A practical demonstration was conducted on how to:

- Use, clean, dry, and store reusable sanitary pads properly
- Understand the benefits of reusable pads (affordability, comfort, sustainability)



#### e) Question & Answer Session

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

## f) Distribution of REE pads

A total of **103 reusable sanitary pads** were distributed:

- **101 pads** to female students (ages 13–18)
- **2 pads** to female teachers

Each recipient received practical guidance on the use, cleaning, and storage of reusable pads to ensure safe and sustainable usage.





## Impact and Feedback

The session had a positive impact, with students expressing appreciation and increased confidence in managing their periods. Teachers acknowledged the importance of incorporating menstrual education into the school's health programs. Some key outcomes included:

- Improved knowledge and understanding of menstrual health
- Increased confidence among girls to attend school during menstruation
- Empowerment of teachers to support students more effectively
- Enhanced awareness of the sustainability and benefits of reusable pads

## Acknowledgements

We extend our deepest gratitude to:

- **Destiny Hope Foundation** and **Director Mr. Pendaeli Amos** for funding and supporting this initiative
- **Mkonoo Secondary School administration** for their cooperation and hospitality
- **REEpad team members** for their dedication and professionalism
- **All the students and teachers** who actively participated and contributed to the success of the training

## Conclusion

The MHM training at Mkonoo Secondary School marked an important step toward promoting menstrual dignity and breaking the silence around periods. Through education, open dialogue, and the distribution of reusable pads, the initiative has empowered young girls to manage their menstruation confidently and continue their education uninterrupted.

DHF team is committed to continuing this important work and looks forward to future collaborations.

***“Period with dignity for every girl”***

*Destiny Hope Foundation, July 2025*