

## PROJECT REPORT 70629

### SAFE AND DIGNIFIED MENSTRUATION: EMPOWERING GIRLS AND ADOLESCENTS IN NATIVE AMAZONIAN COMMUNITIES

#### BACKGROUND

The project seeks to address taboos and misinformation about menstruation in the Urarina and Shawi communities, which affect the physical and emotional health of girls, adolescents, and women, through meetings with older women and cultural leaders to integrate traditional knowledge, the creation of informational materials in local languages and symbols, the manufacture of reusable sanitary pads with local materials, and the implementation of community campaigns and activities involving men and boys, with the aim of improving the health, self-esteem, and participation of girls and adolescents, promoting respect, equality, and dignity during menstruation, and strengthening cultural values and inclusive community development.

#### PROGRESS

During the first months of the project's implementation, a sewing workshop was held for women from the Urarina communities, in which they were given the necessary materials and instructions for making reusable sanitary pads. This space took advantage of the sewing skills that the participants already possessed, also becoming a safe place where they could feel comfortable, valued, and confident. The introduction and manufacture of sanitary pads represented an important step in their empowerment.



Picture 1. Raising awareness of the importance of menstrual hygiene

Picture 2. The women participants make reusable towels, putting their sewing skills to good use.

