



STUDENTS SUPPORT &
PHILANTHROPY PROGRAM (SSPP)



March 2026

Breaking Menstrual Health Barriers in Busoga

Students Support and Philanthropy Program (SSPP)
Quarterly Monitoring Report
Project: Breaking Menstrual Health Barriers in Busoga
Reporting Period: Quarter 1
Location: Busoga Sub-region, Uganda



GlobalGiving

1. Introduction

The *Breaking Menstrual Health Barriers in Busoga* project aims to improve menstrual health management among school-going girls by increasing access to reusable menstrual pads and promoting proper menstrual hygiene practices. The initiative supports girls to manage menstruation with dignity while reducing school absenteeism associated with lack of menstrual health products.

During this reporting quarter, the project did not receive additional funding to support the planned expansion of activities such as new pad distributions and large-scale sensitization sessions. Despite these financial constraints, the Students Support and Philanthropy Program (SSPP) remained committed to monitoring previously supported beneficiaries to ensure that the distributed reusable menstrual pads continue to benefit the girls.

2. Monitoring Activity Conducted

To maintain engagement with beneficiaries, SSPP conducted household follow-up visits to assess the continued use and maintenance of reusable menstrual pads previously distributed to girls in the community.

Due to limited resources, the monitoring exercise covered a small sample of five (5) households within the target community. These households were selected from among beneficiaries who had earlier received reusable menstrual pads through the project.

The household visits focused on:

- I. Confirming whether the girls are still using the reusable pads.
- II. Observing how the pads are washed, dried, and stored to establish whether the trainings were useful.
- III. Providing guidance on proper menstrual hygiene practices.
- IV. Identifying any challenges faced by the girls or their households in maintaining the pads.

3. Key Observations

The follow-up visits revealed that all of the girls in the sampled households are still using the reusable menstrual pads provided through the project. The girls demonstrated basic understanding of how to wash and maintain the pads after use.

In all households, caregivers expressed appreciation for the support provided through the program, noting that the reusable pads have helped reduce the financial burden associated with purchasing disposable menstrual products let alone the rudimentary alternatives the girls were getting accustomed to.

The monitoring team also observed that most girls are attempting to follow recommended hygiene practices, including washing the pads with soap and water and drying them before reuse.

During the visits, the team provided additional guidance and reminders on proper drying, storage, and general menstrual hygiene management to ensure continued safe use of the pads.

4. Challenges Identified

While the general adoption of reusable pads remains positive, the household visits highlighted one key aspect to consider while progressing with future project plans:

- Due to the small number of pads available, some girls may need additional sets in the future as the current ones wear out.

5. Conclusion and Way Forward

Although the project experienced funding limitations during the reporting period, SSPP continued to maintain contact with beneficiary households through targeted monitoring visits. The follow-up exercise with five households demonstrated that the reusable menstrual pads are still being used and remain beneficial to the girls.

The visits also provided an opportunity to reinforce good hygiene practices and better understand the day-to-day realities faced by the beneficiaries.

Moving forward, SSPP aims to expand monitoring activities, provide refresher sensitization on menstrual hygiene management, and reach more girls within the Busoga region once additional funding becomes available. Continued support will be essential to sustain the positive impact of the project and ensure that girls can manage menstruation safely and confidently.