



Ending Period Poverty in Busoga

Donor report – Menstrual Health and hygiene awareness as of July, 2026



With the generous support of GlobalGiving donors, we carried out another round of the menstrual health education and hygiene awareness this reporting period. Our goal stayed the same as always; to give girls the knowledge, confidence, and products they need to stay in school and manage their periods with dignity. We paired practical menstrual health education with the distribution of menstrual hygiene kits to girls who needed them most, helping remove one more barrier to school attendance.

Funding Summary

Item	Amount (UGX)
GlobalGiving funds received for the project	1,441,550

What We Did

SSPP ran two menstrual health education sessions this period. The first was for school going adolescent girls and young women (30 participants). The second focused on teachers and school staff, because girls do better and are more comfortable when the adults around them understand what they're experiencing. The school received 35 reusable pad kits to use in times of emergencies at the school.

Across both sessions, we covered the basics of menstruation and hygiene, worked to break down the myths and stigma that still surround periods in many homes, walked girls through the proper use and disposal of sanitary products, and talked openly about building the confidence to keep coming to school while on their period.

Additionally, we incorporated the effects of the menstrual cycle on the mental wellbeing of young girls targeting the adults that the girls confide in to commemorate the mental health awareness month.

The teaching itself was done voluntarily by SSPP staff, together with students from the Stockholm School of Economics (SSE) 2026 Internship Cohort, who joined us for this round.

Menstrual Hygiene Kits

Every girl we reached went home with one menstrual hygiene pad package (4 reusable pads and a sanitary pouch) plus a pair of panties. A complete package like these costs UGX 20,000.

Support Provided	Number of Girls
Adolescent girls and young women	30
School support (teaching staff)	35
Total girls supported	65

SSPP's Own Contribution

To make sure the donation went as far as possible, SSPP contributed in a few ways that is; covering the full cost of the education sessions, community outreach, teacher engagement, coordination and logistics, and we appreciate all the support from the Stockholm School of Economics cohort 2026 towards this cause.

What Changed

Girls left these sessions knowing more about their own bodies and how to manage their periods safely. Many told us they felt more confident about it, and less afraid of the stigma that used to keep them quiet. Teachers, too, went better equipped to support girls through their periods without overlooking its effects on their mental wellbeing. And in very practical terms, 65 girls now have the products they need to get through school each month without missing class.

Thank You

We are grateful to GlobalGiving donors for standing with SSPP in this work of improving menstrual health and educational opportunities for girls in Uganda. Your support is helping young girls manage their periods with dignity, while building real awareness in their schools and communities. And together, we are helping ensure that menstruation is never a barrier to education.

