

MENSTRUAL HYGIENE MANAGEMNT PROJECT





Menstrual Hygiene Management is of today a joint project between Walkfree Children's Foundation- a grassroot organization in Masaka, Uganda and Save The Child Foundation- Funding Partner in the USA.

STRATEGY

Equipping girls and young women with the knowledge and menstrual items they need to manage their periods hygienically and make informed decisions on their sexual reproductive health and wellbeing.

GLOBAL GOALS SUPPORTED

SDG Goal 3; Good Health And Well-being SDG Goal 4; Quality Education SDG Goal 5; Gender Equality



ABOUT THE PROJECT

GLOBAL GOALS SUPPORTED







Many girls around Masaka possess no knowledge about menstruation when they get their first period. A lack of adequate information about this normal biological process breeds fear and shame. It puts girls' health at risk and negatively affects their education, as many girls miss school during their menstruation, or drop out completely when they reach puberty.

Education about menstruation and Menstrual Hygiene Management (MHM) is critical to empower girls to manage their menstruation safely, hygienically, and with confidence.

Walkfree Children's
Foundation since 2021
developed, tested and
implemented a Menstrual
Hygiene Management (MHM)
Education Guide and
provided free sanitary pads.

The Menstrual Hygiene
Management project
kicked off in 2021. In its first
year of implementation,
the project changed the
lives of over 200 girls.

Today, we have donate 1,432 school kit AFRIpads and is empowered approximately 8,000 school girls in Masaka.

WHO IS PART OF MENSTRUAL HYGIENE MANAGEMENT?



School Girls

Receive training, period products during our school outreaches, they are educated by the educational guide and the MHM events.

Marginalized Women

Receive training, receive period products during our community outreach programs, and they are empowered to manage their menses with dignity.



28 27 26 25 24 23 22 21 20 19 10 11 12 12 13 14 15 16

Female Facilitators

Provide training to students and marginalized women during our MHM Activities to empower them manage their menses with dignity.

LOCATION



MASAKA CITY, UGANDA

communities Served

- 1. Nyendo
- 2. Ssaaza
- 3. Kayijja
- 4. Kayiritti
- 5. Misaali
- 6. Vettino
- 7. Katina
- 8. Kinobero

School Served

- 1. St. Ignitius Pri Sch.
- 2. Nyendo Progressive
- 3. Keystone Pri Sch
- 4. Little Stars Pri Sch
- 5. Nyendo Public P/S
- 6. Centenary SSS
- 7. Stella Maris SSS
- 8. Exodus SSS
- 9. Nyendo Mixed SSS
- 10. Nserester SSS
- 11. St. Anthony SSS

HOW IT WORKS?

CHALLENGES

Thousands of girls in Masaka will experience their first period in the next 10 years. More than half of them will not have enough information to manage their period safely and with confidence



Misconceptions around menstruation and source of bleeding



Cultural taboos restricting girls' social interaction.



Girls report missing school regularly due to menstrual hygiene issues: Uganda: 62%

SOLUTION

Tackling the taboos, silence, lack of Menstrual items & information surrounding menstruation that prevent girls and young women from fully and equally participating in society, by:

Equipping girls and young women with the knowledge to manage their periods hygienically and make informed decisions on their sexual reproductive health and wellbeing. (Goals 3 & 5) Equipping girls and young women with the high quality -Super absorbent AFRIpads that give protection for more than 13 months of period hygiene and dignity. (Goals 3 & 5)

Training student peers and senior women in addressing a sensitive and often taboo topic in a fun and empowering way for participants. (Goal 4)

1. USING PERFORMING ART TO BUILD TRUST & SUPPORT



1. Walkfree performing kids represents the dreams, aspirations and desires of the so many vulnerable children living in the ghetto, streets and other unsafe places lacking the basic needs of life.



3. Performing on the topic of menstrual hygiene, sanitation and health introduces theme.



2. Performing sessions break the ice, create a safe space and build the girls' confidence.



4. Performances especially on the MHM Day Celebration raisesawareness among girls and their mothers.

2. IMPLEMENTING THE MHM EDUCATION GUIDE

With the help of an exciting story and through different activities, girls gain essential knowledge about good menstrual hygiene.



1. Understanding the stages of childhood



3. Understanding Menstruation, body changes during Menstruation,



5. Learning how to use sanitary pads and cloths



2. Understanding body changes during adolescence.



4. Understanding MHM, Identifying common challenges for girls.



6. Encouraging girls to support each other

Short Term

Girls who joined the programme go through a session to learn to manage their period; and are empowered to confidently be part of society

Medium Term

We have given 1,000 AFRIpad reusable pads to menstruation challenged girls and marginalized women in Masaka to empower them to lead their lives while becoming role models within their communities.

Long Term

Fellow girls will offer Menstrual Hygiene education under by fellow students; peer to peer to enable further scalability and spread of MHM through fellow students

IMPACT

IDEVELOPMENTS

IMPLEMENTATION MODEL

girls at Stella Marris Secondary

school

The project Menstrual Hygiene Management kicked off in 2021. We were later joined by Save The Child Foundation who aim at ending period poverty in India, Nepal, Pakistan, Kenya, Ghana, South Africa, Nigeria, Tanzania, Uganda, Liberia, Zimbabwe, Mozambique by providing free reusable AFRIpads. In Uganda, Save the child Foundation is partnering with Walkfree a grassroot organization to end period poverty in Uganda.

April 2021 May 2021 June 20	21 August 2021	August?	022	Oct 2021	Nov 2021
STRIDE 1 >> Developed the MHM Educational Guide Development: by MHM Activists, Experts and the walkfree Team	STRIDE 2 >> Team training & Preparations: Training of the Team on the newly designed MHM Educational Guide.	STRIDE 3 >> First COVI lockdown outreach for SOPs guidelines: We p and gave out 124 disp pads: Periods don't p Pandemic in Kayijja,v	ollowing the Rotara procured 70 Alwa posable pause pr the	ct Club of Masaka (In-kind F ays Disposable Pads) (r	STRIDE 5 >> First Pads (Always Pads) give away: 70 pads were given out to 70 girls and marginalized women during the pandemic/ lockdown at Kinobeero community
Jan 2022 Fep 5022	Feb 2022 Mar 2022 Apr 2022	May 2022	May 2022	Nov 2022	Nov 2022
STRIDE 6 >> We created a Go Fund Me campaign through Molly Truchuk to raise fund for MHM Support Program for 2022. We collected USSD\$ 508 which procured 335 disposable Always Pads for the menstruation challenged school going girls.	STRIDE 7 >> First school outreach after a prolonged school break due to COVID19 Pandemic: MHM Conversations 2022. We gave away a total of 335 pads (Nyendo Progressive P/S, Aloysius P/S, Nyendo Public P/S respectively)	STRIDE 8>> Supported the first MHM Day Celebration Event organized by Save The Child Foundation through CCFU at Lambu Fishing Site where we met Save The Child's Sandhya.	STRIDE 9 >> Sandhya visited our office, toured the program and met the kids. This paved way for a journey of Save The Child & Walkfree partnership that has ended period poverty for more than 1,000 girls.	STRIDE 10 >> Walkfree received of donation of 67 Reusable school girl kit from AFRIpads Uganda. This was a request to work together to keep 67 girls in school by empowering them to manage their menses with dignity	I AFRIpads donated by AFRIpa (U) Ltd to the students of St. Anthony Secondary school to empower them manage the
Feb 2023 Mar 2023	Feb 2023	July 2023	July 2023 Aug 2023	NOV 2023	
STRIDE 12>> We created a Go Fund Me campaign through Chloe Kontack to raise fund for MHM Support Program for 2023. We collected USSD\$ 321 which procured 60 Reusable AFRIPads for the menstruation challenged	STRIDE 12 >> Procured and gave away 60 Reusable AFRIpads from the GoFundMe campaign to the schoolgirls of Stella Maris Secondary school.	STRIDE 13 >> Save The Child donated 500 Reusable AFRIpads for the menstruation challenged school gong girls.	STRIDE 14 >> Conducted the second wave of school outreaches/ giveaway; MHM education: MHM Students' conversation: At St. Anthony SS, St. Ignitius P/S, and Kayijja Villag	STRIDE 11 >> > Monitoring and evaluation: Evaluation of the project and impact measurement.	

DEVELOPMENTS

MAJOR DEVELOPMENTS

April 2024 May 2024

STRIDE 16 >> We created a Go Fund Me campaign through Elizabeth Grey to raise fund for MHM Support Program for 2024. We failed to collect any money. APril 2024

STRIDE 17 >> We conducted a menstrual hygiene survey at St.
Anthony SSS on the impact of the donated AFRIpads on the wellbeing of girl students there.
We documented a success story & a thank you video to Save The Child Foundation.

August 2024 Sept 2024

STRIDE 18 >> We organized a Pad Drive in Arizona through <u>Kitty</u>
<u>Perrott-Pitcher</u>, and Dr. Agatha and we raised 1,500 Menstrual cups unfortunately the organizers of the drive failed to deliver them to Uganda which they later donated to the homeless in the US.

MON 5021

STRIDE 19 >> We reached out to Save The Child Foundation however they had committed their few resources in other countries not Uganda. nec 2024

STRIDE 20 >> We reached out to Dr. Agatha, Midtown Detroit, Menstrual cups Spain, global black philanthropy, breaking Barriers Inc, new Hope & Loriane however we failed to get their support.

Jan 202F

STRIDE 21 >> We created a Go Fund Me campaign through Maria Capdevilla to raise fund for MHM Support Program for 2025. We collected USSD\$ 1,008 which procured 200 Reusable AFRIpads for the menstruation challenged school going girls. Mar 2025

APY 202

STRIDE 22 >> Walkfree gave away 200 Reusable AFRIpads to St. Anthony Sec School and Exodus Sec School respective to ensure the girls there have menstrual pads during their menses.

May 2025

STRIDE 23>> Designed the MHM
Inter school- Students
Interaction Framework and MHM
education Guide update 2025
and requested for support from
Save The Child Foundation to
organize the first Inter-School
Interaction

May 2021

STRIDE 24 >> We received a grant worth USSD \$1,110 to organize the MHM Inter school Students Interaction and a pack of 200 Reusable AFRIpad school- girl kit. May 2025

STRIDE 25 >> Organized the MHM
Day celebration for 2025 by
hosting the MHM students
Interaction that was attended by
66 Adolescents- menstruating
girls from 10 schools.

June 2025

STRIDE 26 >> Gave 100 AFRIpds to 100 students at Nyendo Mixed Secondary School where we extended the student interactions in the schools that participated.

July 2025

STRIDE 27 >> Recorded a MHM Advocacy song which is a statement, a message we send where we can't reach.

The project

STRIDE 28 >> The struggle continues please join us to make a period friendly world.

IMPLEMENTATION MODEL

With the support of Save The Child Foundation and people like you, the MHM project and MHM Education Curriculum is implemented in more than 16 schools and 7 villages empowering approximately 8,000 girls in Masaka.



MHM Education Guide tested and now adapted by other 5 organization in Uganda (Sibur Africa, Life Bridge, Rise Up Uganda, Weco Uganda, Ideal Woman) 5 years

16 schools

7 Villages

21 Sessions 8,000 Girls Trained 1,432 Sanitary Pads



Approximately 8,000 girls improved their knowledge on MHM and are empowered to manage their period safely, hygienically and with confidence.

1,432 menstrual sanitary pads have been given to help vulnerable girls and marginalized women to manage their period safely, hygienically and with confidence.

IIMPLEMENTING THE MHM EDUCATION GUIDE

- 1. Understanding the stages of Childhood
- 2. Understanding the changes of Adolescence.
- 3. Understanding Menstruation & the Body changes during Menstruation
- 4. Identifying common challenges for girls.
- 5. Encouraging girls to open up.
- 6. Creating a support system to overcome obstacles
- 7. Encouraging girls to support each other
- 8. Learning how to use sanitary pads and cloths
- 9. Teaching girls how to track their periods

MHM EDUCATION SESSIONS

Understanding the stages of Childhood

- Early Childhood
- Middle Childhood
- Late Childhood/ Adolescence

Understanding the changes of Adolescence.

- First puberty change. Breast development.
- Pubic hair appears. Shortly after breast development.
- Hair under the arms.
- Menstrual periods.

Understanding the changes of Adolescence. Boys

- Penis enlargement.
- Pubic hair appears.
- Wet dreams (nocturnal emissions).
- Hair under the arms and on the face, voice change, and acne.

Understanding Menstruation & the Body

- changes during Menstruation • Abdominal or pelvic cramps
- Lower back pain
- Bloating
- Sore breasts
- Food cravings
- Mood swings and irritability
- Headache
- Fatigue

OVERCOMING RESTRICTIONS & TABOOS

of the girls have discussed the restrictions with their families.

81% prefer to stop following societal restrictions.

INCREASED MHM KNOWLEDGE

96% of the girls stated they learned something during the programme,

among those:

66% said they learned a lot.

IMPROVED MHM PRACTICES

70% of the girls stated they learned something during the programme,

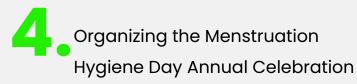
tracking their periods to be better prepared

MAJOR ACTIVITIES

Organizing the MHM Interschools interactions.

Conducting both community & school outreaches- MHM Education Guide Sessions.

Distribution of Reusable AFRIpads in schools.



Monitoring and evaluation Evaluation of the project and impact measurement.

Together for a #PeriodFriendly World.













