



MENSTRUAL HYGIENE MANAGEMENT PROJECT

MHM



MENSTRUAL HYGIENE MANAGEMENT

Menstrual Hygiene Management is of today a joint project between Walkfree Children's Foundation- a grassroots 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



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 donated 1,432 school kit AFRipads and empowered approximately 8,000 school girls in Masaka.

WHO IS PART OF MENSTRUAL HYGIENE MANAGEMENT?

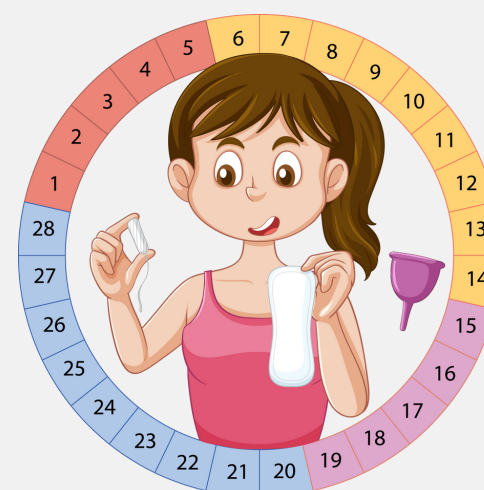


School Girls

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.



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 raises awareness 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

IMPACT

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.

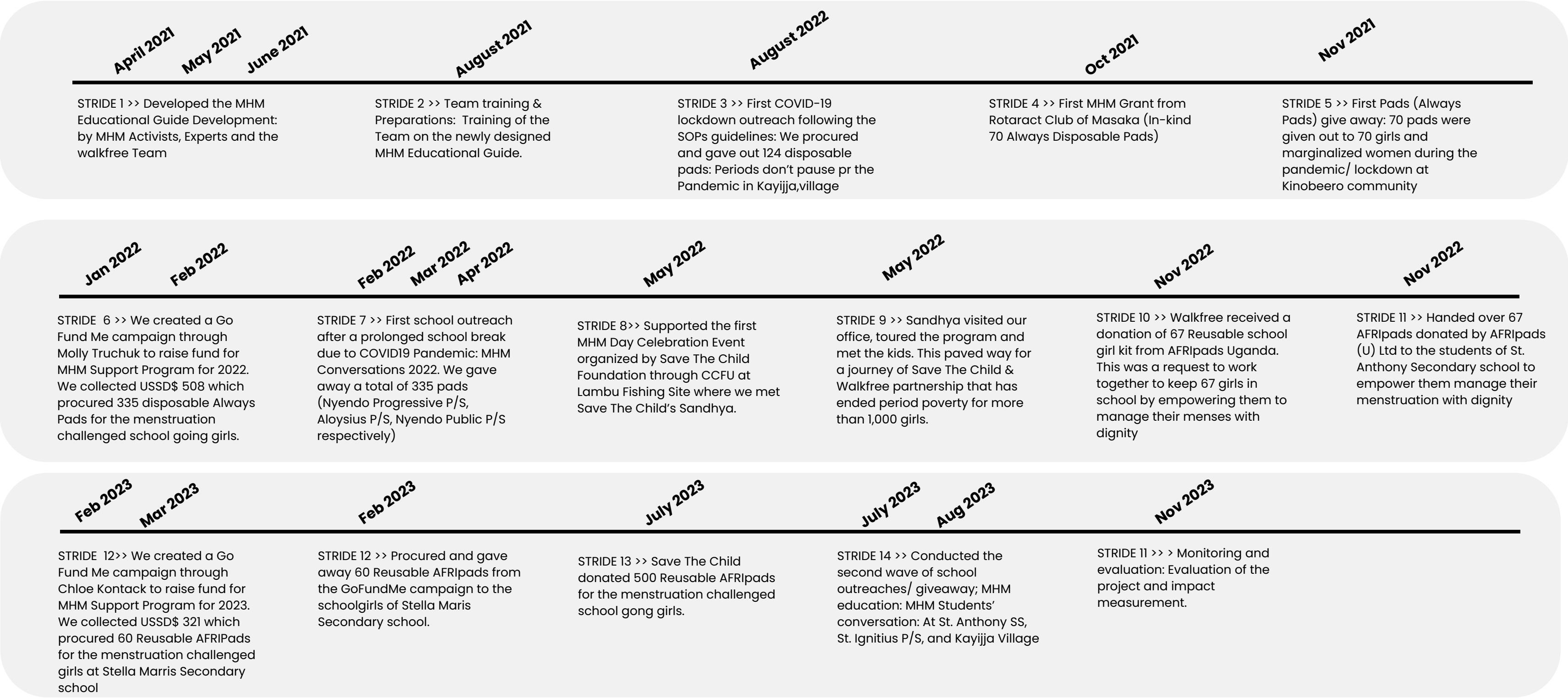
Long Term

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

IDEVELOPMENTS

IMPLEMENTATION MODEL

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.



DEVELOPMENTS

MAJOR DEVELOPMENTS

April 2024 May 2024		April 2024	August 2024 Sept 2024 Oct 2024	Nov 2024	Dec 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.		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.	STRIDE 18 >> We organized a Pad Drive in Arizona through <u>Kitty 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.	STRIDE 19 >> We reached out to Save The Child Foundation however they had committed their few resources in other countries not Uganda.	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 2025	Feb 2025	Mar 2025	Apr 2025	May 2025	May 2025	June 2025		
STRIDE 21 >> We created a Go Fund Me campaign through Maria Capdevilla to raise fund for MHM Support Program for 2025. We collected US\$1,008 which procured 200 Reusable AFRipads for the menstruation challenged school going girls.		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.		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		STRIDE 24 >> We received a grant worth US\$1,110 to organize the MHM Inter school Students Interaction and a pack of 200 Reusable AFRipad school- girl kit.	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.	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	The project continues							
STRIDE 27 >>>Recorded a MHM Advocacy song which is a statement, a message we send where we can't reach.		STRIDE 28 >> The struggle continues please join us to make a period friendly world.						

IMPACT IN FIELD

IMPLEMENTATION MODEL



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. Boys

• Penis enlargement.

• Pubic hair appears.

• Wet dreams (nocturnal emissions).

• Hair under the arms and on the face, voice change, and acne.
- Understanding the changes of Adolescence. Girls

• First puberty change. Breast development.

• Pubic hair appears. Shortly after breast development.

• Hair under the arms.

• Menstrual periods.
- 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

57%

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,

57%

started tracking their periods to be better prepared

MAJOR ACTIVITIES

1.

Organizing the MHM Inter-schools interactions.
2.

Conducting both community & school outreaches- MHM Education Guide Sessions.
3.

Distribution of Reusable AFRipads in schools.
4.

Organizing the Menstruation Hygiene Day Annual Celebration
5.

Monitoring and evaluation Evaluation of the project and impact measurement.

Together for a
#PeriodFriendly
World.

