

## **Making Menstrual Hygiene Management (MHM) a reality for all girls in school**

Voluntary Action for Development (VAD) with its partners support an awareness campaign promoting the provision of sanitary pads and construction of gender friendly facilities such as latrines with washrooms and big rainwater harvesting tanks for girls in schools to access MHM and schools to at least have a patron (senior woman teacher) to support girls through menstruation when they are at school. On top of this VAD calls for the prioritization of MHM as a serious issue that affects girl child education.

The sensitization campaigns are aimed at giving in-depth information on menstruation and MHM to adolescent girls and boys and their teachers including hands on skills to make re-suable sanitary pads and understanding what menstruation is, why it happens, how to handle the challenges that come with menstruation, effects of poor MHM, What support is required, what market solutions can work or not mention to be used.

This approach has strengthened schools and empowered the girl child to manage their periods and also equipping them with life skills to make sanitary pads. Also getting boys and male teachers involved in MHM is greatly contributing to breaking myths and taboos about Menstruation.



*Girls at Buwanuka primary school Namayumba excited with their self-made re-usable sanitary pads and the photo on the right, girls' self esteem and dignity restored after the newly VIP latrine construction with washroom to ensure girls cleanliness especially during their menstrual periods..*