

# Adolescent and Sexual Education

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# Facts from Pakistan

- No policy or interventions in schools for Adolescent or sexual education schools
- Missing classes by adolescent girls from schools during menstruation
- Per month, then they lose track of their school work and eventually drop out.
- Lack of designated washrooms with water & disposal facilities in schools Changing, cleaning & drying of re-usable menstrual clothes
- No resource allocation for adolescent and sexual education in schools
- Many Myths and misconception in community to deal with menstruation by your girls
- Lack of adolescent health knowledge in young adolescent regarding Adolescent and Sexual Education
- Recent incidents created discussion for Life Skills and Adolescent Education in schools
- Poor School performance due absenteeism



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# MENSTRUAL HYGIENE MANAGEMENT

## Definition

The United Nations Children's Fund (UNICEF) and the World Health Organization (WHO) define **Menstrual Hygiene Management (MHM)** as

- the articulation, awareness, information and confidence to manage menstruation with safety and dignity using safe hygienic materials, together with
- adequate water and agents and spaces for washing and bathing and
- disposal with privacy and dignity.<sup>1</sup>

The United Nations Educational, Scientific and Cultural Organization (UNESCO) includes additional systemic factors:<sup>2</sup>

- informed and comfortable professionals
- referral and access to health services
- positive social norms
- advocacy and policy.

1 [http://www.wssinfo.org/fileadmin/user\\_upload/resources/MENSTRUAL-HYGIENE-MANAGEMENT-Paper-for-END-group-1.pdf](http://www.wssinfo.org/fileadmin/user_upload/resources/MENSTRUAL-HYGIENE-MANAGEMENT-Paper-for-END-group-1.pdf)

2 <http://unesdoc.unesco.org/images/0022/002267/226792e.pdf>



# Challenges:

- Considered as social taboo and not easy to discuss openly
- Myths about Adolescent and sexual education
  - In some communities, women and girls are not allowed to use water sources during menstruation.
  - In a study in South Asia, 20% of the women interviewed, who had access to toilets, did not use them during their periods, partly due to fear of staining the toilet
- Lack allocation of funds for ASRH education in schools
- Lack of resources for WASH facilities in schools
- Lack of will from some actors of community and govt. department
- Not on agenda of political stakeholders
- Teacher's unwillingness to discuss menstrual hygiene.
- Bullying in schools



do..

## **Save the Children have planned to;**

- To elicit the beliefs, conception and source of information regarding menstruation
- To educate about the importance of menstrual hygiene among adolescent girls.
- To raise awareness regarding menstrual hygiene management in school environment  
( Teacher Training)
- To improve the presence of girls in school during their menstrual cycle

# Target Group and Methodology

## Target Group:

- 12-15 adolescent girls

## No of Schools:

No of School	No Teachers
77	174

## Methodology:

- Training of Trainers (ToT)
- Female teachers training
- Sessions with girls by trained female teachers
- Awareness Sessions with community
- Providing MHM Kits to schools



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# Women

- **Lack of sanitary protection materials**
  - Leading to embarrassment and stress due to leakage and smell
- **Lack of menstrual hygiene-friendly facilities**
  - So unable to change materials and wash, leading to absence from school or work
- **Fear of using the latrine**
  - Due to staining or lack of privacy or unsafe location



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# Disabilities

- Less access to facilities, materials and information
- Unable to see leaks or extent of blood
- Have to sit on dirty latrine to change pads or cloths
- May need support to change their pads or cloths
- Cannot communicate their pain or discomfort and may have heightened sensitivity



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# Emergency Preparedness

## Emergencies

### **Kit 1 (Disposable):**

20 disposable sanitary pads, 1 Plastic container (10 liters) with lid, bio-degradable plastic bags (10 units, non-opaque), Use, care and disposal instructions, 220 grams personal bathing soap (TBC), Underwear (TBC).

### **Kit 2 (Reusable):**

1 reusable/washable sanitary pad kit composed of: 1 Pad, 5 absorbing liners (3 winged + 2 straight), storage bag, 1 washing basin (30 liters), 350 grams of laundry soap, Use, care and disposal instructions, 220 grams personal bathing soap (TBC), Underwear (TBC)



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# MHM SCHOOL CHECKLIST

## MHM Program Elements

- Informational program for school, SMCs, and community
- MHM-themed community events (theater, radio)
- Washrooms for girls
- Water and soap in girls washrooms
- Disposal place for used pads
- Emergency pads in a place where girls know to find them
- Comfort kits (bag with pads, panties, soap, booklet on puberty)
- A local pad production program
- Guidance teacher or counselor designated for MHM
- School Health Nutrition (SHN) coordinator trained in MHM



- MHM training for all teachers
- WASH Club with MHM activities
- Talks on MHM from local nurses or environmental health technicians
- Approved medications for menstrual pain with guidance or SHN teacher
- Mentoring by older girls for younger girls
- Booklets on puberty for boys and girls
- Guidance materials for teachers
- Visual aids on menstruation and puberty
- Inclusion of menstruation and puberty in classroom subject teaching
- School funds raised and set aside for MHM support (for example,



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# MHM-Friendly WASH Facilities

## Latrine Design - 1

- Wider chamber
- Washing platform and water inside cubicle
- Rail for drying/hanging cloths
- Disposal



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# MHM-Friendly WASH Facilities

## School Latrine Design - 2

- Water inside the latrine
- Integrated incinerator
- Disposal bin



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# Standard Operating Procedure

- Save the Children will train the one or two female teachers from each target school
- Will provide kits to each schools 1 kits for each 50 girls child
- The trained teacher will be custodian of these kits and will maintain the inventory of these kits
- She (the trained teacher) will be responsible of issue and refill of these MHM kits through SMC funds or by reimbursement by the girl child who use the kit
- The teacher will make sure to refill the kit as early as possible from SMC funds/reimbursement through the girl, who used the kits
- She (the teacher) will be responsible to keep maintain the same items in kits, provided at the time of handing over the kits by Save the Children
- Will be ensure that
  - Instructions written or printed in easily understandable the language to the students for the usage of the kit contents, hygiene and disposal of the used napkins.
- The trained teacher will try to ensure the proper WASH facility in school for girls children to keep maintain their hygiene and privacy during menstrual periods
- The teacher will make sure that the kits and content are available to each student without any discrimination



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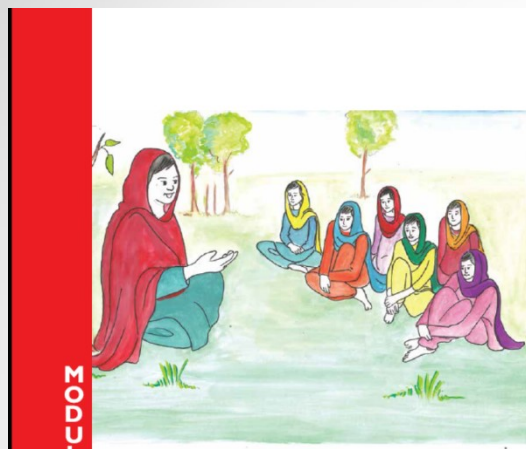


# Description of Kit

- 20 Disposable Sanitary Napkins
- 10 Opaque Plastics Bags
- 10 Underwear
- 220 gram of Bathing Soap
- A Plastic Container (10 Liter) with Lid
- Plastic Mug
- 5 Leaf of Ibuprofen or Naproxen

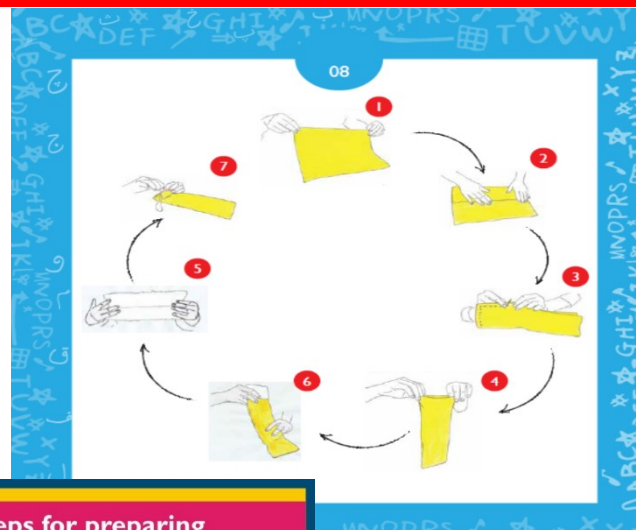
Save the Children will provide items like (water container and mugs) to be used in MHM WASH facilities, only one time

# Material

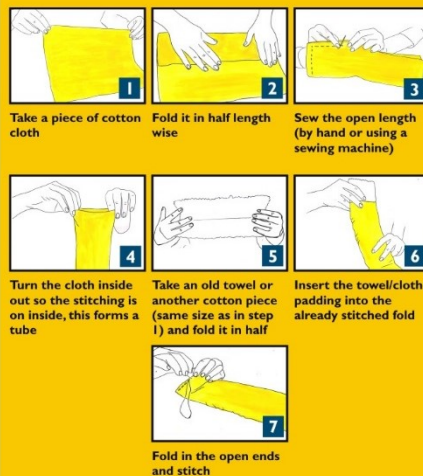


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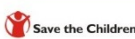
## 12 MENSTRUAL HEALTH AND HYGIENE



### Steps for preparing Home-made Sanitary Pad



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### We should keep our self clean during periods



Take a bath with warm water



Change clothes every day

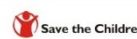
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### We can talk to our Elders about issues being faced while Growing Up



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**Thank You  
and  
Questions are Welcome**