

PROJECT TITLE: MY PERIOD, MY PRIDE!



Project Summary

My period, my pride is a menstrual health and hygiene advocacy initiative aimed at breaking the silence, reducing stigma and empowering adolescents with menstrual commodities, knowledge, dignity and pride about menstruation.

In this project, sanitary pad donations were conducted, it promoted safe menstrual practices, boosted confidence and improved school attendance through menstrual health education, empowering adolescent girls in deprived communities to make their own sanitary pad (Reusable sanitary pad) using appropriate, available resources and the provision of sanitary materials whenever available.

Background

In many communities, menstruation is still seen as a taboo, and the least to talk about access to menstrual commodities the better! Especially in deprived communities leading to poor menstrual hygiene practices.

Menstrual hygiene challenges especially, stigma and shame affect the girl's self-esteem, participation in class and over all wellbeing.

The project aimed to shift the narrative from shame to pride! And normalize conversations around menstrual health.

Objectives

To build the confidence of the girl child to manage menstruation with pride.

To promote the use of safe, affordable and eco-friendly sanitary commodities.

To promote male involvement in menstrual hygiene and health.

To support school girls with menstrual commodities to reduce absenteeism

Target

Junior high and Senior high students

Strategies

Conducting menstrual hygiene education sessions in some junior high and senior high schools in the Kassena Nankana Municipal of the Upper East Region of Ghana.

Training of adolescents to make their own eco-friendly sanitary pads (Reusable Sanitary pad).

Distribution of sanitary commodities (sanitary pads, circle beads etc), through appeal for fund.

Conduct a survey to assess their knowledge level and needs in menstrual hygiene and health.

Expected Outcomes

Improved knowledge and awareness about menstruation and hygiene to close to thousand students in the municipality.

Girls empowered to speak up confidently about menstruation

Improved attitude towards menstruation among boys

Reduced absenteeism among school girls during their menses

Girls empowered to make eco-friendly sanitary pads (Reusable Sanitary pad).

Monitoring and Evaluation

Pre and post intervention survey were conducted in two Junior high schools where a sanitary pad donation was conducted, namely Abempingo JHS and Basina JHS in the KNM.

Monitored the number of sanitary pads distributed

Number of training and education sessions on menstrual hygiene and health were monitored as well.

Budget Summary

Item	Unit cost	frequency	Amount GHC	Justification
Sanitary pads	22.00	100	2200	Donated to the two schools.
Circle beads	50.00	100	5000	For teaching menstrual circle tracking
Educational materials	500	1	500	For Menstrual hygiene and health educational sessions (card board, samples of menstrual commodities etc.)
Paraphernalia	50.00	8	400	T-shirts for awareness creation and attention.

Transportation and fuel	350	2	700	For commuting to the schools
Facilitation	100	8	800	Honorarium for the activities throughout.
Refreshment	200	2	400	Water, and lunch to maintain energy levels and ensure friendly atmosphere.
Total			10,000	

PROJECT RESULTS (INTERVENTION SURVEY)

Comparative Analysis of Menstrual Hygiene Survey: Basina JHS Vs. Abempingo JHS

Survey Dates:

Basina JHS: December 18, 2024 (47 students)

Abempingo JHS: December 17, 2024 (45 students)

1. Menstrual Products Used: Both schools show a preference for disposable pads. However, more students at Abempingo JHS (33%) use reusable pads compared to Basina JHS (23%).
2. Frequency of Changing Pads: Both schools maintain good menstrual hygiene, with the majority changing pads twice daily. Abempingo JHS has a slightly higher percentage (84%) doing so.
3. Perception of Disposable Pads: More students at Abempingo JHS find disposable pads comfortable and absorbent. However, fewer see them as costly compared to Basina JHS.
4. Perception of Reusable Pads: Reusable pads are perceived more positively at Abempingo JHS, with fewer students finding them difficult to maintain (2% vs. 21% at Basina JHS).
5. Willingness to Use Reusable Pads: A significantly higher percentage at Abempingo JHS (69%) are willing to use reusable pads compared to Basina JHS (43%).
6. Reasons for Not Using Disposable Pads: Cost is the main barrier at both schools, but Abempingo JHS faces slightly higher cost concerns.
7. Preference: Disposable vs. Reusable Pads: Students at Abempingo JHS are more evenly split between disposable (49%) and reusable (49%) pads, while disposable pads are the clear preference at Basina JHS.

8. Disposal of Menstrual Absorbents: Burning is more common at Basina JHS, whereas burying is the preferred method at Abempingo JHS.

9. Materials for Genital Cleaning: Abempingo JHS has better genital hygiene practices, with 82% using water and soap compared to only 23% at Basina JHS.

10-12. Menstrual Symptoms: Menstrual symptoms are more prevalent at Abempingo JHS, particularly excessive bleeding (78%) and pain (69%).

13. Menstrual Cycle Awareness: Both schools show a need for menstrual cycle education, with about one-third of students unaware of their cycle.

Key Comparative Insights

1. Product Preference: Disposable pads dominate at Basina JHS, while Abempingo JHS shows more openness to reusable pads.

2. Barriers and Willingness: Cost remains the main barrier at both schools. However, students at Abempingo JHS are more willing to use reusable pads.

3. Disposal Practices: Basina JHS students prefer burning, while Abempingo JHS students prefer burying absorbents.

4. Hygiene Practices: Abempingo JHS students have better genital hygiene, with most using water and soap.

5. Menstrual Symptoms: Menstrual discomfort is more common at Abempingo JHS, especially excessive bleeding

6. Menstrual Awareness: Both schools need improved education on menstrual cycles, as about one-third of students are unaware of their cycle.

Recommendations for Both Schools

1. Access to Affordable Products: Provide/empower both disposable and reusable pads, with guidance on proper use and care.

2. Education on Menstrual Health: Conduct sessions to address menstrual hygiene, cycle tracking, and symptom management.

3. Improved Disposal Facilities: Install covered bins for disposal and educate students on environmentally friendly methods.
4. Symptom Management: Offer menstrual pain management education and seek medical support for students with excessive bleeding.
5. Promote Sustainable Reusable Pads: Leverage the higher acceptance of reusable pads at Abempingo JHS to promote sustainability.

Conclusion

In conclusion, all project strategies were successfully implemented and objectives met.

About a 1000 girls' confidence were built to manage menstruation with pride through educational sessions.

106 were trained on the use of safe, affordable and eco-friendly sanitary commodities (reusable pads).

About 309 males took part during menstrual hygiene and health educational sessions

92 girls from two Junior High Schools in KNM benefited from the sanitary pad donation.

However, I still need financial and technical support based on the above recommendations for the two junior high students.

Gallery

Donation, Demonstrations and educational sessions





Male involvement, reusable sanitary pad and demonstration on how to use the disposable sanitary pad on different occasions.