

MENSTRUATION

Breaking the silence, taking action





28 May
**MENSTRUAL
HYGIENE DAY**



TABLE OF CONTENTS

1. Uganda marks Menstrual Hygiene Day	4
2. Motion on MHM, passed by Parliament of Uganda in November 2014	8
3. Ministry of Education to schools: Provide girls with sanitary towels	10
4. Speaker Kadaga endorses menstrual Hygiene Charter	11
5. The Menstrual Hygiene Charter	12
6. Menstrual Hygiene Day highlights	14
7. Activists call for inclusion of MHM in school curriculum	20
8. MHM celebration lights up Biguli sub county, Kamwenge	21
9. Ministry of Education brings menstruation out of the closet	22
10. Water For People develops Menstrual Hygiene facility	23
11. Plan International, AFRIPads take pads to refugee girls	24
12. Health classes help girls to cope with menstruation	25
13. Wind of change: Boys learn to defend menstruating girls	26
14. Build Africa trains pupils on health and MHM issues	27
15. Why Menstrual Hygiene Matters	28
16. What's right with menstruation?	30
17. Free verse: MHM through the poets' eye	31

Uganda marks Menstrual Hygiene Day

The onset of puberty results in significant changes for girls. Menstruation which is the most dramatic sign of girls' puberty affects girls' socialization with family and community and has a significant impact on their education.

1 in 10 school-age African girls skip school during menstruation or drop out entirely because they lack access to necessary sanitary products. Poor menstrual hygiene management among schoolgirls results in four to five days of absence from school per month—or 20% of the school year—which profoundly affects the academic potential of millions of schoolgirls. 70% of the world's 130 million out-of-school youth are girls.

Disposable pads are expensive. Therefore, girls often use old clothes, toilet paper, newspapers, leaves and banana fibre as alternatives. These are not absorbent or secure, and result in discomfort, chaffing, leaks, infections, and shame.

Traditionally, the subject of menstruation is taboo, shrouded in many myths, misconceptions and negative cultural attitudes. Menstruating women and girls are wrongly considered to be 'contaminated, dirty and impure'. Girls suffer stigma due to inadequate preparations for young girls approaching puberty, lack of or inadequate water to clean and wash up, lack of materials for managing menstrual hygiene, absence of private space and washrooms, inappropriate facilities for disposal of used materials and physical and psychological pains during

menstrual periods.

In 2014, the United Nations declared May 28 of every year as Menstrual Hygiene Day in recognition of the woes girls and women experience during menstruation. This was a reaffirmation of the world's commitment to create more befitting living conditions for girls and women. Uganda commemorated the first Menstrual Hygiene Day in 2014 and in August of the same year held the first International Menstrual Hygiene Management Conference, here in Kampala.

MH Day was established to help break the silence and build awareness about the fundamental role that good Menstrual Hygiene Management (MHM) plays in helping women and girls reach their full potential. Through a strong network of dedicated partners, the day enabled action and advocacy around MHM, locally and globally.

On May 28, organisations and individuals from all over the country came together to recognise the 2nd MH Day under the theme: Act on Menstruation without hesitation.

Partners, led by the Ministry of Education Science Technology and Sports, used the day as an opportunity to engage Parliament, the media and the general public to reflect on and commit to support Menstrual Hygiene Management.

This publication synthesises reports from different parts of the country where MH day was celebrated.



Tapping into gained opportunities to scale up MHM interventions

By Peter Kabagambe, NETWAS UGANDA

MHM is a combination of roles a girl or a woman undertakes to ensure a healthy cycle of the monthly flow of blood. These may include personal hygiene, menstrual material disposal, pain management and psychosocial support.

Menstruation is still a taboo, a private matter; shrouded in myths and negative beliefs; causes trauma/silent suffering on the side of the girls and women who menstruate. Many menstruating school-going girls, absent themselves from school or even drop out entirely thus leading to missed opportunities in life and failure to enjoy their right to education.

In a bid to promote menstrual hygiene management, a number of CSOs started a variety of interventions in schools, ranging from studies, sensitization and production of IEC materials, training pupils and teachers in skills to make affordable sanitary pads and provision of water and sanitation facilities in a few schools. Such efforts, however, have been by and large inadequate and fragmented with no specific coordination mechanisms. However, even with a loose coalition currently coordinated by the Ministry of Education and Sports, there have been some outstanding achievements in MHM in Uganda.

MH Day May 28th 2014

Increased interest and attention to menstrual hygiene became pronounced in 2014 when the UN declared May 28th as menstrual hygiene day. This was the wake-up call which saw over 20 CSOS, Government Ministry Officials and Parliamentarians undertaking numerous activities to break the silence about MHM. The 2014 MHM Day celebration included an advocacy walk, radio talk shows, media campaign. The first theme for the celebrations was **Breaking the silence on menstruation so as to keep girls in school.**

Post MH Day

Following the commemoration of the first international MH Day on May 28th 2014, Uganda started witnessing increased momentum to address MHM especially in primary schools with the objective of keeping girls in school. There are now more actors on the scene than ever before and increased advocacy has led to more commitment from Government. Policy and legal



frameworks are being formulated and institutionalized so as to make them more responsive to MHM.

International MHM Conference August 2014

Uganda hosted the first ever international menstrual hygiene management conference between 14th and 15th August 2014 wherein over 250 delegates from



both within and outside Uganda. Following the conference, the MHM promoters started experiencing increased collaboration amongst them. In addition, there was increased advocacy aimed at promoting MHM in the country.

MHM Motion passed

On the other hand, the Parliamentary WASH Forum scored a major breakthrough by having the MHM motion passed by Parliament.

National MHM Steering Committee

Furthermore, the efforts by the Ministry of Education, Science, Technology and Sports in engaging the Parliamentary Committee on Education resulted in the establishment of a National MHM Steering Committee which meets monthly at the MOESTS to review and plan for MHM promotion.

MOESTS Circular 2015

At the beginning of 2015, the MOESTS issued a set of guidelines to all schools specifying the actions to take in a bid to promote MHM in schools. It is important that the necessary follow-up and monitoring are conducted to ensure technical guidance support/guidance and compliance.

MH Day 2015 commemorated and MHM Charter launched

This year MH day was commemorated both national and lower levels with the theme "Act on Menstruation without Hesitation". The day was marked with a series of events including a press conference, an advocacy walk in Kampala, the launch of the MHM Charter by the Right Honourable Speaker of Parliament, exhibitions, drama, and various forms of edutainment at the National Cultural Centre. Other partners especially IRISE in collaboration with universities like

KIU organized similar events at district level.

All in all, there is increasing advocacy and attention to MHM in government and outside government circles.

Challenges

Accelerated Networking/partnership

Experience acquired in the recent past reinforces the urgent need to strengthen networking among the entire MHM promoters/coalition group. At the moment, there are no formal mechanisms to promote this networking and hence it is difficult to tap into the collectivity of the increasing numbers of this coalition.

Effective coordination

The members of the coalition still present a loose formation with no formal mechanisms to promote their coordination efforts. Coordination heavily relies informally on the MOESTS and on the voluntarism of some of the members. The reference to the OPM as being the coordination office has not been formally communicated to the members. The sooner coordination is streamlined the better for MHM.

Monitoring, Reporting, sharing

As with coordination, there are no systems to promote coordinated monitoring, reporting and sharing on MHM both nationally and internationally. The MOESTS conducts its own monitoring and reporting within its mandate but there is need to institutionalize monitoring and agree on the modalities for doing so.

Tapping into the acquired potential to Scale up MHM interventions: Proposed Way Forward

In the recent past, Uganda has witnessed increased momentum to address MHM especially in primary schools with the objective of keeping girls in school. There are now more actors on the scene than ever before and increased advocacy has led to more commitment from Government. Policy and legal frameworks are being instituted to make them more responsive to MHM. The Ministry of Education and Sports has issued instructions to primary schools requiring the leadership to implement specific measures aimed at promoting MHM in schools. All the stakeholders therefore need to take advantage of this great momentum and scale up their operations so as to realize better results in MHM.

Social Mapping: there are appears to be many actors scattered in the country implementing various activities related or contributing to the MHM agenda. But there is no data on who is doing what and where and how they are doing what they are doing. It is not easy to tell which actors is in which geographical area and which issues/concerns are being targeted and

which ones have not yet been attended to. Besides, the actors are not well coordinated/networked so as to benefit from the generated synergies.

Harmonizing targets with SDGs: As we prepare to move into the programming phase targeting the SDGs, there is need to formulate targets and indicators to guide the entire processes involved therein. This necessarily calls for a baseline survey to determine the current status regarding the set indicators.

Realizing Better Results: MHM package needs to be clearly defined and worked on by the respective stakeholders. In order to achieve better results for MHM, it is critical that the focus of the actors is placed on the following:

- Increasing water coverage in schools
- Providing wash rooms for female students in all schools
- Accessing all female students with sanitary pads in all schools
- Ensuring increased awareness creation/skills building among all stakeholders

Operationalizing the MHM Charter

Various stakeholders in MHM have committed themselves to the provisions of the MHM Charter by signing the MHM Charter. It is hoped that strategies, programs/workplans of the stakeholders will promote the commitments to which they signed. Similarly, the ensuing stakeholder reports will reflect the extent to which the provisions of the Charter are being operationalized.

Conclusion

We are convinced the silence about menstruation is gradually being broken. There are now more actors on the scene than ever before. The current momentum marked by the not so mean achievements by Government and the CSO Coalition should propel MHM into a vibrant agenda in the coming decade. This can be achieved if greater attention is given to effective coordination of MHM in the country.

Let's all continue to act in the firm resolve of promoting menstrual hygiene management, thereby guaranteeing the rights of so many girls and females to a decent life and education. It is possible to scale up MHM.

Alluta Continua.

Motion on MHM, passed by Parliament of Uganda in November 2014

Moved by Hon. Amongin Jacqueline
Chairperson Parliamentary Forum on Water
Sanitation and Hygiene

Seconded by Hon. Akello Judith France
Shadow Minister of Education and Sports.

Under Rule 43 of the rules of procedure

WHEREAS Article 30 of the constitution of the republic of Uganda 1995 grants the right to education to all persons of Uganda and article 34 imposes the responsibility of providing children with basic education on the state and the parents.

AND WHEREAS the girl child is subject to vulnerability and increasing her access to education is an important policy priority in many developing countries, including Uganda.

AND WHEREAS the policy makers have failed to indicate poor menstrual hygiene management lack of sanitary products as one of the barriers to educating a girl, The World Bank 2005 indicates that girls miss a total of 48 days in an academic year and yet female academic empowerment is thought to be important for a variety of development outcomes. The SNV /IRC 2012 study also indicates that 60% of the girls in the 7 districts where the study was conducted missed school every month due to challenges posed by menstruation.

NOTING THAT the World Bank's research further indicates that the girl child lags behind the boy child in education due to menstruation problem by missing 4 days of school every 4 weeks meaning she will miss 10 to 20% of her school days due to her menstrual periods.

AWARE THAT poor menstrual hygiene management in developing countries has been an insufficiently acknowledged problem due to lack of courage and the will to address and deal with it in our schools and that most of the school sanitation programs do not address menstrual management.

WHEREAS the millennium Development Goals of achieving universal primary education in developing countries has been attained, the participation of the



girl child in Africa, Asia and particularly Uganda still lags behind that of the boy child in the upper primary and secondary education. Statistics indicate that there are still gender gaps in education attainment; data indicates differential rates of boys and girls in enrolment and retention.

The National Development Plan (2010/11 – 2014/15) indicates that access to maternal and reproductive health services for girls and women is still low. It further points out fewer girls are still enrolled at secondary level; just one third of the girls who enrolled in primary are still in school at the age of 18, compared to half of the boys (UDHS, 2006). Whilst high costs affect both boys and girls, key causes of drop-out and absenteeism amongst girls are: early pregnancy; sexual harassment; female genital mutilation and lack of sanitation facilities (MGLSD, 2008);. Girls also lag behind boys in grade promotion and learning achievement; their performance in national examinations such as PLE, UCE and UACE is much lower than that of boys as indicated by the Uganda National Examinations Board (UNEBC) Primary Leaving Examination results for the past five years.

Uganda Vision 2040 also emphasizes that less focus on gender inequalities has also often promoted

discrimination against the female sex. It is further noted that retention in primary school on the whole is low and exhibits gender disparities with 53% of boys and 42% of girls completing primary school as by 2006. The Vision 2040 also indicates a commitment to promote increased enrolment and retention of girls and boys at all levels of education including technical and vocational training.

NOTING THAT Research conducted by the Forum of African Women Educationalists (FAWE, 2004) reveals that lack of sanitary pads coupled with other factors like the absence of water and separate toilet facilities for the girls in many schools is responsible for the high school girl child dropout rates.

FURTHER NOTING THAT the gender unfriendly school culture, infrastructure and the lack of adequate menstrual hygiene management practices such as providing privacy; soap, water, space for washing hands, private parts and clothes; places for changing and disposing of materials used for managing menstruation, undermine the need for and presence of privacy resulting in fundamental infringement of human rights of girls and dignity.

COGNIZANT OF THE FACT THAT FAWE (2004) researchers discovered that taboos, cultural norms and silence associated with menstruation in many communities greatly contributed to lack of recognition and appreciation for provision of improved sanitary facilities in schools.

NOW THEREFORE be it resolved by this Parliament as follows;

1. That a comprehensive policy on Menstrual Hygiene Management be formulated to enhance

implementation of programs related to the school-going girl-child.

2. That government sets aside funds within the Ministry of Education and Sports to support sustainable menstrual hygiene management programs as part of the UPE program.

3. That Ministry of Education and Sports incorporates Menstrual Hygiene Management as one of the variables that is tracked by the Education Management Information Systems (EMIS) and is reported on under the education sector review as well as monitored on by school inspectors on a termly basis.

4. That Government places emphasis on the provision of washrooms, pain killers, pads, knickers and changing rooms for the girls in schools.

5. That Government incorporates menstrual hygiene management into the Parents and Teachers' Association and School Management Committee agenda.

6. That government places emphasis on menstrual counselling and support for the girl child in schools through the role of the senior women teachers.

7. That primary schools embark on providing information on menstrual hygiene within the comprehensive sex education framework for both boys and girls.

8. That Teacher Training Colleges incorporate menstrual hygiene management in addition to sex education in their training to equip the teachers with skills to support the girl child.



Ministry of Education to schools: Provide girls with sanitary towels

The Ministry of Education and Sports acknowledges that Menstrual Hygiene Management is a key issue that affects the retention, performance and completion of girls in school.

Children especially girls need information, guidance and protection from the consequences of poorly managed puberty. The onset of puberty results in significant changes in school participation for girls. Menstruation which is the most dramatic sign of girls' socialisation with family and community and may have a significant impact on their education.

Traditionally the subject of menstruation is too often a taboo, with many myths misconceptions and negative cultural attitudes associated with it. For instance menstruating women and girls are wrongly considered to be contaminated dirty and impure. Girls suffer stigma due to inadequate preparations for young girls approaching puberty, lack of or inadequate water to clean and wash up, lack of materials for managing menstrual hygiene, absence of private space and washrooms, inappropriate facilities for disposal of used materials and physical pains during menstrual period.

The following measures must be observed by all educational institutions especially primary and secondary schools for Menstrual Hygiene Management.

All schools should provide adequate water tanks near the toilet facilities to ensure regular supply of water and soap; water facilities for communities with internally displaced people's camps should be located near learning centres to reduce or stop encroachment on facilities meant for schools designated as learning centres.

All schools must provide emergency changing uniforms, wrappers, pairs of knickers, sanitary towels and pain killers for girls who may need them during their menstrual periods.

All schools should have trained senior female and male teachers to support girls through the process of maturation; including menstruation. The teachers should provide guidance and counselling services to both girls and boys with earmarked spaces (guidance and counselling room) to support girls and boys that need the services.

All schools should develop innovative strategies to effect behaviour change in schools and at home, plan and enforce a school duty schedule for pupils to regularly clean sanitation facilities and provide personal hygiene and conduct regular gender sensitive health parades without embarrassing pupils to ensure personal hygiene.

District engineers should observe requirements for separation of toilet facilities for classes, gender and

disability and menstrual hygiene facilities by including them in standard specifications. Organise joint training of teachers and extension workers (Community Development, health assistants and health inspectors to make Menstrual Hygiene Management part of their periodic community engagement and inspection.

School management committees and boards of governors should prioritise menstrual hygiene management issues in the planning and budgeting processes ensuring full involvement of parents in supporting and providing menstrual hygiene information and materials for the girls.

All boys and male teachers in schools should be made aware and sensitised to support girl pupils to cope with the challenges that they face during their menstrual periods.

Dr Yusuf K. Nsubuga

For Permanent Secretary

Addressed to

All Chief Administrative Officers

All District Education Officers

All District Inspectors of Schools

All Heads of Primary Schools

All Heads of Secondary Schools

Dated January 24th 2015

Notes:

1. Facilities for addressing needs of girls and boys with special needs, such as ramps, toilet seats, and support rails/frames (separate toilets for girls and boys with special needs)
2. Use locally available and environmentally friendly materials like reeds, fibres, and bamboos for construction of sanitary facilities like girls' washroom
3. Toilet and washroom facilities should be lockable from inside with full size shutters
4. All schools should encourage girls and boys to participate in school health clubs for empowering girls and boys in life skills and in turn focus the issues around menstrual hygiene management
5. Access the Menstrual Hygiene Reader; a reader for learners 2013 developed by Ministry of Education and sports, available at the Gender Unit/MOES

Speaker Kadaga endorses Menstrual Hygiene Charter

By Fred Ouma, Plan International Uganda

The weather was perfect. The organisation was meticulous. Security was tight. The band was awesome. And the signing of the Menstruation Hygiene Management Charter for Uganda was a priority. That's the day it was – May 28, Menstrual Hygiene Day.

It all started with an Advocacy Walk, which started at Wandegaya and ended at the Parliament of Uganda, where the MH Charter was handed to the Speaker of Parliament, Hon Rebecca Kadaga.

Speaking as a chief guest, the Speaker of Parliament, Rebecca Kadaga said that menstrual hygiene was crucial to the health, education and self-esteem of girls and women. 'Last time [in Parliament] when we were demanding for sanitary facilities for all schools in the country some people were saying it was too expensive, but you can't place a price on dignity of girls and women,' said Kadaga, amidst applause.

She called on the Government to invest in menstrual hygiene management saying failure to do so poses a great danger to the girl-child education and development.

'Imagine a girl, who goes into her periods today when the final exams are tomorrow?', she asked. 'As it is today, in many schools with inadequate, dilapidated and shared sanitary facilities, such a girl won't sit for exams and might fall out of school altogether.'

Right Hon. Kadaga said that menstrual hygiene management was still a taboo in many communities in Uganda and implored participants at the event to create a united voice for girls and women to break the silence around the topic. The participants included MPs on Parliamentary WASH forum, representatives of UN agencies, Civil Society Organisations, private sector partners, the media and school children.

Hodan Addou, the UN Women representative to Uganda urged government to allocate a special budget for menstrual hygiene saying it was a cheaper option. "Studies show a significant number of girls and women do not go to school or work when in their periods. This is because there is still stigma around menstruation and sanitary facilities are lacking or inadequate in schools and workplaces,' she said.



Addou said that if implemented fully, the charter will go a long way to replace shame and taboos around periods with pride. 'For instance, we need schools, markets and other public spaces designed with a girl-child in mind. They should have changing rooms, water and a place where girls can dispose of used sanitary pads,' said Addou.

Teso Affairs Minister, Hon. Christine Aporu Amongin, who was also the chief walker said the Government needed to extend sanitary services especially to the rural girls who face greatest difficulties in accessing sanitary products. 'We have a bad situation in the country already but it is worse in villages where anything a hand can reach at is used by girls to manage their periods' said Amongin.

Hon. Julia Bintu, the Chairperson of Parliamentary WASH forum, urged the Government to finance sanitation in schools to guard against diseases due to poor hygiene.

The day ended with a fun event at the National Theatre where individuals and groups shared personal testimonies, recited poems, staged plays and danced to gigs by Airtel Rising Star, Sandra Suubi.

The Menstrual Hygiene Charter

Menstrual Hygiene Management (MHM) is fundamental to the dignity and wellbeing of girls and women. Ensuring access to MHM services therefore constitutes a significant fulfilment of the rights to sanitation, health and education of the girls and women.

The subject of menstruation, however, is usually a taboo, and has many negative cultural attitudes and beliefs associated with it, including the notion that menstruating women and girls are 'contaminated', 'dirty' and 'impure'.

Quite too often, women and girls suffer from stigma, are inadequately prepared to manage menstrual hygiene, lack wash rooms, are deprived of clean water and necessary materials for managing menstrual hygiene and lack facilities for disposal of menstruation materials/pads.

As a result, girls experience irregular school attendance, while others drop out of school and women experience similar workplace challenges associated with their menstrual cycle.

Hence, in solidarity with the global initiative to promote menstrual hygiene management, the Ministries and Civil Society Organizations whose signatures are appended hereunder, do commit to work together to promote the rights of girls and women during and after their menstrual cycle.

WE THEREFORE RESOLVE AS FOLLOWS:

1. We will develop an Issues Paper on Menstrual Hygiene Management to inform the National Development Plan and Post 2015 Development Agenda and Sustainable Development Goals.
2. We shall conduct research on and promote private/public sector partnership in Menstrual Hygiene Management to

sustain effective advocacy, resources allocation and increased access to affordable and appropriate sanitary materials.

3. We shall develop a national and global knowledge hub for information sharing and adoption of good menstrual hygiene management practices.

4. We shall empower girls with life skills to manage their menstruation including making their own sanitary pads.

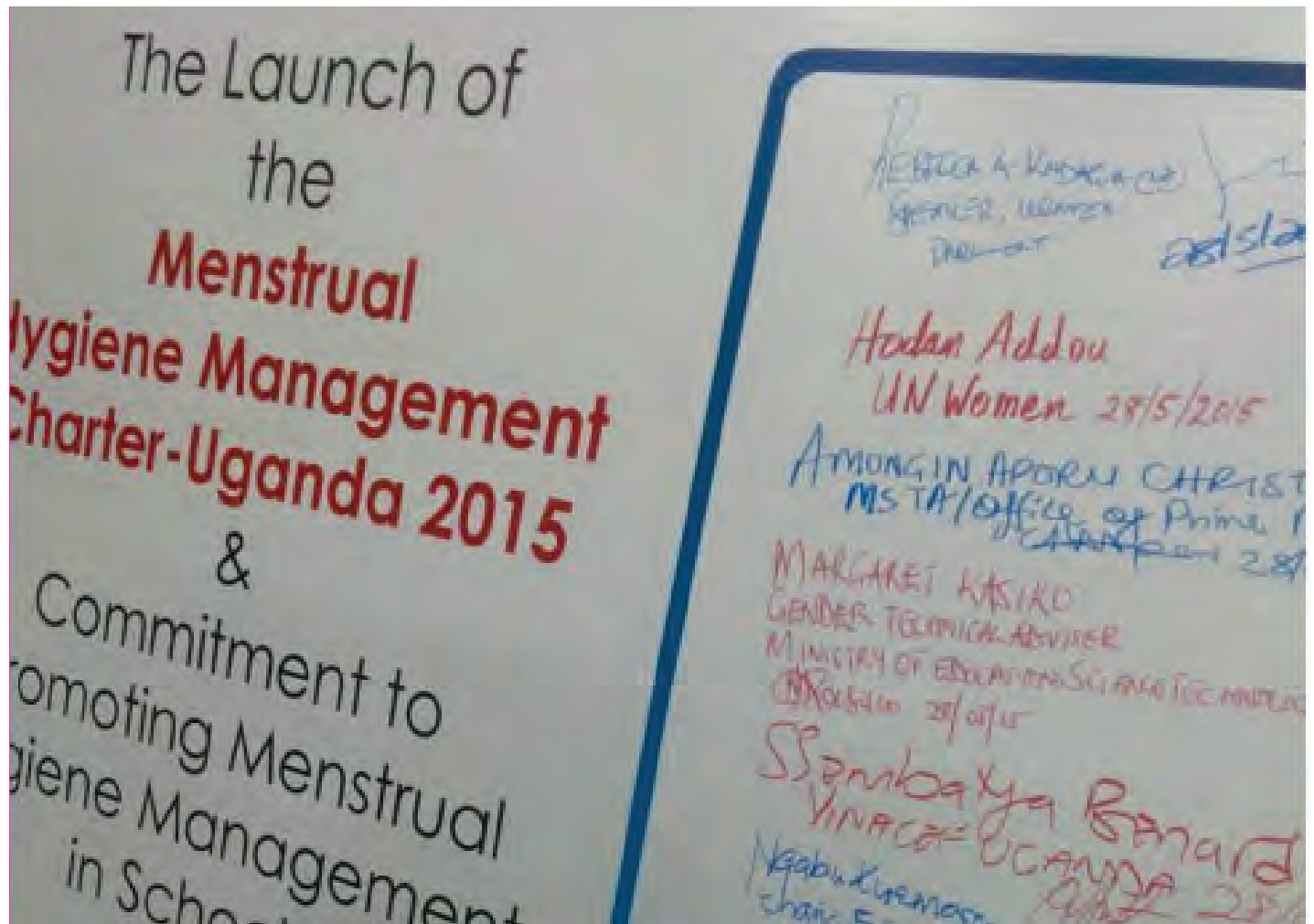
5. We will empower both boys and girls to understand and appreciate menstruation and manage the social and practical challenges associated with menstrual hygiene.

6. We shall bring on board teachers as well as parents and guardians to fulfill their roles and responsibilities in the promotion of menstrual hygiene management.

SIMILARLY, WE URGE GOVERNMENT TO:

1. Establish a National Menstrual Hygiene Steering Committee that will be responsible for effective co-ordination of MHM policies and programmes. This Committee will comprise the Ministries of Health, Water and Environment, Education, Science, Technology and Sports, Gender, Labour and Social Development and Non-State Actors.

2. Design and promote construction of innovative MHM facilities that cater for the needs of girls and women, and in particular, girls and women with disabilities, including the disposal of sanitary materials in institutions.



ORGANISATIONS THAT HAVE SIGNED THE CHARTER

- Uganda Parliamentary Forum WASH
- Ministry of Education, Science, Technology and Sports
- Ministry of Gender, Labour and Social Development
- Ministry of Water and Environment
- Ministry of Health
- Ministry of Local Government
- CIVIL SOCIETY ORGANISATIONS
- Uganda Water and Sanitation NGO Network (UWASNET)
- SNV Uganda
- Network For Water and Sanitation (NETWAS)-Uganda
- Plan International
- WaterAid Uganda
- Days for Girls
- AFRIPads
- Build Africa
- Water for People
- Soroptimist International
- IRC International Water and Sanitation Centre
- Forum for Education NGOs in Uganda (FENU)
- MAKAPads
- Education Local Expertise Centre (ELECU) Uganda
- IRISE International
- AMREF
- Fields of Life
- Straight Talk Foundation
- Teach A Man To Fish
- Rotary Uganda
- MIFUMI
- KWA ECO-PADS
- Daily Friends
- Kadama Widows Association
- Inional Health Sciences University
- VINACEF Uganda
- Teach A Man to Fish

Menstrual Hygiene Day highlights

PICTORIAL













Activists call for inclusion of MHM in school curriculum

By Agnes Nantambi

Civil society activists advocating for the education of the girl child are seeking for the inclusion of menstrual hygiene management in the school curriculum. This will address the information gap on issues of menstrual hygiene management.

“The current curriculum lacks such information on menstruation. Children are taught reproductive health with less emphasis on menstruation,” said Jane Nyaketcho, the Coordinator of Menstrual Hygiene Management project at Plan International.

Nyaketcho was speaking during celebrations to mark Menstrual Hygiene Day at the National theatre. She observed that once MHM is put into the curriculum, it would be taught in a comprehensive way to create better understanding for the girls and boys at a tender age.

“We feel it will address the information gap on menstrual hygiene management and with time every one will get to know that this is normal and part of life for every girl and woman,” she said.

Nyaketcho stressed that the documented research and other activities in water and sanitation clearly show that there is a missing link which is information.

“People don’t talk much about menstruation easily, so no one knows the right information. There are many myths surrounding menstruation,” Nyaketcho added.

She highlighted that most girls do not know about menstrual hygiene issues yet there are health implications. She especially observed that there are challenges with the types of materials that girls use during their monthly period. Some girls use dirty rags, others use leaves and banana fibres.

“This comes with a lot of embarrassment because either that rag will come out of her knickers during sports events or she will soil her dress in public, attracting the attention especially of boys who call these girls all sorts of names and in the end the girl refuses to go to school for fear of more embarrassments, added Nyaketcho.

When it comes to WASH facilities, Nyaketcho said that most schools don’t have appropriate facilities at schools like changing rooms, latrines have no shutters, which makes it hard for a girl to clean herself in such a latrine without a shutter ,they also have no water and yet cannot run home and clean up and then back to school.

Besides that parents have also neglected their responsibilities of supporting girls during menstruation instead they focus on preparing them for marriage.

Margaret Kasiko the Gender Technical Advisor from the Ministry of Education Science, Technology and Sports said the ministry is reviewing its plans to improve girls’ experiences at school. One of the interventions is re-designing latrine structures and also ensuring that there are separate facilities for boys and girls.



MHM celebration lights up Biguli sub county, Kamwenge

By Brenda Achiro

MH day was marked in Biguli Sub County on 28th May 2015, organized by Water for People, JESE and the Kamwenge District Education Office. It involved passing on messages to end the stigma against menstruation and to encourage stakeholders to pro actively support school girls to access menstrual hygiene services.

The day's event attracted communities around Biguli town as well as primary school children from Munyuma P/S, Biguli P/S, Malere P/S, Bitojo P/S and Mukukuru P/S. The school children mainly members of the school health clubs passed on their messages through music, Dance and Drama, poems and placards.

The chief guest was the District Education Officer (DEO) Kamwenge District, Mr. Eric Tumwirigiye. In his speech he called for increased education on MHM through the senior women teachers. He also called for the inclusion of MHM on school inspection and monitoring programmes. The DEO further called upon all school heads to ensure that they appoint senior women teachers, identify or designate a girls Washroom for better MHM.

He said that schools should not wait for a lot of funds

to construct special blocks but use locally available materials to construct private changing rooms for girls.

The DEO also called upon senior women teachers to ensure that they keep some emergency dresses and supplies for girls who might accidentally soil their uniforms.

The ADWO Byamukama Michael promised to ensure that schools have access to safe water sources to address MHM challenges.

Kibaale county health inspector Ms Moderate Nahumuza emphasised that menstruation is a natural process for all women and not a scandal as some boys often think. She counselled especially boys on how to support rather than stigmatize their sisters. She guided girls on how to take care of themselves once they start their monthly periods.

The day was well captured and covered by Kamwenge 89.7 FM radio station that further passed on the messages in the key news items. No more use of stigmatizing words like 'Kibadda, Kushuma; No more shame talks and gesturing to girls in Menstruation and for many stakeholders no more inaction when it comes to matters of menstruation. It is time to act without Hesitation



Ministry of Education brings menstruation out of the closet

By Rosette Nyanzi, MOESTS

The onset of menstruation which is the most dramatic sign of girls' puberty affects girls' socialization with family and community and may have a significant impact on their social life. The subject of menstruation however, is often a taboo, and has many negative cultural attitudes associated with it, including that menstruating women and girls are contaminated, dirty and impure.

Girls in rural areas suffer stigma due to lack of adequate preparation for menstruation; lack of or inadequate water to clean and wash their bodies; physical and psychological pains as well as lack of disposal options.

The onset of menstruation is also a leading cause of girls dropping out of school, the increasing cases of absenteeism, poor performance especially in science subjects and teenage pregnancy.

Studies by World Bank (2005), UNICEF (2012), and SNV/ IRC (2012) estimate that one in ten menstruating girls skips school four to five days per month or completely drops out. When a girl misses school due to menstruation for four days of every 28 day cycle she loses 13 learning days, the equivalent of two weeks of learning. Around 23% of adolescent girls in the age-group 12-18 drop out of school after they begin menstruating.

The Ministry of Education, Science, Technology and Sports acknowledges that Menstrual Hygiene Management is a key issue that affects the retention, performance and completion of girls in schools. It has therefore come up with a number policies, programmes, interventions and initiatives to address the issue.

In 2013, the Ministry reviewed the National Strategy for Girls' Education to take care of emerging concerns affecting education including menstruation management. In the same year, the



Ministry developed a Reader on Understanding and Managing menstruation which it is disseminating to all girls, boys, teachers, and school management committees.

Following these initiatives, the Ministry developed guidelines for schools stipulating what should be contained in the changing rooms for girls such as soap, extra sanitary towels, an extra dress or skirt in case girls soil their uniforms. The guidelines were followed with training of senior women/men teachers on how to make pads from local materials, construction of separate facilities for girls and boys, planning and budgeting for activities for menstruation hygiene management especially at primary level as well as establishing strategic networks with line Ministries, development partners and civil society organizations to support menstruation initiatives of the Ministry.

At the school level, the Ministry is supporting schools to establish school clubs to discuss issues of growing up and supporting young girls not to drop out due to menstruation.

The Ministry believes that menstruation is crucial for the health, education and dignity of the girls, that's why it has decided to bring the issue forward to raise awareness about its negative consequences on the retention and performance of girls. The several engagements that the ministry has had with key stakeholders concerned with education of children in the country have actually made menstruation an issue worth discussing in all policy related fora hence getting it out of the closet.

Water For People develops Menstrual Hygiene facility

SaniHub | Technologies in Development



PROPER MENSTRUAL HYGIENE MANAGEMENT (MHM) PROPOSED FACILITE. (FLOW CHART)

STAGE 01
SIDE VIEW 1



STAGE 02
SIDE VIEW 2



STAGE 03
FRONT VIEW



STAGE 04 -- Behind / Back View



STAGE 05 -- Interior showing all the 3 Units



STAGE 06 -- Magnified Unit (interior)



Sanitary pad collection unit

STAGE 07 -- Girl confidently using the facilitate



STAGE 08 -- One of the means for taking waste to the incinerator for burning.



STAGE 09 -- Burning in progress



Plan International, AFRIPads take pads to refugee girls

By Fred Ouma, Plan International Uganda

Plan International and AFRIPads this year took the initiative to distribute 2500 menstruation kits to pupils in ten primary schools in Adjumani District. The schools are in refugee camps, where many fleeing the South Sudanese political violence have taken up residence. They include Miniki Primary School (PS), Elema PS, Nyumanzi PS, Lewa PS, Melijo PS, Boroli PS, Miral Foundation PS, Alere PS and Oliji PS.

For the next 12 months girls in the selected schools will be able to manage their periods hygienically and effectively with these reusable pads. Unlike ordinary sanitary pads that are used once and thrown away, AFRIPads are comfortable, affordable and environmentally-friendly cloth sanitary pads can be used, washed, dried and reused for a whole year.

A 2012 study by International Water and Sanitation Centre (IRC) in seven districts in Uganda revealed that a girl pupil misses 1-3 school days a month, or 8-24 school days a year. This translates to about 11% of the school term missed due to menstruation. This situation is worse in emergency situations, where girls and their parents have been displaced and have little or no income to purchase the necessary sanitary materials – a pack costing UGX2,500 is a luxury beyond reach for many parents.

Rather than endure the embarrassment of having their uniforms stained, many girls are forced to stay at home. 'At home they use anything, including clothing rags, toilet paper, newspaper, or even leaves as substitute pads,' said Judith Aceng, Early Childhood Care and Development Officer at Plan International Uganda, who is based in Adjumani.

Gloria Kasara, a senior woman teacher at Miniki Primary School, adds: 'Periods don't make appointments. So when they [periods] come girls are taken by a surprise and they will turn up at school until the end of period. They fear to associate with boys and when they return, they claim to have had malaria.'

According to Minzira Alice, a senior woman teacher at Nyumanzi, some girls engage in transactional sex in order to pay for pads and other basics, including knickers and petroleum jelly.

Adol Mary, a pupil said menstruation was still regarded a taboo where girls and women are condemned to solitude. 'Among some communities, menstruation is like an infectious disease,' Adol said.



'Girls and women in their periods are not supposed to touch anything during that time, apparently to avoid contamination.'

Lillian Ulea, a senior woman teacher at Elema Primary School, Adjumani, encouraged her colleagues to hold more sessions on menstruation hygiene and management so as to address myths still surrounding this subject. 'As teachers we have a duty to make these little girls feel proud. We must remind them that periods are normal and happen to all girls in puberty and women who have not reached their menopause,' Ulea said.

The AFRIPads' Communications Liaison Officer, Helen Walker, said her organisation was committed to improve girls' attendance and retention rates at school. 'We want all Ugandan girls to have affordable products that allow them to manage their period effectively and hygienically, no longer disturbed by the discomfort and infections, uninhibited by the humiliation that previously kept them out of the classroom,' she said.

Health classes help girls to cope with menstruation

By Fred Ouma, Plan International

Come and have a look at Agnes, she has blood on her dress. And she smells.' This is the kind of taunting that Agnes, of Tororo district, Uganda, faced from her peers at age 11, when she first began to menstruate. She thought something was wrong with her. She even thought she might be dying.

Agnes and many of her peers don't know much about menstruation. Many are convinced that it is shameful. Unable to manage periods, girls skip school; research shows that half of girls in Uganda miss between 1-3 days of school per month due to their periods.

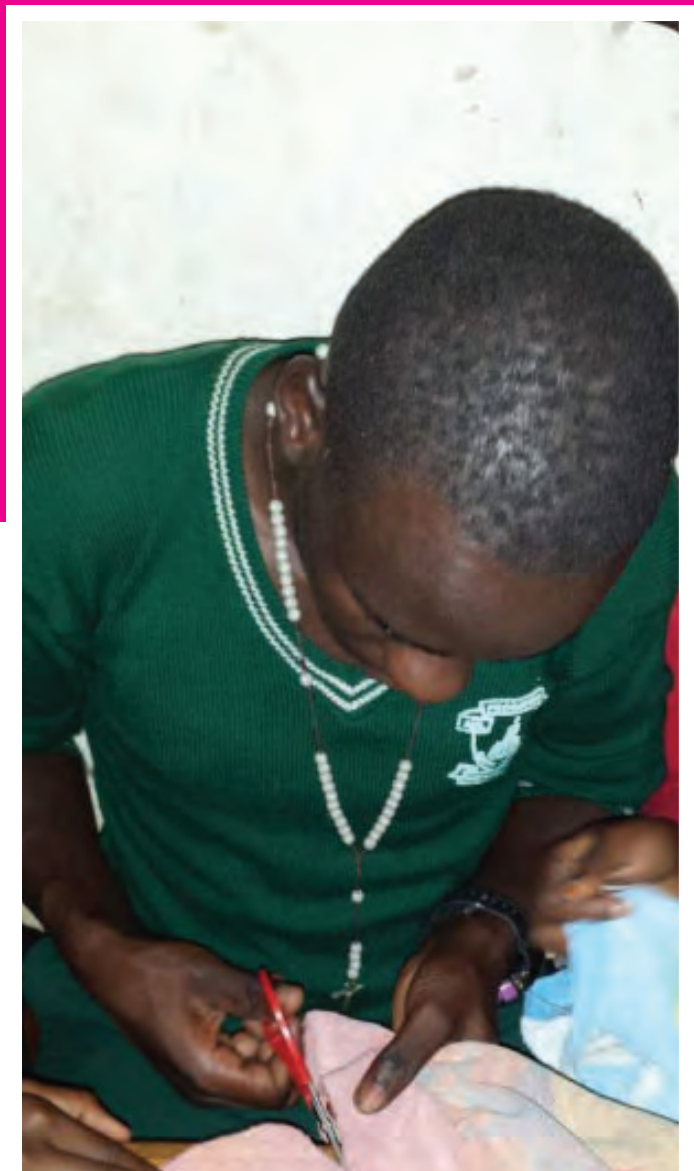
Furthermore, taboos regarding menstruation persist. When she first got her period, Agnes secretly and quickly washed her clothes off her menstrual blood, as a friend had told her that her father would go blind if he saw it.

When Agnes talked to her grandmother about what she was going through, she was told to use banana leaves to handle the flow. The leaves were quickly spoilt and required constant changing – keeping her out of school. 'I hated missing all those lessons. And I couldn't play with my friends or play football with my brothers. I could only lie in bed,' says Agnes.

The barriers faced by Agnes and her peers are formidable, but progress is occurring as Ugandan girls learn more about menstruation and gain access to affordable and effective methods of handling it.

Agnes is one such girl. Plan International Uganda supports health classes at Agnes's school. The classes teach students about hygiene and the changes in their bodies, including periods. 'Finally I knew what was really going on with me,' tells Agnes. 'All the boys in the class learned that it is normal for all girls to have periods. They no longer laugh at girls who have problems with leaking.'

Plan also supported the construction of separate



toilets and special changing areas for girls, so they can wash privately while on their periods. Teachers have been empowered to sell AFRIPads, a unique reusable sanitary pad manufactured in Uganda, at an affordable price made possible through a partnership with the manufacturer. Each pack of five pads provides protection for a whole year.

Equipped with knowledge, Agnes finally talked to her parents about her period. She taught her stepmother about menstruation and introduced her to AFRIPads. Agnes's father, William, even bought a pack of the pads for the women in his family. William is proud to help his daughter stay confident and clean, and encourages others to do the same. 'Some fathers believe it has nothing to do with them. But I want my daughters to trust me and be open about everything.'

Agnes now helps others going through the challenges she once experienced. 'If a girl leaks during class I take her to the health teacher [for]...an emergency pad. I take her to the washroom and fetch her some water. I can be glad that the children no longer laugh at girls when this happens.'

Wind of change: Boys learn to defend menstruating girls

By Fred Ouma, Plan International Uganda

It is class time. Everybody is seated listening keenly to the teacher. Suddenly there are giggling noises, then commotion and loud laughs. Some boys point fingers at one of the girls in the middle of the class. Reason: she has just soiled her uniform. She covers in shame and decides to run out of class never to come back.

This is a common scenario in many schools in Uganda. Both boys and girls have no knowledge about their own bodies and growing up. Whereas boys think it's weird for girls to be bleeding, many girls on the other hand are convinced that menstruation is shameful and abnormal. The first time it happens many think they have a disease and might even die. But not all is name and shame. There is a wind of change among girls and boys. Thanks to School Health Clubs, helping both boys and girls to learn about menstruation hygiene management and their bodies [growing up]. Plan International is one of the organisations rolling out the initiative of forming school health clubs and conducting health lessons in different schools.

Indeed, not long ago if the above scenario happened in Samuel and Aleu's class, the reaction would not be different.

'I must admit that I used to laugh at girls [in menstruation],' says Aleu, a 15-year-old. 'But at the time I didn't know what was going on. Now I know better.'

Aleu is a peer educator at his school on matters of hygiene and body changes, including periods. 'Through health classes I learned that it is perfectly normal for a girl [in puberty] to have her periods,' says Aleu. 'And now I know that those who laugh and taunt girls in periods do so out of ignorance because they have no idea what is going on.'

Aleu is not alone. Samuel, 14, has also learnt a lot from health classes organised by Plan International. 'I think it's great we are learning about our bodies,' says Samuel. 'This way we know what will change as we age, and we learn to stay clean and healthy.'

Equipped with facts on menstruation, Samuel is not sitting back on what he knows. 'I now know that there is nothing to laugh about periods [because] that's part of life,' says Samuel. 'That's something



I tell all the other boys in my class and in the neighbourhood. I tell the girls next door that they don't have to be afraid when they get their periods. I tell them it is not abnormal.'

Samuel's sisters are still young but he promises to help them when the time comes. 'I want my sisters to be proud of who they are as girls and that they are blessed to bring forth life in this world,' says Samuel. 'I will make sure that shame and fear that surrounds monthly periods are replaced with pride and joy because it is normal for girls and women to menstrate.'

Samuel and Aleu are among the growing number of boys who won't laugh or taunt at girls in periods. They are smart, informed with facts and will defend girls against all forms of stigma and discrimination. What about you? What do you know about menstruation periods? Join the duo. Act now on menstruation without hesitation.

Build Africa trains pupils on health and MHM issues

By Sarah Amulo, Build Africa

Build Africa Uganda - Kumi Office has offered training on hygiene and making of low-cost pads to 900 pupils in nine schools. The trainees include 640 girls and 260 boys. Girls aged 10 to 14 were especially equipped with essential skills to enable them cope with challenges of menstrual management. The goal is to reduce cases of absenteeism among girls during menstrual periods.

The trainings are meant to support girls to;

- Understand the meaning and onset of menstrual cycle.
- To equip learners with good practices in menstrual hygiene management.
- What menstrual hygiene materials are used and how they are used.
- Support pupils to make sanitary pads with locally available menstrual hygiene materials.

All the 900 boys and girls are now able to make sanitary pads using cotton fabric, baby towel, buttons, thread, Scissors and razor blade.

Overall, Build Africa has implemented a number of activities aimed at improve on girl child learning environment which include;

1. Construction of pit latrines for girls in order to reduce the pupil-to-stance ratio.
2. Construction of four washrooms for girls in four schools to promote good hygiene. The washrooms are equipped with a rain water harvesting tank to make water easily available in the washroom when needed.
3. Build Africa has engaged parents, Sub County and district level stakeholders to allocate resources towards meeting the girl child needs while in school.
4. 28 schools have been supported to formulate



School Development Plans which address and prioritize WASH; this has then seen many schools channelling resources to fund girls needs.

5. BAU continues to provide life skills through sensitization dialogues with pupils.

Challenges

Despite of the intervention BAU has put in place to address the menstrual cycle issues among girls in schools, there still challenges both at institutional, community and household;

- Reluctance by female and other teachers to support girls in areas of mentoring, advocating and demanding for better services for girls
- Household poverty that is related to gender-based constraint, parents are not able to provide little money needed to make the local pad.

Why Menstrual Hygiene Matters

This is a creative writing piece examining the relationship between education, reproductive health, and menstrual hygiene from different perspectives in one community. The stories included are fictional.

By Tuesday McDonald, Days for Girls

Sarah's shattered dreams

My name is Sarah. This morning I was taken to the hospital.

If you knew me a year ago, you would have known I was fifteen years old. You would have said I spent too much energy thinking about school, everybody used to say so. You would have laughed whenever I grinned, because everyone says my eyes shine when I smile. In the past year, almost everything has changed. I am now sixteen years old. If you knew me now, you would know that I have not been in school for six months. You would know that my boyfriend went running very quickly after he found out the news.

And after a year of changes so drastic I could barely recognize myself, I sat in a hospital bed holding a piece of my heart, a piece of myself, in my hands. Looking down at my crying newborn daughter's face, I began to panic. How on earth could I provide a good life for this girl when my life was already so full of mistakes? I had not completed secondary school, how could I provide my child with an income sufficient for her needs? What did she even need? How could I even stop her crying? I had so many questions and no good answers.

As I felt myself breaking down into an emotional wreck, my daughter stopped crying. In the moment of quiet, I calmed myself down. I looked down once more at my child and she smiled up at me: a huge grin that lit up her eyes. As I saw myself in my daughter, I no longer panicked. Instead I felt a wave of determination. As her mother, it was my duty to make sure she had every opportunity to push herself to be great. I would educate myself on the issues she would eventually face so I could help her as much as possible when it came to menstruation, hygiene, sexual choices, emotions and everything else that came with growing into a well-informed and healthy woman. One day, my daughter will be successful in whatever she chooses to pursue and I will help her reach her goals. I will help her find happiness through love and education.

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Brotherly empathy

My name is James. My little sister, Grace, missed three days of school last month.

My sister and I have always gotten along well. She is only one year behind me and we used to talk about everything. This year something changed. Right now, Grace is in Senior three and I am in Senior Four. A few months ago, she left school early one day and stayed home for three days after. When I asked why, she told me she was sick. I didn't ask any more questions. The next month, however, it happened again. The third month, Grace stayed home for just two days. She always seemed grumpy when she got sick and she was missing many days of school. By the fourth month, I realized whatever my sister's sickness was, it wasn't going away. I told her one day that she should go to the doctor to make sure she was okay in case her illness was very bad. She became so embarrassed. She told me that the doctor couldn't help her; she would have to stay home every month because of her monthly period.

I was so angry that something so simple and so natural had taken over so many days in her life. I realized that every other girl must go through the same problem that boys like me did not even know was an issue. I started to wonder how the problem could be solved. In that moment, I decided I would try to find a realistic, hygienic and cost efficient solution to the monthly problems my sister and other girls faced. I decided to talk to my teachers, my parents, and my friends to learn more. Even more importantly, I promised myself that I would respect her during her menstruation and support her in everything she will do for this world.

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A helpful teacher

My name is Evelyn. The other day, a student of mine came to me with a problem.

I teach at a secondary school for boys and girls. At my students' age, they are experiencing many changes within themselves. I know this because I

was once young too, and I have been teaching this age group for many years. So I was not surprised when my student came to me asking for a change of clothes because hers were stained and she did not have another clean skirt.

She seemed nervous to ask me for my help, as if I would reprimand her, as if I myself had not experienced similar issues in my own life. I assured her that it was fine and assisted her. After solving this minor problem, I thought about how immense the issue of menstruation must be for the entire female community at the school where I teach. I realized that the lack of information provided to the children in the school systems causes girls to be ashamed of their bodies' natural functions, unprepared to handle the issues and afraid to discuss menstruation even with other women. I believe that it is essential for this lack of health education to be changed so that girls in

school can be free of shame regarding their periods.

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We are a community. These are our stories.

We are all different. We are all unique. But, we all share a passion for our right to education, to health and hygiene, and to happiness. Increasing opportunities for awareness, open and honest discussion and health education can help us to achieve brighter futures for ourselves and for the next generation. Access to improved water, sanitation, menstrual hygiene resources and health education can change our lives, it can change our communities and it can change our nation. Let's act on menstruation without hesitation.

Just a girl, yet a woman now

She was just a girl
With the simplicity
And naivety of childhood
The world too friendly
All faces smiling at her
Never afraid of rising
For shoulders were provided for her
Never afraid of falling
For her dreams seemed too clear

She was just a girl
Whose mother was never open to her
Her face full of innocence
All realities of life seemed a mystery
Her generality admired by all
Some genuine and others lustful
But she was never afraid
Bred and protected by love
Until the day

The day every one laughs
Scared and terrified she cries
Giggling and booing by people
People she once adored
What on earth is wrong?
Her beautiful dress

Stained ..
Stained with blood.
"What on earth is wrong?"

Rushing to the bathroom
She not hurt
Yet the blood still flows
All her friends laugh
She screams but does not know why
"Is this so normal "

Yes it is
Part of growing up
Is learning to solve problems
The mystery revealed
But its too painful.

Stop behaving like it's too scared
Why laugh.
Is it funny??
Act without hesitation.
Keep your hygiene perfect
So you can have a good health
Because it's normal
Do not be just a Girl

What's right with menstruation?

By Lydia Mirembe, IRC Uganda

I recall the opening of the Menstrual Hygiene Management Conference in 2014. There were some heartrending revelations as some participants opened up and told stories of the horrendous things that happen to girls who are having their menses.

In a skit, children from Mulago Private School revealed that at school, girls are teased and made to feel embarrassed whenever they are having their monthly period. In a mock radio talk show, children from Achilet Primary School in Tororo explained that many parents do not provide the things that girls need to take them through this time of the month. No pads, no painkillers.

A senior woman teacher from Achilet School also explained that while they counsel the girls and even try to provide for some emergency cases, the school does not have adequate resources. She explained that in the past they used to provide paracetamol tablets from the nearby health centre, but this is not available anymore because the centre could no longer provide free drugs. The girls thus have to endure that pain.

From Tororo again, a lady narrated the story of a girl who, when she started her period she told her father about it and requested him to buy her some pads. She told him that a packet of pads would cost only 2000 shillings. In response, the father took 2000 shillings to a pork butcher and bought half a kilo of pork. When he came home he told his daughter, "See what 2000 shillings can fetch us. Now you start working and find money to buy your pads."

But it got worse. When the same girl asked her father to buy her some painkillers to treat her cramps, he advised her to find a man to sleep with as the only way to kill the pain was by having sex. Unfortunately, when she slept with the man, she conceived and of course dropped out of school. What a father!

Indeed many participants cited that as one of the many myths around menstruation. People believe that once a girl starts menstruation she is ready for sex, childbirth and marriage. Others believe that if a girl's menses are usually painful, she should get pregnant have children and that will bring an end to painful periods. While having lunch at the conference a male colleague assured all and sundry that he had observed that the more children his wife had, the less painful her periods became. Alas!

There were more revelations about the challenges of disposing used sanitary materials. One speaker recalled that although she attended schools where incinerators were available, the girls somehow always failed to dispose of their pads responsibly. They were all expected to throw their pads in a bucket and then they would take turns to carry the bucket to the incinerator and empty it. Then there would be the task of setting fire on the materials in the incinerator. But nobody wanted to carry the bucket, simply because it had other girls' pads.

And when someone carried the bucket to the incinerator, they didn't want to do the emptying because they didn't bear the thought of looking at bloody pads.....As a result, used pads were always thrown in the wrong places. There is a myth that if a dog picks a used sanitary pad, the owner of that pad become barren and unable to bear children. Even that didn't stop the girls from throwing their pads carelessly.

Menstruation is shrouded in myths, taboos and misconceptions. These are perpetuated by the fact that no one wants to address them directly. Everyone talks about menstruation in hushed tones. As a result, girls are very furtive when they are having their monthly period. Even when they make mistakes they don't want to talk about them openly. Some girls for example don't know that when they wash their sanitary clothes, they are supposed to spread them out to be dried under the sun. Because they want to keep everything secretive and private, their clothes remain damp. Used another round of menstruation, the moist cloth pads cause fungal infections like candidiasis in the users' private parts. But then again, no one wants to talk about itchy private parts fearing that they will be accused of sleeping around and acquiring Sexually Transmitted Diseases.....the silent suffering goes on and on. What if everyone talked openly about menstruation?

Unless we start talking about menstruation openly, the suffering will continue. It is time to debunk those myths and misconceptions. It's time to tell the truth about menstruation. It is a normal bodily function just like breathing, eating or going to the toilet. Above all, menstruation is a sign of good reproductive health. It is a sign that a girl is growing up and transitioning from one stage of development to another. It is a celebration of womanhood. There is everything right with menstruation.

Free verse: MHM through the poets' eye

BROKEN DREAMS

Written by Charlotte Akello, Makere University

As a young girl
My dream was to study hard
Get a bright future
Grow into a big girl.
I worked hard in school
Nothing seemed to deter me
The future seemed so bright.
Great job
Great house
Great car
And of course children.
It wasn't until one day,
Seated in class
I find blood on my cloth
I rush to the toilet.
No water to clean myself.
I use papers to try and stop the blood
I can't go back to class
The blood is so scary...
Could it be that am sick?
Or a bad omen?
Or a disease?
Am caught up in a dilemma.
No one cares
Everyone runs away from me
Laughing at me...
No one to hold my hand.
I rush home
Too confused to tell anyone
Mother suggests i stay home
It seems the best to do
I suffer in silence.
So i use rugs
The pain is much
I stay in bed
Am i cursed?
I miss school
I miss tests
I miss the explanations
And my promotional exams.
So I am told to repeat the class
Holding me down
Too many giggles and mockery from students
I miss more classes each month
More tests
And a chance to a bright future.
The love for school vanishes slowly
With each class I miss
With each lesson I miss
My future seems amiss
I leave school
I can't stand it anymore
It's hard to catch up each time
Always hard to sit again in class.
I suffer my broken future
Dreams that vanished overnight
I wish i had an option
I wish someone could help.
I am not alone
Many girls suffer in silence
Suffer because they are not told
Because they have nothing to use.
Many futures are flushed down the drain
Each coming day
Many girls are suffering
No one seems to care.
They have no option
But to quit school
Too many tests missed
Can't always be caught up on.
We need to be told
We need a solution
Our dreams can't just go down the drain.

CLUELESS DAD

Written by Yvonne Nyatundo, Maseno University

Daddy listen to me	On my skirt	I'm scared
Please listen	What is happening to me?	I'm ashamed
I barely slept last night	Daddy listen to me	What is happening to me?
The pain was exhilarating	Please listen	Daddy listen to me
What is happening to me?	My hips are broadening	Please listen
Daddy listen to me	Don't you see?	You should know
Please listen	What is happening to me?	I need answers
My abdomen hurts	Daddy listen to me	What is happening to me?
It's bloated	Please listen	All daddies participate in the
What is happening to me?	You shook your head puzzled	World Menstrual hygiene day (28th
Daddy listen to me	Your expression clueless	May, MH day) so as to be more
Please listen	What is happening to me?	knowledgeable on menstruation and
Boys laughed at me	Daddy listen to me	evade such clueless moments with
When they saw blood	Please listen	your daughters.



WITH OUT
HESITATION
ACT ON
MENSTRUAT

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