



Menstrual Hygiene Management in School

South Asia Regional Learning Event

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Introduction

Poor menstrual hygiene is a significant health issue for adolescent girls and women in Bangladesh, with strong taboos around menstruation leading to inadequate facilities, and reuse of unclean or damp rags causing disease.

As Menstrual Hygiene Management is a new area of work for HFHB, it was introduced as part of school WASH work. HFHB planned to activate School Hygiene Groups (teachers and selected students) as change agents responsible for delivering hygiene messaging in schools.

Objectives

The main objective of introducing menstrual hygiene management was to reduce dropout of girl students and create awareness among students and community. The other objectives were –

- To increase menstrual knowledge and bring change in MHM behaviour;
- To ensure school sanitation facilities made provision for MHM;
- To enhance gender sensitivity in WASH interventions.

Process of Menstrual Hygiene Management in School

Entry into School
Collect school information (number of student, teacher and WaSH situation)

Mobilization
Create interest to improve the WaSH and MHM situation

Formation of School hygiene group from ToT participants
A School group that takes the lead to improve the WaSH situation

Prepared Action Plan
School WaSH plan to improve the situation

Implementation of Action Plan
To improve WaSH situation in school and community and awareness of menstrual hygiene

Installation of school Toilet For Girls

ToT on Hygiene Education for student and teachers
Promotion of good behavioural habits, enhanced knowledge and capacity of student leaders

Training for other students
SHG take responsibility to facilitate training and monitoring the hygiene practices

Conduct hygiene & MHM (for girls) session in classes

Monitoring Behavioural Changes
The group monitors hygienic behavioural practices

ToT on Hygiene Education for Students and Teachers



3 Batches of ToT conducted on Hygiene Education including MHM to 9 teachers and 60 students in 3 schools

Hygiene Education for School Students by School Hygiene Groups



Conducted training on hygiene education for 600 students by School Hygiene Group in 3 schools

School Latrine



Installed two chambered latrine in 3 Schools with menstrual hygiene facilities

Training of School Management Committees on WatSan Facility Maintenance



Conducted 3 Trainings for School Management Committees on WASH facility maintenance

Meeting with School Hygiene Group



SHG organise Meeting for sharing update hygiene situation of school and community

MHM Session with Girls Student



Students are conducting Menstrual hygiene session in school as well as community

Observed World Menstrual Hygiene Day



Observed “World Menstrual Hygiene Day” in school and girls take on oath regarding day title “ let’s start talking about menstruation”

Achievements

- Ensured clean water supply for menstruation management;
- Providing disposal bin improved absorbent disposal facilities;
- Improved latrine privacy or safety;
- Behavioural change of boys in education institutions, family and community;
- Improve sharing attitude with friends, family and community;
- Better knowledge of menstruation and improved management practices within the school and community

Way Forward

- Establishing hygiene clubs to build a bridge between generations;
- Teacher training on conducting classes regarding reproductive health in a sensitive manner;
- Strengthening the relationship between schools and health extension workers;
- Ensure availability of affordable sanitary products;
- Focusing MHM education for girls, as well as boys, to enhance understanding and decrease social stigma.

• ল্যাট্রিন ব্যবহার বিধি •

- স্যান্ডেল পায়ে ল্যাট্রিন ব্যবহার করবো •
- পায়খানা ব্যবহারের পূর্বে পানি দিয়ে প্যান ভিজিয়ে নিবো •
- শৌচ কাজের পর দুই হাত সাবান দিয়ে কচলিয়ে ধরো •

Thank You!



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