



## PADS FOR HER

**COUNTRY/ REGION:**

Masaka, Uganda, East Africa

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## **Project background**

Women and girls in rural settings and in particular girls in schools suffer most from stigma and lack of services and facilities to help them cope with the physical and psychological pains they undergo during their menstrual periods. Some of the problems they face are: inadequate preparations for young girls not yet experiencing menstrual hygiene, lack of or inadequate water to clean and wash the body, lack of materials for managing menstrual hygiene, no private space and wash rooms and inappropriate facilities for disposal of materials for those who have used pads. This has devastated girls affecting their health, education and wellbeing. In spite of these issues, menstrual hygiene has been routinely ignored by professionals in the water, health and education sectors. Therefore, children's hope charity organization hopes for girls to be able to keep their dignity during menstruation with safe, healthy and sustainable menstrual hygiene materials.

## **Project Goal**

To help move towards a world where girls feel empowered in their bodies, achieve economic independence, understand their reproductive and sexual health options, and harness the power to shape their lives.

## **Project Objectives**

- Awareness on women & girl's menstrual health hygiene
- Support with washable sanitary pad kits
- Provide economic opportunities through sewing the washable sanitary pad kits
- Motivate local authorities to put menstrual health hygiene

## **Target Beneficiaries**

This project will directly support 1500 girls & women with washable sanitary pad kits and indirectly, highly contribute to the need for local authorities to take initiation on menstrual health hygiene.

## **Statement of Need**

Women's health and hygiene has been one of the key concerns over the years across the world. The awareness on menstrual hygiene and usage of Washable Sanitary Pads is virtually absent in rural areas. Poor menstrual hygiene can cause fungal infections, repeated infections

to RTI, cervical cancer and vulnerable to infertility. Reproductive hygiene education and sexual education is not part of any education system in Uganda.

This is partially due to the lack of awareness among them and mainly due to the economic inability to adopt better precautions like- use of good washable sanitary pad during menstruation period. Usually different varieties of Washable Sanitary Pads are found available in the market but are not affordable for rural poor women and girls.

### **Project Methodology**

There are three components in this project implementation.

1. **Acquiring and distribution of Washable Sanitary Pad kits:** This project will deliver 1000 menstrual kits centered to school aged girls in the greater Masaka region. One kit contains 1 super maxi pad, 2 maxi pads, 2 mini pads and 2 storage pouches. 500 standard kits to women's groups. This kit contains 1 super maxi pad, 5 maxi pads and 2 storage pouches. One kit is reusable for one year and its eco- friendly.
2. **Training on Menstrual Health Hygiene:** This will be at both schools & community level.
3. **Awareness on Menstrual Health Hygiene at Schools & Community Level:** Awareness on Menstrual Health Hygiene at schools & community level will be provided.