NO ADOLESCENT GIRL OR WOMAN ANYWHERE SHOULD BE DENIED THE RIGHT TO MANAGE THEIR MONTHLY MENSTRUAL CYCLE IN A DIGNIFIED, HEALTHY WAY.

MENSTRUAL HEALTH AND HYGIENE SERVICES ARE A CORNERSTONE TO BUILDING ADOLESCENT GIRLS’ CONFIDENCE AND POTENTIAL.

GAINING GROUND:
UNICEF SUPPORTED PROGRAMMING ON MENSTRUAL HEALTH AND HYGIENE
NOW IN 46 COUNTRIES AROUND THE WORLD

In India, the Ministry of Education, the Ministry of Human Resource Development, and the Ministry of Health and Family Welfare are collaborating on a national roll out of the National MHM Guidelines (2016), including addressing inter-ministerial planning and budgeting.

The Indonesian Council of Islamic Scholars is developing guidance for girls on menstrual health and hygiene management based on religious teachings. A comic book and video were produced to share knowledge on MHM and discourage teasing of girls.

The Ministry of Education in Jawas is integrating water, sanitation and hygiene into all educational policies and plans, including developing a National MHM Strategy. A comprehensive MHM curriculum for girls in primary and secondary schools now provides for a private space within the girls’ washrooms for menstrual hygiene management, with the availability of a water point.

In Niger, community outreach and radio campaigns reached 10,000 boys and girls in 100 schools by early 2017, with growing interest from other municipalities to replicate the intervention in their own regions, using their own financing.

The government, civil society, and private sector are partnering in Kenya to expand access to a wider range of absorbent materials for girls and women by strengthening markets and ensuring stronger product regulation for health and safety.

In Nigeria, teaching and learning materials created in collaboration with municipal governments reached 10,000 boys and girls in 100 schools by early 2017, with growing interest from other municipalities to replicate the intervention in their own regions, using their own financing.

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EMPOWERING ADOLESCENT GIRLS THROUGH MENSTRUAL HEALTH AND HYGIENE

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The onset of menstruation coincides with a number of issues or vulnerabilities – and opportunities – that arise during adolescence. Menstrual health and hygiene interventions can be integrated into other gender-transformative programmes, such as sexual and reproductive health education and programmes that enable girls to overcome obstacles to their education and life skills development. Menstrual health and hygiene programmes, like sexual and reproductive health education, can be a gateway for other gender-transformative interventions across development and humanitarian emergencies.

Menstrual health and hygiene are a cornerstone to health, freedom and opportunities, such as gender-based violence prevention and other gender-transformative programmes. Menstrual health and hygiene interventions must be sustained and scaled-up to accommodate the unique needs of adolescent girls.

UNICEF envisions a world where every girl can learn, play and safeguard her own health without experiencing stress, shame or unnecessary barriers to information or supplies during menstruation. Partnering with governments, United Nations agencies, civil society and the private sector, UNICEF brings critical menstrual health information, support and supplies to adolescent girls in crisis-affected settings and around the globe. UNICEF works with governments to ensure girls’ friendly policies and programmes, while demonstrating results on the ground through water, sanitation and hygiene programming in schools.

UNICEF and its partners also look for opportunities to strengthen joint, comprehensive responses to girls’ and young women’s needs and to generate evidence on context-specific practices and challenges. For example, dedicated support to menstrual hygiene management from the Government of Canada resulted in in-depth, formative research and programme delivery in 14 countries, including evidence on context-specific practices and challenges.

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