

**QUALITATIVE RESEARCH
TO IDENTIFY CHALLENGES
TO MENSTRUAL HYGIENE
MANAGEMENT AMONG
SCHOOL GIRLS IN THE
PHILIPPINES**

Context for Research

- 2012 UNICEF & Emory University formative research:
 - Identified: MHM in schools challenges
 - Demonstrated: MHM has impact on girls' participation in school
- 2013 SC & Emory University situational analysis for SC programs



Study Sample

- Sample Size: 6 schools (4 elementary, 2 secondary)
- Number of Participants
 - Girls: 47
 - Boys: 48
 - Teachers: 25
 - Mothers: 6
 - Fathers: 6



Research Tools & Analysis

- IDI, KII, FGD: Girls, Boys, Mothers, Fathers, Teachers
- Facility observations
- Data analyzed to identify challenges around SC's School Health and Nutrition (SHN) Program:
 - Skills-based health education (SBHE)
 - School based delivery of health services
 - Safe school environment and physical facilities
 - Community support and school health and nutrition policy

Research Tools & Analysis

- FGD girls:
 - Before and Now: Participatory Learning Activity
 - Interactive brainstorming activity
- FGD boys:
 - Boys' knowledge and attitudes
 - Curriculum
 - Boys' experience with puberty

Research Tools & Analysis: New Tools Added

- FGD Fathers:
 - Knowledge and attitudes
 - Wives and children's experience
 - Programming recommendations
- Questionnaire for Save the Children staff
 - Program focus
 - Girls services
 - Opportunities to address MHM

Evidence used to Influence Programming

- SBHE - comprehensive understanding of menstruation
- Services:
 - sanitary towels, pain killers, iron supplements
- School Environment:
 - O&M - WASH
 - waste disposal mechanism
 - gendered toilets
- Community support/ policy:
 - parent support, advocacy to government for gendered toilets, O&M, child protection/ anti-bullying

Methodological Recommendations

- FGD Fathers:
 - important to gauge attitudes, but not adding much information to data collection.
- KII for Teachers
 - Should be measured against curriculum available to teacher
- SC Staff Questionnaire
- Facilities Observation:
 - Added information about the location of toilets

Methodological Recommendations (cont'd)

- Time Restraints:
 - prioritize key questions within guides
- Successful tool adaptation:
 - build in enough quality time to ensure tool adaptation is iterative
 - 3 rich data sets, better than 6 thin data sets
 - Tools are only as good as the people trained to use them.

Challenges and Lessons Learned

- Intense data collection process – time consuming
- Lack of national level DepEd interviews and private sector interviews
- No parents FGDs collected in metro manila

Next Steps

- Findings will influence advocacy and inform programming

Comparisons: Masbate, Manila and Mindanao

- SBHE:
 - Manila teacher's: more knowledgeable
- WASH facilities:
 - Greater challenges in Urban schools
- Services:
 - Pads- students knowledge high, usage low due to access issues in schools and affordability - especially in Manila.
 - If cloths used - impact attendance – especially in Manila
- Policy/ community support
 - PTA, Teacher, DepEd support



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