WASH United’s Menstrual Hygiene Management Training for girls, boys and teachers

Ina Jurga
WASH United – Germany
About WASH United

• International NGO based in Berlin with teams in Kenya and India.
• Our “secret sauce”: Using sport and game-based tools, superstar role models, positive communication and quality design.

I. Advocacy
II. Trainings
III. Demand creation
IV. Human rights to water and sanitation
GAME-BASED LEARNING

• Research has shown that fun and play lead to a much deeper retention of knowledge, and increase the likelihood that participants will adopt & practice good behaviour.

• An effective game-4-change is not only fun, entertaining and easy to comprehend, but also transfers key WASH messages through the interaction.

• Playing games together is affirming a sense of solidarity within the group and strengthen group commitment.
MHM Curricula

- **India:** Developed & tested with girls from 4 urban community groups in 2013; boys’ curricula was also tested in 2014. Partners: VACHA, Swechha, Mera Parivar,

- **Kenya:** as part of WinS boys and girls from rural & urban schools. Partner: Dig Deep.

- **Bangladesh:** As part of ICC Cricket World Cup campaign in Sylhet, the curricula was taught in urban schools & girl community groups. Partners: WaterAid & IDEA.

- India: Introduce training to women & girls in urban slums in Mumbai. Partners: UNDP, Aakar & SHED.

Have trained almost 1,000 students, including 230 boys; and > 60 teachers
About WASH United‘s MHM Curricula

- Site visit
- Focus group discussions, key informant interviews with teachers & students
- Training of teachers
- Training of students on WASH + MHM
- Leaving materials in schools
- Follow-up
- M&E
Teacher Training is KEY!
Training parents & teachers matters

- Teachers gain critical knowledge, feeling more comfortable about the topic
- They understand that the curricula is fun, child-friendly learning experience
- They discuss how they can take on a more supportive role and improve MHM conditions in schools

- They provide support to the facilitator during trainings
- Ideally, teachers and parents act as trainers in the long-run.
Curricula for Girls
Holistic nature of the MHM curricula

- Q&A + Action Plan
- Pain & relief
- Disposal
- Hygienic management of period
- Myths & taboos
- Puberty
- Process of menstruation
- Welcome / connecting with one another
- Celebration of Womanhood!
Session 4: Myths and Taboos

Purpose:
• To find out which myths & taboos girls are facing
• Discuss myths vs. facts
• Knock down the taboos together

In the “Knock Down The Myth“ game, girls work together to knock down their identified myths and taboos.

It is incredibly fun to physically see and show that indeed, taboos can be broken!

2 different games + discussions
Curricula for Boys
Holistic nature of the MHM curricula

Welcome & connecting with one another

Q&A + Action Plan

Puberty & MHM

Support your peers

Myths & taboos
Session 4: Support your peers

Purpose:
- To understand the importance of peer support
- Identifying ways to support girls & women instead of shaming or teasing them

In the “Balloon” game, the boys play and learn that being supportive leads to better results, than to just think about oneself.
Differences observed

India: MHM is closely linked to reproductive health (& sex education) and therefore a taboo subject. Issue needs to be carefully introduced.

Kenya: MHM a less intimidating subject. Sexual activity begins at a younger age, and more question regarding sex/ pregnancy.

Bangladesh: Pain is a key issue and girls often revert to using pain killers or traditional healing methods (such as spells by local healers) in rural parts.

Urban vs. rural: The games work in all contexts, however the discussions vary. Urban girls have better access to pads & information, whereas rural girls are more open to trying “alternatives”, such as menstrual cups.
M & E

• Focus group discussions
• Key informant interviews
• Observations

Soon to follow:
• Knowledge questionnaires
• Self-efficacy “Star Tool“
• Letterbox / Diary

Since our training with Swechha, older teenage girls have emerged as peer leaders who train young girls on MHM. These trained girls are confident in discussing MHM with family members and friends.
SHARING & COLLABORATION

• WASH United is dedicated to sharing our expertise and making our methodology accessible to help build a global movement around MHM.

• Do you plan or have an MHM programme? We‘re happy to offer our unique methodology!

Contact us!
Ina Jurga
Head of WASH in Schools, Germany
Ina.jurga@wash-united.org

Maria Fernandes
MHM Manager, India

Ananya Ghosal
Programme Manager, South Asia

Beverly Mademba
WinS Manager, Kenya

www.menstrualhygieneday.org