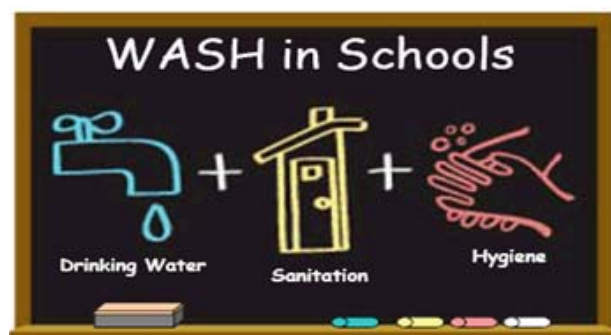


# Menstrual Hygiene Management among Girls in School: Getting to a Model of an Enabling School Environment

A joint Collaboration between UNICEF and Emory University



**MHM Virtual Conference  
UNICEF & Columbia University  
September 27, 2012**



**EMORY**  
UNIVERSITY

**Center for  
Global Safe Water**

# MHM in Schools

## Getting to a Model of an Enabling School Environment



Photo: Matthew Freeman

## Presentation Outline

1. Partnership Background
  2. Expected Collaboration Results
- 
1. Research Activities
  2. Involved Country Offices

# MHM in Schools

## Partnership Background: Emory-UNICEF



### 2010

- **Collaborative learning agenda formed:** WASH in schools (WinS)
- **WinS “Call to Action”** campaign and network collaborator
- **WinS 101**, a web-based course, developed and launched

### 2011

- **Research Fellows Program developed and launched**
  - Focus: Equity of access to WinS
  - 3 Research Fellows in 6 countries

### 2012

- **Research Fellows Program continued**
  - Focus: Menstrual Hygiene Management (MHM) in Schools
  - 4 fellows placed in 4 countries



# MHM in Schools

## Expected Collaboration Results



### **The collaboration has three expected results:**

- 1. Country Specific Research on MHM Challenges**
- 2. Development of 'basic package' of school-based interventions**
- 3. Menstrual Hygiene Management in Schools report**



Photo: Matthew Freeman

# MHM in Schools

## Research Activities



**Research Activities align with expected results:**

Result	Activities
<b>1. Country Specific Research on MHM Challenges</b>	<ul style="list-style-type: none"><li>• Document Review</li><li>• School Facility Observations</li><li>• In-Depth Interviews with Girls</li><li>• Focus Group Discussions with girls, boys, and mothers</li><li>• Key informant interviews with teachers / school administrators</li></ul>

# MHM in Schools

## Research Activities



**Research Activities align with expected results:**

Result	Activities
<b>2. Development of 'basic package' of school-based interventions</b>	<ul style="list-style-type: none"><li>• Recommendations compiled and discussed with stakeholders</li><li>• Country-specific recommendations finalized</li><li>• All data and recommendations from study sites used to develop a 'basic package' that can inform other settings</li></ul>

# MHM in Schools

## Research Activities



**Research Activities align with expected results:**

Result	Activities
<b>3. Menstrual Hygiene Management in Schools report</b>	<p><b>The report will synthesize results #1 &amp; #2:</b></p> <ul style="list-style-type: none"><li>• Introduction, background, methods</li><li>• Synthesis of key findings from study sites</li><li>• Proposal of a 'Basic package' of school-based interventions &amp; monitoring system</li><li>• Country-specific Case Studies</li><li>• Appendix with tools used for MHM learning and instructions for adaptation</li></ul>

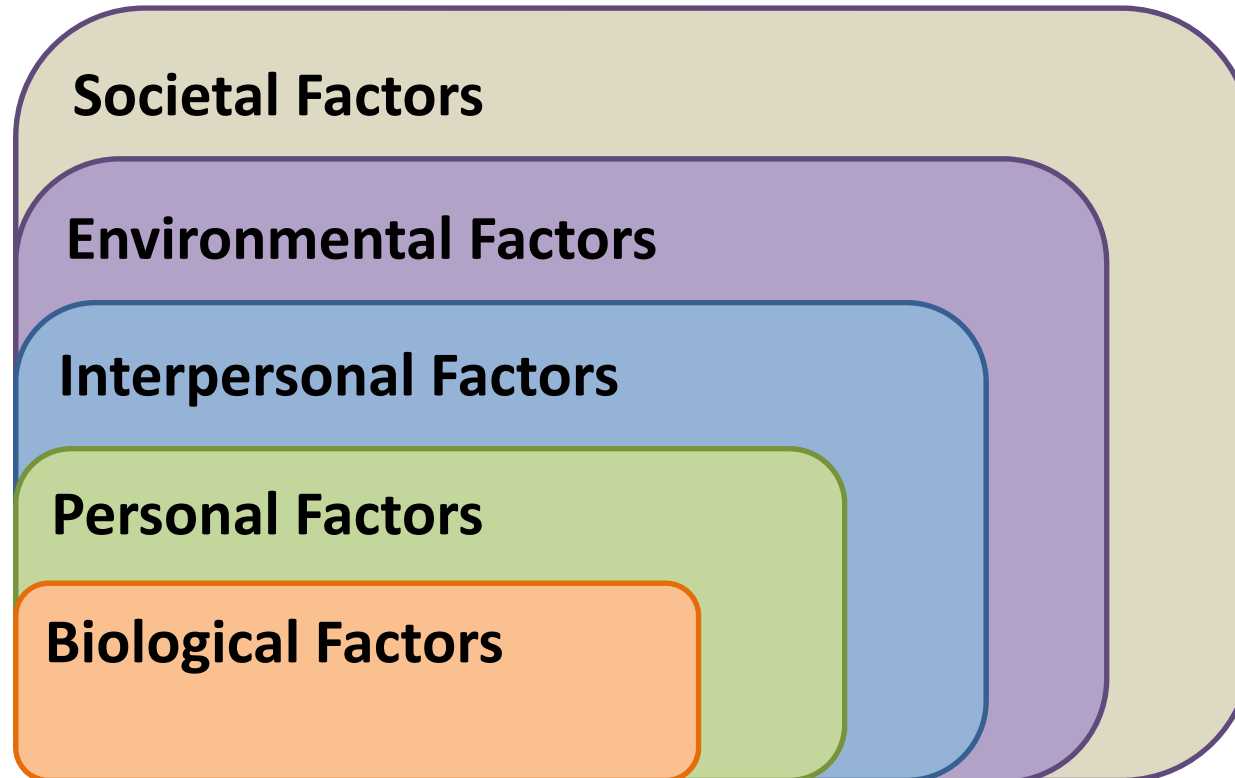


# MHM in Schools

## Research Activities



**Multiple levels of influence investigated in order to understand the most appropriate, and potentially impactful, space to intervene or provide support.**





# MHM in Schools

## Research Activities

### Multiple levels of influence.



**Societal Factors** → *Policy, Tradition, Cultural Beliefs, Social Norms*

→ **Desk review:**

School, Gender, WASH Policies

Curriculum , Teacher training standards

Country-Specific reports

→ **Key Informant Interviews**

National and community level government officials, UNICEF  
/NGO staff

→ **Discussions / Interviews with Girls, Teachers, Moms, Boys:**

Perceptions, myths, norms, beliefs

# MHM in Schools

## Research Activities

### Multiple levels of influence.



**Societal Factors** → *Policy, Tradition, Cultural Beliefs, Social Norms*

#### **Environmental Factors** →

*School Water, Sanitation, & Resource Availability*

#### → **Observations in Schools/ Communities Selected:**

WASH conditions

Availability of sanitary napkins & costs

#### → **Interviews with Teachers:**

School conditions & availability of resources

Government assistance

Role of teachers related to MHM, puberty, WASH Issues

#### → **Discussions with Girls:**

Perceptions about their school environment

# MHM in Schools

## Research Activities

### Multiple levels of influence.



**Societal Factors** → *Policy, Tradition, Cultural Beliefs, Social Norms*

**Environmental Factors** →  
*School Water, Sanitation, & Resource Availability*

**Interpersonal Factors** →  
*Influence of Family, Teachers, Peers*

→ **Discussions with Girls, Teachers, Moms, Boys:**  
Roles post- menarche  
Relationships with family, peers, teachers  
Support

# MHM in Schools

## Research Activities

### Multiple levels of influence.



**Societal Factors** → *Policy, Tradition, Cultural Beliefs, Social Norms*

**Environmental Factors** →  
*School Water, Sanitation, & Resource Availability*

**Interpersonal Factors** →  
*Influence of Family, Teachers, Peers*

**Personal Factors** → *Girl's Knowledge, Skills, Beliefs*

**→ Discussions with Girls:**

Current knowledge about menstruation

Coping mechanisms, Needs

Attitudes and beliefs about menstruation

Self-Efficacy



# MHM in Schools

## Research Activities

### Multiple levels of influence.



**Societal Factors** → *Policy, Tradition, Cultural Beliefs, Social Norms*

**Environmental Factors** →  
*School Water, Sanitation, & Resource Availability*

**Interpersonal Factors** →  
*Influence of Family, Teachers, Peers*

**Personal Factors** → *Girl's Knowledge, Skills, Beliefs*

**Biological Factors** → *Pain, Intensity*

→ **Individual interviews with Girls:**  
Biological experience (pain, flow, fatigue)

# MHM in Schools

## Involved Country Offices



Bolivia

Sierra  
Leone

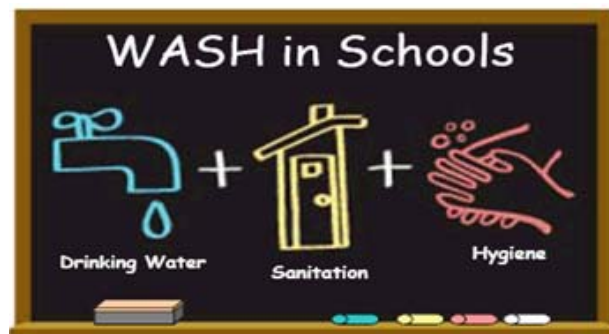
Rwanda

Philippines

# Questions?

## Menstrual Hygiene Management among Girls in School: Getting to a Model of an Enabling School Environment

A joint Collaboration between UNICEF and Emory University



**Bethany Caruso, MPH**  
[bcaruso@emory.edu](mailto:bcaruso@emory.edu)

**Matthew Freeman, PhD, MPH**  
[mcfreem@emory.edu](mailto:mcfreem@emory.edu)



**EMORY**  
UNIVERSITY

**Center for  
Global Safe Water**