Reaching Adolescent Girls Approaches to Address MHM

Presenter: Purnima Gurung, Nepal
Out of the Presentation

• Lesson Learnt
• Priority for investment
• Scaling of toilet and water facilities
• Working with Youth Mobilisers and Peer Educators
• Capacity building for promoting locally low cost sanitary napkins for adolescent girls
• 2012 and beyond proposed plan activities
• Promoting of sanitary napkins at community
• IEC material's and media related activities
• 2012 activities and beyond-1
• Lesson learnt and challenges faced.
Some facts and figures on WASH in schools

- Total Public Schools – 27,174
- Total schools with toilets facilities -21437 (78%)
- 76.8% of the schools have drinking water facilities.
- 78.% of community schools have at least one toilet facility.
- No. of common toilet access to boys and girls 11,560 - 42%
- 36% have separate toilet for girls and 30.2% having a separate facility for teachers.

(source EMIS,2011)
Lesson Learnt

• 30 percent of secondary level girls not attending schools (Grade-9 and 10) Due to lack of proper WASH facilities (UNICEF/DoE Study 2012)

• 55 percent of adolescents girls feel more comfortable talking to Peers about menstruation followed by mother 47% and sister 40%.

• Only 3% mentioned teachers (Wateraid Study 2009)
Priority for investment

• The Education Sector in Nepal has substantially increased investment for gender-friendly latrines in Nepal with a specific focus on menstrual hygiene needs:

• “In the absence of separate toilets for girls and boys, many girl students do not attend school regularly. Therefore the government has given priority to the construction of girl-friendly toilets” (Chief of Gender Equity Section and Deputy Director, DoE)
Scaling of toilets Department of Education
Working with Youth Mobilisers and Peer Educators

“This type of skill is very useful for us; this will help to improve our health and perception towards menstruation hygiene”, (participant, Kailali)

Over 6,000 adolescent girls from 7 districts in and out of school have benefited from training on menstrual hygiene management including how to make an alternative, re-usable and low cost local sanitary Napkin- peer to peer approach
Training for promoting locally low cost sanitary napkins

The GATE program (2011/12) is an opportunity for out of school adolescent girls & their peers to improve their life skills and give them confidence to understand the issues facing them and how to best deal with life decisions

- “If we work with the adolescent girls in our communities, we can surely help them feel less vulnerable by ensuring they can feel trust in what we can teach them- we can play this role as both a sister and a friend” (Punam Mishra, GATE participant)
Glimpse of Sanitary Pad production

Sample of sanitary pad produced by women groups

Bandipur Woman Dev. Multiple Co-operative Pvt. Ltd.
Bandipur-1, Tanahun, Nepal
Tel: +977-065693371
Email: suraxchhyanpad@gmail.com

Suraxchhya
Sanitary Pad

10 Pcs.

“महिलाको लागि महिलाको लागाउँ”

unicef
होई दुखाईलय कसरी कम जग केली?
महिनावरी को नयातंत्र धैर्यात तंग दुख्द र दुखाईलय सामान्य पोल लागविले। महिनावरी हुन् धैर्यपूर्वक पोस्टापामास्ट्रस्स भन्ने हरूलाई धेरै प्रभावित भएकं। वस्यको कारण बाकिने नै तादुको दुखाईलय, विभिन्न विवरण बने कृत्रिम पोल दुखाईलय।

- अनुभवको टूका रंगार लाई पानी पिनुहोस्,
- विस्तारको कमर माझ्यासाठी आर्मी वाटिला करायमास दर्शिला भनेर।
- गार्डी बागायतिने बाह्यमणे गर्नुहोस्।
- धैर्यपूर्वक विधानसभा भन्ने हरूहरू (तारीखलाई रोग अनुमोदन गर्नुपर्ने) एक राजस्वता वित्तसुधा लागेहरूको हको लागानुहुन्छ।

महिनावरी भएको केला को को लाग हुन्छ?
लिंग बुद्धिमान मानने इतराला घट नुसार हाम्रो महिनावरी कोको फल हुन्छ, वस्यको दुखाईलय सामान्य रहाउनुहोस्।

- प्रकाशक मानने फलपूल र हार्दिक तरकारी भएको सत्यता भोजन
- पानीको मात्रा बस्नुहोस्, तन्तुला खानको खान दुखाईलय बन्नुहोस्
- भवनामय सत्यताको लागै कर्ता कम पिनुहोस्
- आवश्यक बानामा व्यावस्थितमा लागेहरू बढाउनुहोस्

महिनावरी प्रभाव भएको कपडालाई बुझा ठाउँमा वा शरीरको हाम्रो पोल फाल्नुहोस्। दुखाईलय असतर्नु गर्ने वा कपडालाई नायपालित व्यवस्थित गर्नु होनुहोस्। उदाहरणको कपडालाई ढेरेटक प्रश्न गर्नु होनुहोस्। विवाहितको महिनावरी आफ्नो नै पहिलो सुनो। दक्षिणको कपडालाई पोलिसलाई वरी मान धुन वा व्यवस्थित गर्न सकिएको हो।

यँदै घर, विवाहलाई वा कार्यालयमा महिनावरी भएको चेहरा चाहिए आयुर्वेदको गोपिनाथको वा सरस्वती नंभात्मा आफ्नो सम्बन्धी विषयकहरू कपडालाई भुनुपर्नुहोस्। विवाहलाई पानी र सामुदायक व्यवस्था भएको हुनुपर्नुहोस्।
Other related activities – media & communication
2012 activities and beyond-1

- Continuing supporting the GATE with Education in Saptari District- in 2012 trained GATE graduates on sewing, marketing and income-generation knowledge and skills.
- Development of an adolescent friendly comic book on adolescence and Menstrual hygiene management is underway in 2012
2012 activities and beyond -2

- Work with DEOs from 12 districts on software support and training on menstrual hygiene (and other WASH related skills)
- 300 schools in 2012/13 where new WASH facilities are being constructed by DoE
Lessons Learned and Challenges

• Behavior change takes time especially in remote areas as it is deep rooted social norms. There are taboos, harmful/traditional practices related to menstruation (such as chhaupadi system)

• Peer to peer education is an effective approach to trigger behavior change

• It is important to convergences with other sections/initiatives especially education (both formal and non-formal), health and adolescent programmes
• Sanitary options need to be available for girls and women- especially when poverty and remoteness is a factor (such as the alternative, re-usable, local pad for those who cannot afford to throw away pads)

• Learning materials need to be youth friendly- not just facts about MHM but presented in an interesting way such as through stories...adolescent focus
Thank You