Week on Water for Development
August 28th 2020 | 11:00 - 12:00 CEST

Menstrual Health and Hygiene (MHH) - Relevant, Inter-sectoral and on the Rise

Hosts: GIZ (Sustainable Sanitation Programme, Support to the Health Sector Programme & Sanitation for Millions), WASH United

Co-Convener: Columbia University, MHM Partners Alliance Nepal, Welthungerhilfe, Sustainable Sanitation Alliance (SuSanA)
AGENDA

Welcome
Keynote Dr. Inga Winkler (Columbia University)
Insights from the Field
Panel Discussion
Closing words and way forward
Introducing today’s team

Chiqui de Veyra  
GIZ – Fit for School  
Philippines

Thorsten Kiefer  
WASH United - Germany

Rabia Baloch  
GIZ – Sanitation for Millions  
Pakistan

Guna Raj Shreshta  
MHM Partners’ Alliance  
Nepal

Ina Jurga  
WASH United - Germany

Anika Malkus  
Welthungerhilfe - Uganda
Introducing today’s team

Moderators

Alice Brandt  
GIZ – Sanitation for Millions

Tabea Seiz  
GIZ – Support to the Health Sector Programme Nepal

Key Note Speaker

Dr. Inga Winkler  
Columbia University
Key Note by Dr. Inga Winkler (Pre-recorded)

The first of its kind, the Palgrave Handbook of Critical Menstruation Studies is an unmatched resource for researchers, policymakers, practitioners, and activists new to and already familiar with the field of menstrual health.

Download your FREE copy: bit.ly/Palgrave-HCMS
How do you position MHH as priority beyond the WASH sector?
Menstrual Hygiene Day 2020: It`s Time For Action

Thorsten Kiefer
CEO & Co-Founder
WASH United
Menstrual Hygiene Day 2020

Periods don’t stop for pandemics – neither did the MH Day movement!

>630 MH Day partner organisations  
(2019: 530; 2018: 500)

4,141 articles about menstrual health and hygiene published in online media  
(2019: 2,240; 2018: 650)

151,000 contributions on social media  
(2019: 114,000; 2018: 45,000)

411 million people reached  
(2019: 317 million; 2018: 130 million)
Menstrual Hygiene Day 2020

The Menstruation Bracelet: a global symbol to catalyse advocacy and action on menstruation!
Menstrual Hygiene Day 2020

What’s next?

**Studio MH DAY: Impact** - 23 September 2020

**Int’l Day of the Girl Child campaign** - 11 October 2020

**Launch of website on period taxes** - October 2020

**Funders’ round-table** - November 2020

**MH Day 2021** - 28 May 2021

**Generation Equality Forum** - July 2021

It is possible to end period poverty and period stigma by 2030. #ItsTimeForAction

info@menstrualhygieneday.org
Policy Advocacy on MHM in Nepal

Guna Raj Shrestha
National Convener
MHMPA Nepal
Introduction

An informal Alliance of over 80 organizations (UN, bilateral, INGOs/NGOs, media, academicians, researchers, national celebrities, etc), established in 2017.

• Policy advocacy across various sectors- education, health, wash, women and children
• Most importantly advisory support to the government
• Knowledge management for decision making and establishing dignified MHM agenda at national and sub-national levels.
• Innovations and research
• Working for Aligning actions of government and non-governmental in dignified menstruation
• Emergency COVID response to MHM
## National Policy Environment

<table>
<thead>
<tr>
<th>Year</th>
<th>National policy/declaration, program/</th>
<th>Responsibilities</th>
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</thead>
<tbody>
<tr>
<td>2005</td>
<td>Supreme court ordered to develop an act to eliminate <em>Chhaupadi</em> system</td>
<td>Supreme court</td>
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<tr>
<td>2008</td>
<td><em>Chhaupadi</em> Elimination Guidelines enforced by the Government</td>
<td>Cabinet</td>
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<td>2017</td>
<td>National Policy Consultation Workshop on MHM</td>
<td>Water supply ministry/WSSCC</td>
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<tr>
<td>2017</td>
<td>International Master Training of Trainers on MHM; 45 govt/non-governmental people, 40% female</td>
<td>Water supply ministry/WSSCC</td>
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<tr>
<td>2017</td>
<td>Enforcement of criminal code of conduct; imprisonment of 3 months and US$ 30 fine for forcing to <em>Chhaupadi</em></td>
<td>Ministry of Law</td>
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<tr>
<td>2018</td>
<td>Draft National Policy on Dignified Menstruation</td>
<td>Four Ministries- water supply, health, education and women/children/WSSCC</td>
</tr>
<tr>
<td>2018</td>
<td>7 Points joint declaration on MHM by four ministries on 28th May, 2018</td>
<td>Four Ministries- water supply, health, education and women/children/MHM PA</td>
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<tr>
<td>2019</td>
<td>National program initiated by the President for free sanitary pads distribution to school girls in 30,000 public schools, 1.4 millions girls</td>
<td>Ministry of Finance</td>
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<tr>
<td>2019</td>
<td>National Directives Free Pads Distribution -2019</td>
<td>Ministry of Education/MHM PA</td>
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<td>2019</td>
<td>Pad Quality Standards Bureau-2019</td>
<td>Department of measurements standards/MHM PA</td>
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<tr>
<td>2019</td>
<td>Dignified menstruation friendly school curriculum revised, grade 4-12</td>
<td>Ministry of Education/MMH PA</td>
</tr>
<tr>
<td>2020</td>
<td>13 Points declaration on MHM on 28th May, 2020</td>
<td>Ministry of women and children/MHM PA</td>
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Scaling Integrated Programming: Fit for School Programme in the Philippines

Chiqui de Veyra
GIZ Philippines
MHM within the WinS Programme
## Status of MHM Indicators

<table>
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<th>Crucial indicators for MHM/ School year</th>
<th>2017/18</th>
<th>2018/19</th>
</tr>
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<tbody>
<tr>
<td>Water availability in schools</td>
<td>63.0%</td>
<td>72.2%</td>
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<tr>
<td>Functional toilets that are private, secure, and have door with lock</td>
<td>80.5%</td>
<td>85.6%</td>
</tr>
<tr>
<td>Availability of sanitary pads</td>
<td>39.1%</td>
<td>74.7%</td>
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<tr>
<td>IEC materials on menstrual health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teachers</td>
<td>34.3%</td>
<td>45.9%</td>
</tr>
<tr>
<td>Students</td>
<td>36.9%</td>
<td>48.7%</td>
</tr>
<tr>
<td>Information on proper disposal of sanitary pads</td>
<td>57.5%</td>
<td>70.8%</td>
</tr>
</tbody>
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No. of schools in 2017/18: 30,586; 2018/19: 35,005
Positioning MHM as Priority beyond the WASH Sector

• Integration with the education sector
  - Aligning with national standards and policies
  - Schools serve as good venue for activities involving different groups
  - Promotes sustainability of activities

• Involving different stakeholders *e.g.* teachers, parents, community

• Use of data as a form of advocacy and to promote action
Menstrual Health and Hygiene in Balochistan

Rabia Baloch
GIZ Pakistan
Menstrual Health and Hygiene in Balochistan, focus on public institutions

Sanitation for Millions combines

Menstrual Health becomes a priority by training key actors in the sector

- Training of health care staff and lady health worker
- Training of teachers as MHH Trainers
Menstrual health takes center stage in Balochistan through access to Information and education
EKOPPO LOO! Enhancing Menstrual Hygiene for school girls in Karamoja

Anika Malkus
Welthungerhilfe Uganda
EKOPPO LOO!
Enhancing Menstrual Hygiene for school girls in Karamoja
May 2018 – December 2020

Objectives:
• Enhanced knowledge on menstruation and reproductive health
• Access to an acceptable menstrual hygiene management product for schoolgirls
• Enhanced capacity and awareness in the targeted districts

Target Group:
• 2,000 schoolgirls from 13 secondary schools in 5 districts in Karamoja sub-region
• Schoolboys, schoolteachers, school management, district staff, parents

Activities:
• Distribution of menstrual cups
• MHM and SRH education

“I’m happy using the menstrual cup. It saves costs and lasts long. I can only encourage my fellow girls – don’t fear it, but try it out!”
Moru Brenda
19 years
EKOPO LOO!
Enhancing Menstrual Hygiene for school girls in Karamoja
May 2018 – December 2020

What has worked well?
• Multi-stakeholder approach
• Engagement of boys
• Close follow-up, mentoring and coaching
• Partnerships

Challenges and learnings?
• Hygienic handling of Menstrual Cup
• Myths around menstruation and the menstrual cup
• Impact of COVID-19
• Sustainable access to menstrual hygiene products

Successes:
• 97% of schoolgirls from the targeted schools have access to the menstrual cup, 60% of schoolgirls are using the cup
• 90% of all students – boys and girls – from targeted schools have comprehensive knowledge on MHM and SRH
Education about Menstruation at scale: WASH United’s MHM Education Guide

Ina Jurga
International Coordinator Menstrual Hygiene Day
Head of Behaviour Change Communication
WASH United
Education about Menstruation:
WASH United’s MHM Education Guide

An effective education solution to EDUCATE, ENGAGE and EMPOWER girls around menstruation

• Compact: 2 sessions à 60-90 minutes

• Easy to use: story-based, no need for extensive capacity building of trainers

• Low cost: only print costs for the guide and a yarn of wool. All other materials are available locally

• Effective: positive change in knowledge and foremost attitudes (lesser shame and high motivation to speak to and support others)

=> Can easily be integrated into WASH, SRHR or other educational programmes, especially when only limited time and resources are available.
Education about Menstruation: WASH United’s MHM Education Guide

Reach
> 1,5 Mio girls

Partners: WAGGGS, ASCI, WaterAid, SPLASH, Red Cross Iraq, Days for Girls, etc.

Available for you!

✓ Available for free for download via www.wash-united.org in Q4
✓ Free online capacity building
✓ Partners logos on the Guide

Contact
Ina.jurga@wash-united.org  mhmguide@wash-united.org
Menstrual Health and Hygiene (MHH)
RELEVANT, INTER-SECTORAL AND ON THE RISE

SPEAKERS
- CHIQUI DE VEYRA  GIZ, Fit for School Philippines
- GUNA RAJ SHRESHTA  MHM Partners’ Alliance Nepal
- THORSTEN KIEFER  WASH United
- INA JURGA  WASH United
- RABIA BALOCH  GIZ, Sanitation for Millions Pakistan
- ANIKA MALKUS  Welthungerhilfe Uganda

KEYNOTE
- DR. INGA WINKLER  Columbia University

Join us on August 28th at 11:00 CEST!
Register: giz.plazz.net  Code: WATER4ALL