

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, MHH Partners Alliance Nepal, Welthungerhilfe, Sustainable Sanitation Alliance (SuSanA)



AGENDA

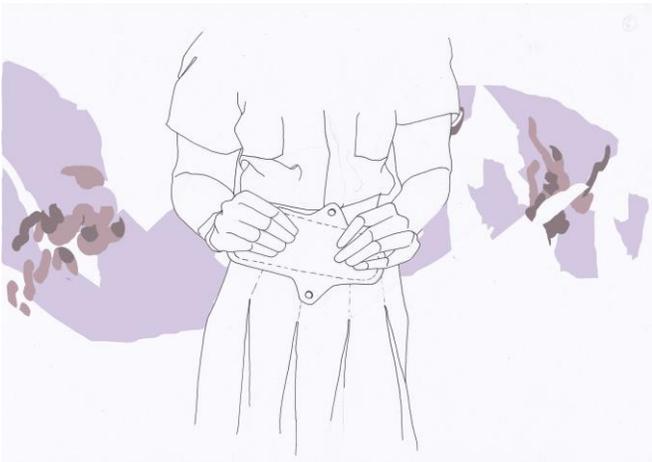
Welcome

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



Guna Raj Shreshta
MHM Partners' Alliance
Nepal



Thorsten Kiefer
WASH United - Germany



Ina Jurga
WASH United - Germany



Rabia Baloch
GIZ – Sanitation for Millions
Pakistan



Anika Malkus
Welthungerhilfe - Uganda

Introducing today's team

Moderators



Alice Brandt
GIZ – Sanitation for Millions



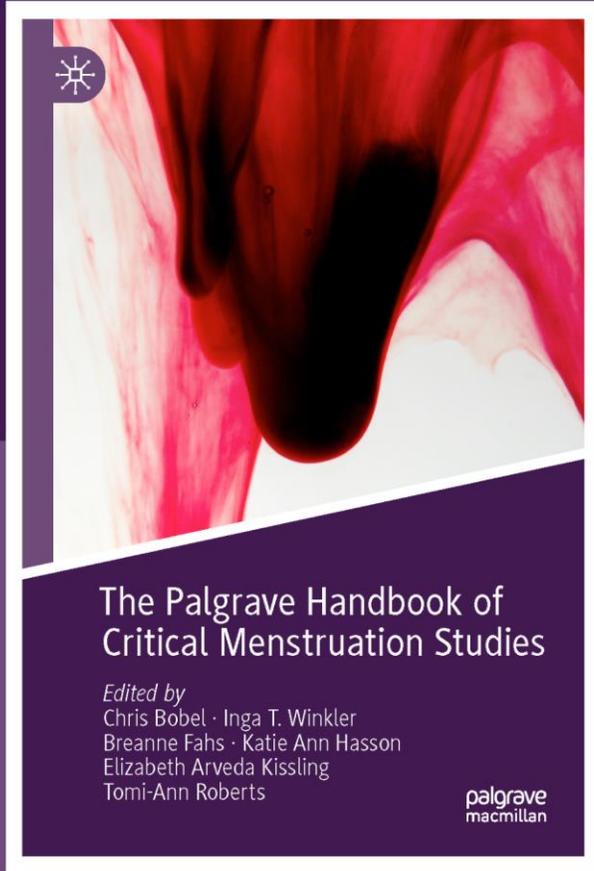
Tabea Seiz
GIZ – Support to the Health
Sector Programme Nepal

Key Note Speaker



Dr. Inga Winkler
Columbia University

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



- 72 chapters
- 1000+ pages
- 30+ countries
- 134 contributors

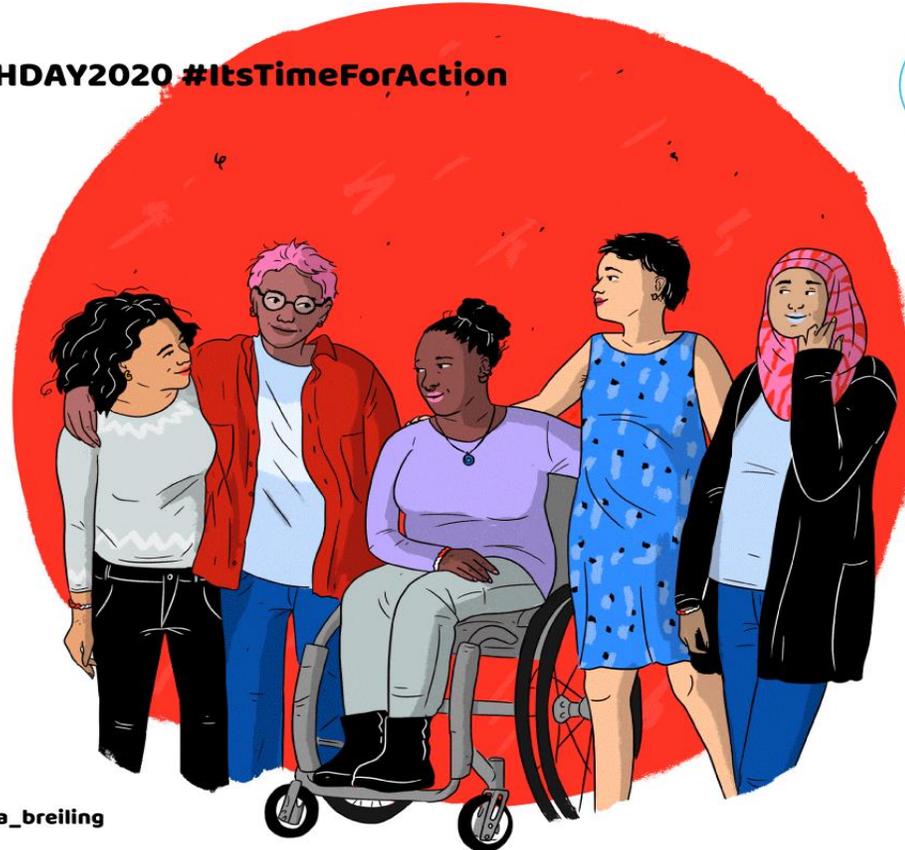


The first of its kind, the Palgrave Handbook of Critical Menstruation Studies is an **unmatched resource** for researchers, policymakers, practitioners, and activists new to and already familiar with the field of menstrual health.

Download your FREE copy: bit.ly/Palgrave-HCMS

How do you position MHH as priority beyond the WASH sector?

#MHDAY2020 #ItsTimeForAction



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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)



Bundesentwicklungsministerium @BMZ_Bund · May 28
600 Mio. Frauen haben während der Menstruation keinen Zugang zu Toiletten. Das hat nicht nur gesundheitliche Folgen, sondern verhindert oft den Schulbesuch. #Menstruation ist daher auch ein Thema für die Entwicklungszusammenarbeit sagt Sts Flachsbart zum #MenstrualHygieneDay.



Menstrual Health and Hygiene Management Partners' Alliance - MHM PA Nepal is live now. 18 mins ·



AI Jazeera English @AJEnglish

THREAD

It's #MenstrualHygieneDay!

Whether it's a lack of access to hygienic menstrual products, or persisting taboos and stigmas, women and girls, especially the world's poorest are deeply affected by their periods.

Here are 5 things you need to know



9:24 PM · May 28, 2020

Akshay Kumar @akshaykumar

It's been 2 years to #PadMan and I'm glad we managed to push the envelope a little on this taboo subject. This #MenstrualHygieneDay, I hope we move a step closer towards ending period poverty and breaking taboos surrounding menstruation.

@sonamakapoor @radhika_apte



1:37 PM · May 28, 2020

The Independent @Independent

Menstrual Hygiene Day: Everything you need to get through your period

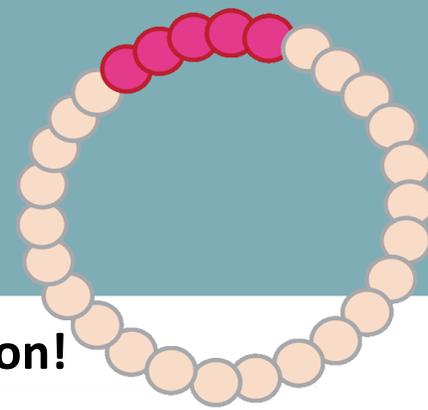


Menstrual Hygiene Day: Everything you need to get ... independent.co.uk

10:20 AM · May 28, 2020

53 35 people are T...

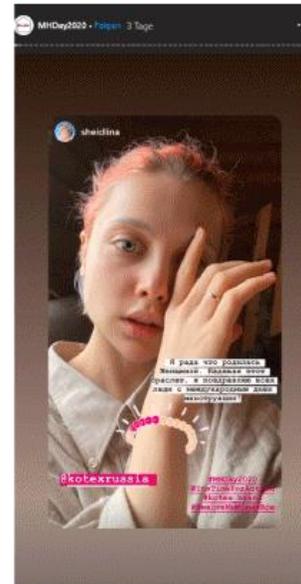
Menstrual Hygiene Day 2020



The Menstruation Bracelet: a global symbol to catalyse advocacy and action on menstruation!



It's Time for Action! #MHD2020



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

@laura_breiling



Policy Advocacy on MHM in Nepal

Guna Raj Shrestha

National Convener
MHMPA Nepal



National Policy: MHM Partners' Alliance 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

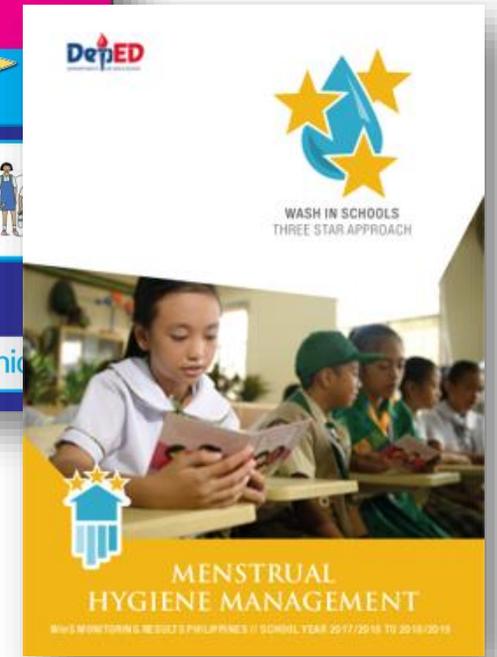
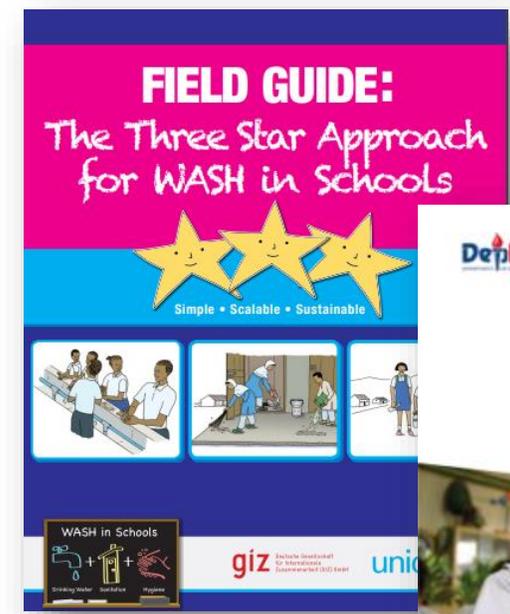
| Year | National policy/declaration, program/ | Responsibilities |
|------|---|--|
| 2005 | Supreme court ordered to develop an act to eliminate Chhaupadi system | Supreme court |
| 2008 | Chhaupadi Elimination Guidelines enforced by the Government | Cabinet |
| 2017 | National Policy Consultation Workshop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

Scaling Integrated Programming: Fit for School Programme in the Philippines

Chiqui de Veyra
GIZ Philippines



MHM within the WinS Programme



Status of MHM Indicators

| Crucial indicators for MHM/ School year | 2017/18 | 2018/19 |
|---|---------|---------|
| Water availability in schools | 63.0% | 72.2% |
| Functional toilets that are private, secure, and have door with lock | 80.5% | 85.6% |
| Availability of sanitary pads | 39.1% | 74.7% |
| IEC materials on menstrual health | | |
| Teachers | 34.3% | 45.9% |
| Students | 36.9% | 48.7% |
| Information on proper disposal of sanitary pads | 57.5% | 70.8% |

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



Funded by:



BILL & MELINDA
GATES *foundation*



Menstrual Health and Hygiene in Balochistan, focus on public institutions

Sanitation for Millions combines



In 13 public schools



In 18 health care facilities

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



EKOPO LOO! Enhancing Menstrual Hygiene for school girls in Karamoja

Anika Malkus

Welthungerhilfe
Uganda



For a world without hunger



EKOPO LOO!

Enhancing Menstrual Hygiene for school girls in Karamoja

May 2018 – December 2020

Objectives:

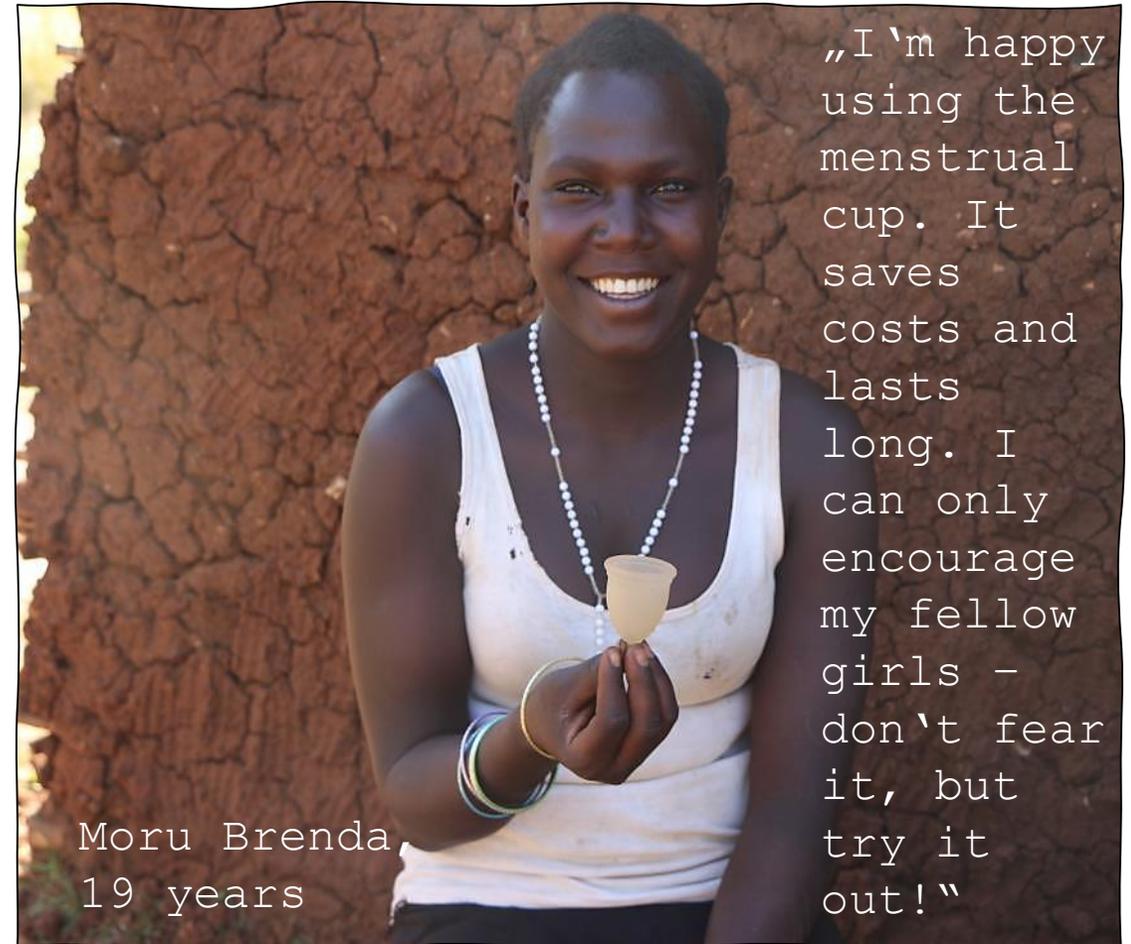
- Enhanced knowledge on menstruation and reproductive health
- Access to an acceptable menstrual hygiene management product for schoolgirls
- Enhanced capacity and awareness in the targeted districts

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



Moru Brenda
19 years

„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!“

EKOPO LOO!

Enhancing Menstrual Hygiene for school girls in Karamoja

May 2018 – December 2020



For a world without hunger

What has worked well?

- Multi-stakeholder approach
- Engagement of boys
- Close follow-up, mentoring and coaching
- Partnerships



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

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

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



India (English, Hindi, Maharati, Tamil, Bangla)
Africa (French English and Kishuaheli,
Ethiopia, MENA (Arabic)

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



Rwanda
India

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