

# Menstrual Hygiene Management – An overview of a neglected issue



**Compiled on behalf of SuSanA working group 7**

**“Sustainable WASH in Institutions and Gender Equality”**

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With support from Sector Programme “Sustainable Sanitation”, GIZ, Eschborn

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## 1. Background

Globally 52% of the female population is of reproductive age, meaning approximately 1.9 billion women and adolescent girls menstruate each month for between two and seven days. The recurrent biological process, generally starting between the ages of 10 and 19 and continuing until menopause, usually somewhere between age 45 and 55, has a significant impact on the lives of girls and women across the world. The way in which women and girls deal with their menstruation is called Menstrual Hygiene Management (MHM). Unfortunately, many factors can affect the attainment of effective MHM. Especially in Low and Middle-Income countries (LMICs) it is difficult for girls and women to practice optimal menstrual hygiene because they are often ill-informed about menstruation, it is a taboo subject that is rarely discussed, they lack access to appropriate infrastructure, and commercial menstrual management supplies are not available or unaffordable. This not only affects their health, well-being, and education, but also reinforces gender inequities and exclusion.

MHM has received increasing attention at the global level from a variety of actors who aim to enhance MHM for girls and women, e.g. academics, policy-makers, NGOs, and the private sector. Since MHM became a topic of discussion and research only in recent years existing literature is scarce. A first examination of the MHM global landscape: literature, academic studies, main actors, and debates, by the *Sector Programme Sustainable Sanitation* of the *Gesellschaft für Internationale Zusammenarbeit* (GIZ) was discussed with members of the SuSanA working group 7 “Sustainable WASH in Institutions and Gender Equality” and feedback from the authors. It led to a comprehensive link collection that shall serve all SuSanA partners and beyond as an overview of important information on MHM. Further, it provided the background for a SuSanA “Thematic Discussion” on this topic in the beginning of 2017 (see page 6).

By taking the topic on board, GIZ recognises the importance of improving MHM in LMICs. The *Sector Programme Sustainable Sanitation* is keen to take the agenda forward and serves as a platform that provides access to knowledge and facilitates interaction between GIZ programmes on MHM within the Health, Education and WASH sectors. In this regard, GIZ Nepal’s *Support to Health Sector Programme* (S2HSP) has explored low cost sanitary pad machines as a sustainable business model and plans to replicate it with the aim to establish low-cost sanitary pad production units in rural communities within GIZ-supported districts and to spread information about the technology externally. Moreover, being considered GIZ’s concept on WASH in Schools, the *Regional Fit for School Programme* has been active in designing suitable intervention packages in order to improve MHM for girls in elementary schools.

The link collection is organized according to four main topics that address MHM, namely: (1) An introduction to MHM, (2) Top Reads, (3) Challenges and the Intersectoral Nature of MHM and (4) MHM Actions, Materials and Interventions that are all encompassing. Please take into account that this source is not exhaustive and thus only contains files that were pre-selected and in this initiative driven by the *Sector Programme Sustainable Sanitation* of GIZ.

2. An introduction to MHM



Title: **Menstrual Hygiene Management Basics**

Author/ Source: **Menstrual Hygiene Day**

The “classic” MHM infographic that explains why menstruation matters and what is required to have good menstrual hygiene management.

<http://bit.ly/2g4IN7C>

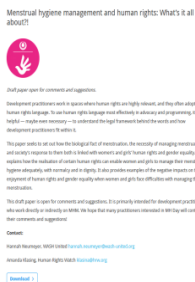


Title: **Menstrual Hygiene Management and Sustainable Development Goals**

Author/ Source: **SIMAVI, PATH and WASH United, Menstrual Hygiene Day**

Menstrual Hygiene Management Matters to the achievement of several Sustainable Development Goals (SDGs).

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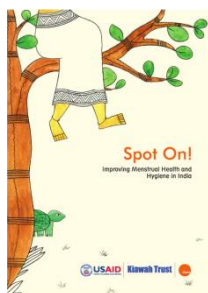


Title: **Menstrual Hygiene Management and Human Rights: What's it all about?!**

Author/ Source: **Hannah Neumeyer, Amanda Klasing (2016)**

This draft paper seeks to set out how the biological fact of menstruation, the necessity of managing menstruation, and society's response to them both is linked with women's and girls' human rights and gender equality. It explains how the realisation of certain human rights can enable women and girls to manage their menstrual hygiene adequately, with normalcy and dignity. It also provides examples of the significant impact on the enjoyment of human rights and gender equality when women and girls face difficulties with managing their menstruation.

<http://bit.ly/2gmw7L4>



Title: **Spot On! Improving Menstrual Health and Hygiene in India**

Author/ Source: **Dara, USAID, Kiawah Trust**

Dasra’s report *Spot On!* highlights key challenges and solutions to improving menstrual hygiene management for adolescent girls, along with the most impactful and scalable social organizations to fund.

<http://bit.ly/2f6CGfv>

3. Top Reads

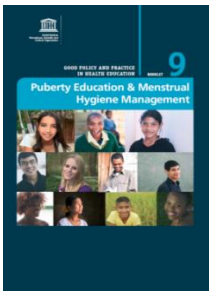


Title: **Menstrual Hygiene Matters: A resource for improving menstrual hygiene around the world**

Author/ Source: **Sarah House, Therese Mahon and Sue Cavill (2012)**

This resource brings together, for the first time, accurate, straightforward, non-judgmental knowledge and practice on menstrual hygiene programming from around the world to encourage the development of comprehensive and context specific approaches to menstrual hygiene. It presents comprehensive and practical guidance on what is already being implemented in different contexts to encourage replication. The resource is divided into modules, each with its own toolkit, focusing on various aspects of menstrual hygiene.

<http://bit.ly/1WTm1fC>

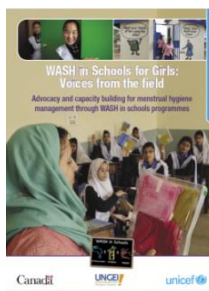


Title: **Puberty Education & Menstrual Hygiene Management**

Author/ Source: **UNESCO (2014)**

This book describes good policies and practices around puberty education and menstrual hygiene management (MHM). It encourages a holistic approach to health promotion, starting with education, creation of healthy environments, and linkages to health services. The book prescribes what learners should be taught and touches upon a range of issues to help the education sector address puberty education and MHM systematically and effectively.

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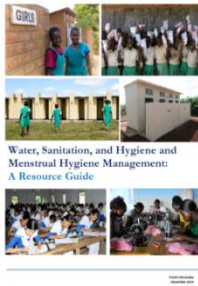


Title: **WASH in Schools for Girls: Voices from the field – Advocacy and capacity building for menstrual hygiene management through WASH in schools programmes**

Author/ Source: **UNICEF (2015)**

Since March 2014 the Canadian Government has been funding the project ‘WASH in Schools for Girls: Advocacy and Capacity Building for MHM through WASH in Schools Programmes’. This document was developed to document the successes, challenges and lessons learned during the planning and implementation of the WinS4Girls Project.

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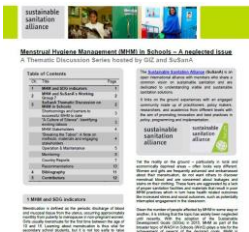


Title: **Water, Sanitation and Hygiene and Menstrual Hygiene Management: A Resource Guide**

Author/ Source: **Holly Kandel (2015)**

This resource guide includes reports, academic studies, manuals and guidelines, toolkits, and organizations working on WASH and MHM. The guide can serve as a tool for implementers and advocates in the WASH and MHM sectors looking to pursue and promote integrated programming.

<http://bit.ly/2awQ6p7>



Title: **MHM in Schools: A neglected issue – A Thematic Discussion Series hosted by GIZ and SuSanA**

Author/ Source: **Katrin Dauenhauer, Mintje Bührma, Jan Schlenk, Thérèse Mahon & Marni Sommer (2017)**

The four-week discussion took place on SuSanA’s online forum and was entitled “MHM in Schools – A neglected issue” and focused on two themes in particular: Breaking the taboo around MHM and Infrastructural barriers and how to monitor MHM. The main outcomes of the discussion, including various country reports, are covered in the synthesis report.

<https://bit.ly/2LNAbwz>

## 4. Challenges and the Intersectoral Nature of MHM

### I. MHM, Education and WASH in Schools

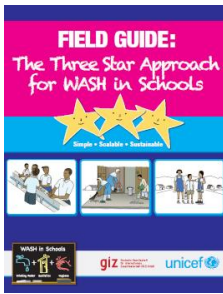


Title: **Menstruation hygiene management for schoolgirls in low-income countries**

Author/ Source: **WEDC: Factsheet 7 (2012)**

This fact sheet outlines the problems experienced by menstruating schoolgirls in low-income countries. Although its focus is predominantly sub-Saharan Africa, many of the issues raised are relevant to girls in most low-income countries, although there may be differences in popular practice and beliefs. The fact sheet also evaluates simple solutions to these problems.

<http://bit.ly/2g2ScxC>



Title: **Field Guide: The Three Star approach for WASH in Schools**

Author/ Source: **GIZ and UNICEF (2013)**

The Three Star Approach is modelled on successful programmes such as the Fit for School programme supported by GIZ. Schools are encouraged to take simple steps to make sure that all students wash their hands with soap, have access to drinking water, and are provided with clean, gender-segregated and child-friendly toilets at school every day.

<http://uni.cf/1aVG5En>

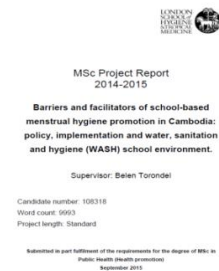


Title: **Core Questions and Indicators for Monitoring WASH in Schools in the Sustainable Development Goals**

Author/ Source: **WHO and UNICEF (2016)**

Through expert consultations, the JMP has developed core questions for monitoring water, sanitation and hygiene at home, schools and health centres. The document contains core and expanded indicators related and specific to MHM and infrastructure in schools.

<https://bit.ly/2taYKyT>



Title: **Barriers and facilitators of school-based menstrual hygiene promotion in Cambodia: policy, implementation and water, sanitation and hygiene (WASH) school environment.**

Author/ Source: **MSc Project Report, London School of Hygiene and Tropical Medicine (2015)**

The importance of school-based menstrual hygiene promotion is recognised globally, because menses may hinder schoolgirls from attending school due to social norms and lack of knowledge, and inadequate water, hygiene and sanitation (WASH) facilities in school settings. The aims of this study were: to identify barriers and facilitators for SBMHP, with a particular focus on policy, implementation, and WASH facilities; and to make SBMHP recommendations for the government sector to implement proactively in Cambodia.

<http://bit.ly/2gpzUYJ>

Report WaterAid

**Menstrual hygiene in South Asia**  
A neglected issue for WASH (water, sanitation and hygiene) programmes



**Title: Menstrual hygiene in South Asia**  
**Author/ Source: Thérèse Mahon & Maria Fernandes (2010)**

This article explores the reasons why menstrual hygiene management is not generally included in WASH initiatives, the social and health impacts of this neglect on women and girls, and provides examples of successful approaches to tackling menstrual hygiene in WASH in the South Asia region.

<http://bit.ly/2g27hvp>

**Putting menstrual hygiene management on to the school water and sanitation agenda**  
MARNI SOMMER

The water and sanitation community, in partnership with the education sector, has a responsibility to ensure that menstrual hygiene management is included in the scope of WASH. This is the goal of this report, which is a response to a request from the education sector to explore the reasons why menstrual hygiene management is not generally included in WASH initiatives, the social and health impacts of this neglect on women and girls, and provides examples of successful approaches to tackling menstrual hygiene in WASH in the South Asia region.

**Title: Putting menstrual hygiene management on to the school water and sanitation agenda**  
**Author/ Source: Marni Sommer (2010)**

The water and sanitation community, in partnership with the educator sector, is long overdue in taking ownership of the menstrual hygiene management agenda for schools in low-income settings. Engaging schoolgirls in the assessment process to determine the essential water and sanitation interventions needed to enable comfortable school attendance and participation during monthly menses is critical.

<http://bit.ly/2fCmPJC>

**A comparison of the menstruation and education experiences of girls in Tanzania, Ghana, Cambodia and Ethiopia**  
Marni Sommer<sup>1</sup>, Nana Ackatia-Armah<sup>2</sup>, Susan Connolly<sup>3</sup> and Dana Smiles<sup>4</sup>

The purpose of this research was to explore the menstruation and education experiences of girls in Tanzania, Ghana, Cambodia and Ethiopia. The research was conducted in four countries, each with a different cultural context. The research was conducted in four countries, each with a different cultural context. The research was conducted in four countries, each with a different cultural context.

**Title: A comparison of the menstruation and education experiences of girls in Tanzania, Ghana, Cambodia and Ethiopia**  
**Author/ Source: Marni Sommer, Nana Ackatia-Armah, Susan Connolly & Dana Smiles (2015)**

The studies described here aimed to examine how menarche impacts the lives of schoolgirls in three low-income countries (Ghana, Cambodia and Ethiopia). The focus included girls' school participation; their relationship with parents, teachers and peers; their evolving sanitation and hygiene needs; their understanding of cultural issues and taboos around menses; and what education, if any, they received prior to and during puberty.

<http://bit.ly/2g2M3il>

**Girls' and women's unmet needs for menstrual hygiene management (MHM): the interactions between MHM and sanitation systems in low-income countries**  
Marni Sommer, Marianne Kjellén and Chibesa Pensulo

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**Title: Girls' and women's unmet needs for menstrual hygiene management (MHM): the interactions between MHM and sanitation systems in low-income countries**  
**Author/ Source: Marni Sommer, Marianne Kjellén and Chibesa Pensulo (2012)**



This review explores knowledge about menstrual beliefs and behaviors, and how women and girls currently handle their monthly menses in relation to existing sanitation systems in low-income countries. It further explores how used menstrual materials are disposed of, and the consequences of different disposal practices for the functioning of sanitation systems.

<http://bit.ly/2g2RxMJ>



Title: **Making WASH in Schools more Sustainable (Volume II)**

Author/ Source: **Arne Panesar, Emma Roach, Claudia Wendland, Isabell Wienpahl, Jan Schlenk, Jona Toetzke / SuSanA (2015)**

This publication is the second volume of "Making WASH in Schools more Sustainable". Similar to Volume I, it showcases various approaches, both practical and innovative, to provide sustainable WASH solutions in schools around the world. The case stories are divided into four thematic chapters: how to link school and productive sanitation, how to deal with menstrual hygiene management in schools (especially cases 5 & 8), how to bring school sanitation to scale, and with a special focus on WASH interventions in schools: Going beyond health impacts - The role of monitoring.

<http://bit.ly/2fCiagg>

Assessing accessibility, safety, and menstrual hygiene management across school WASH facilities in Cambodia



Final Report  
June 2016

Title: **Assessing accessibility, safety and menstrual hygiene management across school WASH facilities in Cambodia**

Author/ Source: **UNICEF (2016)**

UNICEF Cambodia commissioned WaterAid to assess the accessibility of UNICEF supported WASH facilities in schools, particularly for children with disabilities, and menstruating girls in schools. The study offers some recommendations which include: infrastructure designs; research and action learning; allocating budgets for accessible WASH, sanitary pad supply; improving M&E; building a coordinating role for UNICEF on MHM across sectors; update guidelines and policies to incorporate accessibility and MHM considerations.

<https://bit.ly/2HLFWev>



Title: **Do Menstrual Hygiene Interventions Improve Education and Psychosocial Outcomes for Women and Girls in Low and Middle Income Countries? A Systematic Review.**

Author/ Source: **Julie Hennegan & Paul Montgomery (2016)**

This study was conducted to appraise evidence for the effectiveness of menstruation management interventions in improving women and girls' education, work, and psychosocial wellbeing in low- and middle-income countries. The authors selected eight studies that included assessments of sanitary products and impacts of menstrual knowledge and practices.

<https://bit.ly/2JwDH4J>



Title: **'We do not know': a qualitative study exploring boys' perceptions of menstruation in India.**

Author/ Source: **Linda Mason et al. (2017)**

Focus group discussion with adolescent boys from three Indian states showed that few boys displayed an openly negative attitude towards menstruation but rather lack (biological) knowledge and formal knowledge sources of menstrual hygiene. The findings suggest to involve boys as advocates in moving forward the MHM agenda, as they seek information and show sympathy with fellow menstruating students.

<https://bit.ly/2sVcVIR>



Title: **Attention to menstrual hygiene management in schools: An analysis of education policy documents in low- and middle-income countries.**

Author/ Source: **Marni Sommer, Chantal Figueroa, Christina Kwauk, Meredith Jones and Nora Fyles (2017)**

The article examines the attention to MHM in the education sector in recent years through an analysis of a select sample of sector policy related documents. The analysis was driven by the questions to what extent the education sector recognises menstrual needs in school and whether this attention goes beyond water and sanitation to include menstrual hygiene supplies and information.

<https://bit.ly/2JviYOy>



Title: **Menstrual hygiene management among adolescent schoolgirls in low- and middle-income countries: research priorities.**

Author/ Source: **Penelope A. Phillips-Howard, Bethany Caruso, Belen Torondel, Garazi Zulaika, Murat Sahin and Marni Sommer (2016)**

The aim of the article is to compile research priorities for MHM in order to better understand the main negative effects of poor MHM on girls' well-being, dignity, health and schooling. The authors highlight the need for a stronger evidence base and standardised tools and methods, definitions, measures and methodologies and the need for MHM research consortia.

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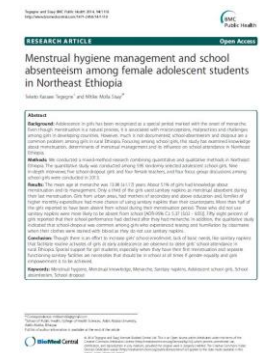


Title: **Mapping the knowledge and understanding of menarche, menstrual hygiene and menstrual health among adolescent girls in low- and middle-income countries.**

Author/ Source: **Venkatraman Chandra-Mouli & Sheila Vipul Patel (2017)**

The review investigates current knowledge of and preparation on menarche and MHM in LMICs and sources and quality of information for adolescent girls. Results suggest that girls are generally uninformed and unprepared for menarche and mothers and they obtain that information primarily from female family members –albeit not always to a sufficient extent and quality. Exclusion and shame lead to misconceptions and unhygienic practices during menstruation. Medical issues are related to school-absenteeism. Also problematic is that relatives and teachers are often not prepared to respond to the the needs of girls.

<https://bit.ly/2JEYkeX>



Title: **Menstrual Hygiene management and school absenteeism among female adolescent students in Northeast Ethiopia**

Author/ Source: **Kasaw Tegegne & Mitike Molla Sisay (2014)**

A combination of quantitative and qualitative analysis of adolescent school girls in Northeast Ethiopia revealed that half of the interviewed girls had knowledge about MHM. School-performance reportedly declined after menarche. The results suggest that support for girl students, especially when they have their first menstruation and separate functioning sanitary facilities are necessities that should be in school at all times if gender equality and girls empowerment is to be achieved.

<https://bit.ly/2sTDn5A>

II. MHM and the Environment

DISPOSAL OF MENSTRUAL WASTE: TRENDS, LAWS AND SOLUTIONS

Initiatives to break the shackles of menstruation related myths and stigmas have led to an increase in sanitary napkin usage. However, this paradigm shift in menstruation hygiene is going against the principles of Swachh Bharat Abhyan as it defeats the very purpose of Prime Minister's initiative. Find out how the ever-growing menstrual waste has become a menace not only for women but the whole society (especially the section of society employed as manual scavengers).



Title: **Disposal Of Menstrual Waste: Trends, Laws And Solutions**

Author/ Source: **Medhavi Singh**

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<http://bit.ly/2fCfytm>

The Chic Ecologist

The Environmental Impact of Everyday Things



Most things we use every day, but certainly every month. They're hidden and quiet, and we're taking them for granted. The environmental impact of feminine hygiene products: tampons, pads, the whole deal. How before you use this topic, I used to address the waste might be coming from the back of my mind. The waste of menstruation is a bit on the table side and environmentally it does have an impact. The waste is mostly in the form of plastic and paper. For something that happens to half of the human population, it's not a great amount of waste and it's not treated with a large amount of shame and secrecy. It's the only way the women responsible can have better health effects and produce a lot of waste. When it comes to environmental waste, producing it is a waste of resources. It doesn't have an environmental effect in a product in a product.

Title: **The environmental impact of everyday things**

Author/ Source: **Rachel, The Chic Ecologist (2010)**

This article talks about the environmental impact of feminine hygiene products: tampons, pads, etc.

<http://bit.ly/2g2VDnT>

III. MHM and Health

AMERICAN SOCIETY OF PUBLIC HEALTH

Putting menarche and girls into the global population health agenda

Abstract  
Menarche is a key milestone in a girl's life, marking the beginning of her reproductive life. It is a time of vulnerability and opportunity. The global health community has a responsibility to ensure that girls are prepared for this transition. This paper discusses the importance of menarche and girls in the global population health agenda. It highlights the need for a comprehensive approach that addresses the physical, emotional, and social aspects of menarche. The paper also discusses the role of the global health community in supporting girls and their families during this transition.

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Title: **Putting menarche and girls into the global population health agenda**

Author/ Source: **Marni Sommer, Carla Sutherland and Venkatraman Chandra-Mouli (2015)**

There is an important need for the public health community to assure that girls receive the education and support they need about menstruation, so they are able to feel more confident about their bodies, and navigate preventable health problems – now and in the future.

<http://bit.ly/2gpGAWH>

IV. MHM and Economic Implications



Title: **Managing menstruation in the workplace: An overlooked issue in low- and middle income countries**

Author/ Source: **Marni Sommer, Sahani Chandraratna, Sue Cavill, Therese Mahon and Penelope Phillips-Howard (2016)**

This academic paper deals with the potential menstrual hygiene management barriers adolescent girls and women face in workplace environments in low- and middle-income countries. There has been insufficient attention to the water and sanitation related barriers, specifically in relation to managing monthly menstruation, that may hinder girls' and women's contributions to the workplace, and their health and wellbeing.

<http://bit.ly/2gpGRcb>

IV. MHM and Emergencies



Title: **Menstrual hygiene management in humanitarian emergencies: Gaps and recommendations**

Author/ Source: **Marni Sommer (2012)**

This article is an effort to begin to document the recommendation of key multi-disciplinary experts working in humanitarian response on effective approaches to MHM in emergency contexts, along with a summarizing of the existing literature, and the identification of remaining gaps in MHM practice, research and policy in humanitarian contexts.

<http://bit.ly/22II8g3>



Title: **A toolkit for integrating menstrual hygiene management (MHM) into humanitarian response**

Author/ Source: **Marni Sommer, Margaret Schmitt, David Clatworthy (2017)**

The toolkit was designed to support a range of humanitarian actors involved in the planning and delivery of emergency responses. The guidance is therefore aimed to support 1) program staff directly delivering services; 2) program supervisors and country-level staff responsible for designing, coordinating and monitoring field activities, and 3) technical staff, focused on providing technical support and developing standards.

<https://bit.ly/2HJ7Tnu>



Title: **Improving Menstrual hygiene management in emergency contexts: literature review of current perspectives**

Author/ Source: **Crystal Van Leeuwen & Belen Torondel (2018)**

The objective of this review was summarize and appraise existing peer-reviewed and gray literature that describes the current scenario of MHM in emergency contexts in order to describe current policies, guidelines, empirical research, and humanitarian aid activities addressing populations' menstrual needs.

<https://bit.ly/2y6JnNw>



Title: **Operational Practice Paper 3: Menstrual Hygiene Management in Humanitarian Emergencies**

Author/ Source: **Humanitarian Learning Centre at Institute of Development Studies (2018)**

The paper compiles introduction to MHM terms, issues and problems pertaining to MHM in emergencies and provides guidelines on general approaches and phased responses for MHM interventions at different stages of emergencies.

<https://bit.ly/2I5hiN9>

## 5. MHM Actions, Materials and Interventions

### I. Information for the Educational Sector

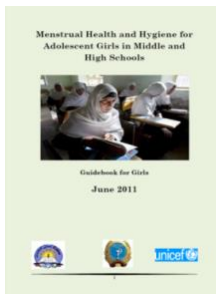


Title: **Menstrual hygiene management in Indonesia: Understanding practices, determinants and impacts among adolescent school girls**

Author/ Source: **Burnet Institute (2015)**

This report covers a mixed-methods study that was conducted with 1402 participants in 16 schools across four provinces in Indonesia to explore current MHM practices, determinants and impacts among school-going adolescent girls. A number of challenges were identified that impact on girls' ability to manage menstruation hygienically and with dignity in schools.

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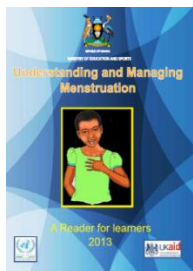


Title: **Menstrual Health and Hygiene for Adolescent Girls in Middle and High Schools**

Author/ Source: **Ministry of Education and Ministry of Public Health, Government of the Islamic State of Afghanistan and UNICEF (2011)**

UNICEF, in cooperation with the Afghan government, developed a guidebook for girls on Menstrual Health and Hygiene in Middle and High schools. The book addresses important topics e.g. why it is important to talk about menstruation, facts about girl's hygiene, girls' needs during their period and myths and facts. In addition, the book highlights certain skills girls require to manage the challenges that come with period and emphasizes rights of girls at puberty in general and how to meet these rights.

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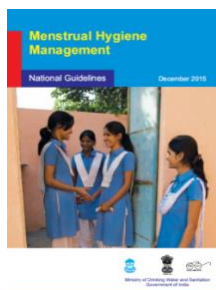


Title: **Understanding and Managing Menstruation**

Author/ Source: **Ministry of Education and Sports Uganda, United Nations Uganda, UKAid (2013)**

As an action to implement the National Strategy for Girls Education, Uganda's Ministry of Education and Sport has developed various interventions to accelerate girl's full and equal participation and retention in primary schools including a Menstrual Reader has been developed for boys and girls in primary schools. It contains three main sections: What I need to know about menstruation (including frequently asked questions and answers), how do I manage menstruation (including myths and misconceptions) and supporting girls and peers to manage menstruation.

<http://bit.ly/2g31Znc>



Title: **Menstrual Hygiene Management – India: National Guidelines**

Author/ Source: **Ministry of Drinking Water and Sanitation (December 2015)**

Menstrual hygiene management is an integral part of the Swachh Bharat Mission Guidelines (Clean India Campaign) and is issued by the Ministry of Drinking Water and Sanitation to support all adolescent girls and women. It outlines what needs to be done by state governments, district administrations, engineers and technical experts in line departments; and school head teachers and teachers.

<http://bit.ly/2faSSQh>

Menstrual Hygiene  
Management  
Operational Guidelines



Save the Children

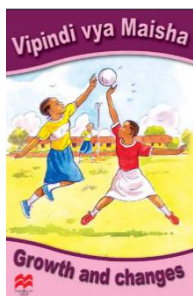
Title: **MHM – Operational Guidelines**

Author/ Source: **Save the children**

The MHM Operational Guidelines consist of three written chapters with corresponding appendices that provide explicit and comprehensive guidance on conducting an MHM Situation Analysis, designing an MHM program and monitoring and evaluating an MHM program. The source also contains planning and implementation documents and tools that are not easily accessible online, or were developed through the piloting of the operational guidelines.

<http://bit.ly/2at1srm>

## II. Information for Schoolchildren (Girls and Boys)

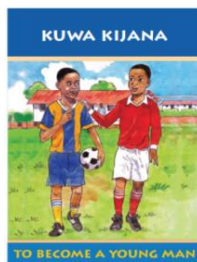


Title: **Growth and Changes - Tanzania**

Author/ Source: **Marni Sommer (2009)**

Grow & Know developed and disseminated the book "Growth and Changes" in Tanzania, which aimed at empowering and teaching 10-14 year old girls about their changing bodies. The book was written in English and Swahili. Following the success of the booklet, participatory research with adolescent girls in Ghana, Ethiopia and Cambodia was realized with a context specific girl's puberty book being developed and published in each country.

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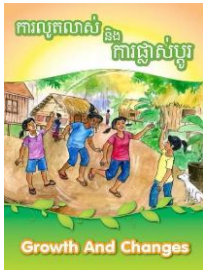
Title: **To become a young man - Tanzania**

Author/ Source: **Marni Sommer, Samuel Likindikoki and Sylvia Kaaya (2013)**

This is the boy equivalent of the book "Growth and Changes" for girls in Tanzania. This book is written to help boys understand the changes going on with their bodies as they become young men.

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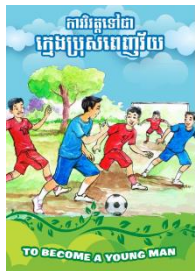


Title: **Growth and Changes - Cambodia**

Author/ Source: **Marni Sommer and Susan Connolly (2012)**

Grow & Know developed a similar version of the “Growth and Changes” booklet for Cambodia, available in English and Khmer.

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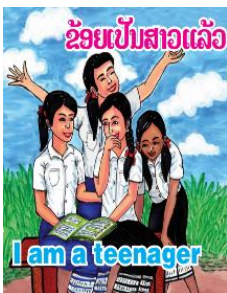


Title: **To become a young man - Cambodia**

Author/ Source: **Marni Sommer and Leah Scandurra (2015)**

The boy equivalent of the book "Growth and Changes" for girls in Cambodia. This book is written to help boys understand the changes going on with their bodies as they become young men.

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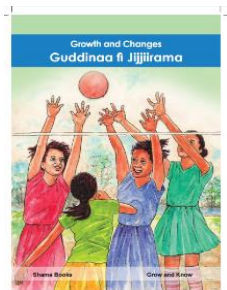


Title: **I am a Teenager - Laos PDR**

Author/ Source: **Marni Sommer and Sally Piper Pillitter**

The “I am a teenager” booklet was designed by Marni Sommer and Sally Piper Pillitter for Laos PDR. The booklet is in Lao/English and targets girls in secondary schools to provide a better understanding about the hormonal and physical processes related to menstruation.

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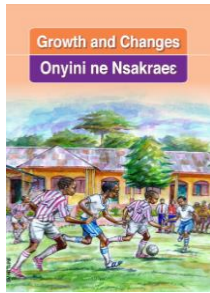


Title: **Growth and Changes - Ethiopia**

Author/ Source: **Marni Sommer and Daanaa Imaayilis (2014)**

Ethiopian version of the “Growth and Changes” booklet for girls.

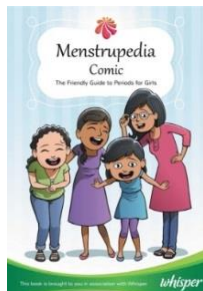
<http://bit.ly/2gmCduH>



Title: **Growth and Changes - Ghana**  
Author/ Source: **Marni Sommer and T. Nana Mokoah Ackatia-Armah (2012)**

Ghanese version of the “Growth and Changes” booklet for girls.

<http://bit.ly/2fnrzzH>



Title: **Menstrupedia – a website and Comic book from India on menstruation**  
Author/ Source: <http://menstrupedia.com/quickguide>

Menstrupedia is a friendly guide to periods which helps girls and women to stay healthy and active during their periods. The comic book and complementary website aim at delivering informative and entertaining content, which is attractive to young girls.

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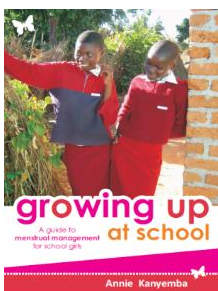


Title: **Kenapa Berdarah? – “Why bleeding?”**  
Author/ Source: **UKS and UNICEF (2016)**

A MHM comic in Bahasa Indonesia developed by UKS team and UNICEF, in collaboration with GIZ. This book aims to provide proper guidance for young women when they face periods, while at the same time providing education for young men to appreciate their female peers who are menstruating. This book was developed based on the results of a study on MHM in Indonesia conducted by UNICEF in 2015, and has been tested in several elementary schools in various provinces in Indonesia. Teachers and parents are expected to use this book to explain Menstrual Hygiene Management to young women and men at home and in school.



<https://bit.ly/2gpJ6wf>



Title: **Growing up at school: A guide to menstrual management for school girls**

Author/ Source: **Annie Kanyemba**

Growing up at school is written by Annie Kanyemba, who works for Aquamor, a small research and development organisation based in Harare. This booklet is meant to help school girls in Zimbabwe manage the critical period when

they enter adolescence. It explains in detail what menstruation is and the changes it brings about. The booklet also talks about how to manage periods, personal hygiene during menstruation, how to manage menstrual flow, etc. The booklet is available in the languages English, Shona and Ndebele.

<http://bit.ly/2fCspM2>

### III. eLearning Material, Courses, Conferences, Webinars

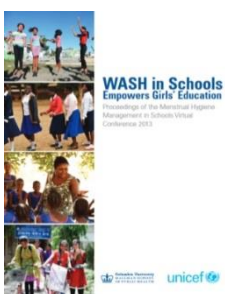


Title: **WASH in Schools Empowers Girls' Education**

Author/ Source: **Proceedings of the Menstrual Hygiene Management in Schools Virtual Conference (2012)**

To provide an opportunity for sharing MHM research and practice, and to enable joint discussion on the way forward, Columbia University's Mailman School of Public Health and UNICEF co-hosted the Menstrual Hygiene Management in Schools Virtual Conference on 27 September 2012. The conference highlighted outstanding efforts to tackle the MHM challenges schoolgirls face, a topic that until recently was considered too secretive and taboo to address in most contexts.

<http://uni.cf/1qcmuIL>

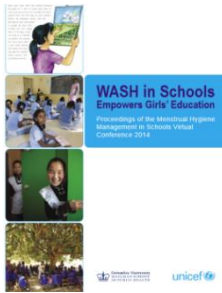


Title: **WASH in Schools Empowers Girls' Education**

Author/ Source: **Proceedings of the Menstrual Hygiene Management in Schools Virtual Conference (2013)**

Columbia University's Mailman School of Public Health and UNICEF convened the Second Annual Virtual MHM in WinS Conference at UNICEF Headquarters in New York City on 21 November 2013. Building on recommendations from the MHM 2012 virtual conference, the 2013 conference focused on the research tools and instruments being used to explore MHM barriers and practices and to evaluate the interventions being trialed or implemented in various contexts.

<http://uni.cf/2d5xtIE>

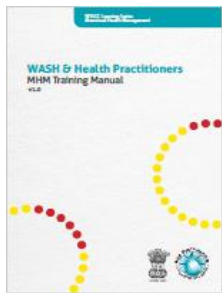


Title: **WASH in Schools Empowers Girls' Education**

Author/ Source: **Proceedings of the Menstrual Hygiene Management in Schools Virtual Conference (2014)**

Columbia University's Mailman School of Public Health and UNICEF convened the third annual Menstrual Hygiene Management in Schools Virtual Conference in New York City on 29 October 2014. The conference focused on a range of new research and programming efforts that are being undertaken in a wide range of low- and middle-income countries, with attention on approaches addressing insufficient menstrual knowledge, inadequate WASH facilities, the disposal of used absorbent materials etc.

<http://uni.cf/2gpAO7N>



Title: **WSSCC Learning Series: MHM**

Author/ Source: **Government of India - Ministry of Drinking Water and Sanitation**

This manual was developed to sensitize WASH and health practitioners to the various issues associated with menstrual hygiene management. It equips professionals with important information, skills and tools for communicating with a variety of stakeholders, which can help them to promote MHM practices in their communities. The step-by-step learning approach of this manual will develop a thorough understanding of: current practices, myths and taboos around menstruation, the biological process of menstruation, hygienic management of menstruation, and safe disposal practices.

<http://bit.ly/2gpFRov>



Title: **Menstrual Hygiene Management (MHM) implementation in Nagekeo District, Indonesia**

Author/ Source: **Plan Indonesia, Australian Aid, Government of Indonesia (2015)**

This article describes the objectives and results of a pilot phase for a MHM implementation program in the Indonesian Nagekeo District. Seven schools were selected to run the pilot program that aims to provide women-friendly access to water and sanitation and provide basic information on menstruation to girls and boys. The interventions stimulated female student attendance and improved knowledge on menstruation decreased bullying. It is now examined how to scale-up the program.

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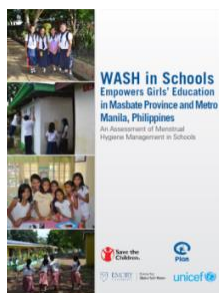


**Title: A Time for Global Action: Addressing Girls' Menstrual Hygiene Management Needs in Schools**

**Author/ Source: Marni Sommer, Bethany A. Caruso, Murat Sahin, Teresa Calderon, Sue Cavill, Therese Mahon, Penelope A. Phillips-Howard (2016)**

Columbia University and the United Nations Children's Fund (UNICEF) convened members of academia, nongovernmental organizations, the UN, donor agencies, the private sector, and social entrepreneurial groups in October 2014 ("MHM in Ten") to identify key public health issues requiring prioritization, coordination, and investment by 2024. Five key priorities were identified to guide global, national, and local action.

<http://bit.ly/2g2T6Kv>



**Title: Education in Masbate Province and Metro Manila, Philippines: An assessment of menstrual hygiene management in schools**

**Author/ Source: Haver, Jacquelyn, Bethany A. Caruso, Anna Ellis, Murat Sahin, Jonathan Michael Villasenor, Karen L. Andes and Matthew C. Freeman UNICEF (2013)**

Emory University, UNICEF Philippines, Plan Philippines and Save the Children Philippines carried out a qualitative assessment of menstruation-related challenges girls face in school. Girls, boys, teachers and mothers at 10 schools in Masbate Province and the National Capital Region were interviewed for their opinions. This report highlights the challenges girls face in school during menses, describes the determinants of these challenges, and outlines the educational and health impacts of these challenges as voiced by the participants.

<http://uni.cf/1LHDq8i>



**Title: Cambodian girls' recommendations for facilitating menstrual hygiene management in school**

**Author/ Source: Marni Sommer, Journal of Water, Sanitation and Hygiene for Development 3(4) · December 2013.**

This academic article covers a comparative case study that was carried out in Cambodia to explore girls' own suggestions for improving the pubertal guidance they receive in the classroom, and for modifications of existing school water, sanitation and hygiene (WASH) facilities in order to better meet their menstrual hygiene management needs.

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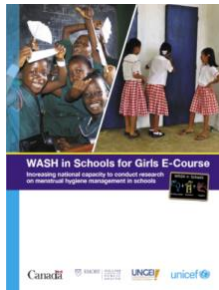


Title: **The effect of peer education to anxiety of teenagers in post menarche in sub district Kasihan Bantul, Indonesia**

Author/ Source: **Yati, D., Rachman, I. T. & Ikka, W (2015)**

This academic article reflects the effects peer education has on anxiety reduction post-menarche. Besides providing an overview of existing problems, the results of the qualitative analysis among teenagers after attending peer education revealed an increase in happiness and a reduction in anxiety, confusion and fear because of increased knowledge.

<http://bit.ly/2fChTUY>



Title: **WinS4Girls Distance Learning Course book**

Author/ Source: **Caruso, Bethany A., Anna Ellis and Murat Sahin, WASH in Schools for Girls E-Course: Increasing national capacity to conduct research on menstrual hygiene management in schools, UNICEF (2015)**

The WinS4Girls E-Course was developed and delivered as part of the project 'WASH in Schools for Girls: Advocacy and Capacity Building for MHM through WASH in Schools Programs' (WinS4Girls Project), which is being funded by the Government of Canada. The WinS4Girls E-Course was designed by the Center for Global Safe WASH at Emory University and UNICEF to help strengthen the capacity of WASH practitioners and policymakers to carry out rigorous research that investigates local MHM practices and challenges.

<http://bit.ly/2g4H8Op>



Title: **'MHM in Ten': Advancing the MHM Agenda in WASH in Schools – Second annual meeting**

Author/ Source: **UNICEF (2015)**

This report reflects the outcomes of the second annual 'MHM in Ten' meeting of a group of academics, NGOs, donors, private sector companies, and United Nations agencies in order to address the MHM barriers school girls face in low-income contexts and to identify priority actions to help create schools that provide comfortable, safe and supportive environments for menstruating girls and female teachers.

<http://uni.cf/2faVehV>



WASH in Schools  
Empowers Girls' Education

Proceedings of the  
Menstrual Hygiene Management in Schools  
Virtual Conference 2015



Title: **Proceedings of the MHM in Schools Virtual Conference 2015**

Author/ Source: **UNICEF & UNC (2015)**

The conference included 11 web-based presentations and a short film. The presentations provided a broad range of perspectives from around the world, highlighting, for example, the unique challenges of girls in Mongolia during cold winter months when water is not available in schools, and the lack of adequate MHM guidance and facilities in schools in Indonesia, Nigeria and Solomon Islands.

<https://bit.ly/2MpjaNi>

WASH IN SCHOOLS  
EMPOWERS GIRLS' EDUCATION

Proceedings of the 5th Annual Virtual Conference on Menstrual Hygiene Management in Schools  
Empowering Girls' Menstrual Hygiene Management in Schools: Recommendations for Global and National Level Action  
25 October 2016



Title: **Proceedings of the MHM in Schools Virtual Conference 2016**

Author/ Source: **UNICEF & UNC (2016)**

The conference included nine presentations, a donor panel and 15 posters, all streamed online. The presentations and posters showcased successes and new priorities for MHM in schools, including insights from the MHM response following the earthquake in Nepal, ongoing efforts to build MHM guidelines into the Nepali education system, and new packages of MHM interventions being implemented and evaluated in Bolivia, El Salvador and Burkina Faso.

Full Virtual Conference Recording [HERE](#)

<https://bit.ly/2LOMY4N>

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