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Let's Talk About It!



Safe and Equitable Learning Environments in Zambia

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Everyone agrees: Educating girls is critical to development

The learning environment is often the biggest barrier to girls staying in school. The environment that best addresses girls' needs in school includes

- Gender-friendly sanitation facilities at 50:1 ratio
- Access to MHM products and materials
- Teachers trained to talk about menstruation and provide support to girls
- Boys and male teachers involvement in MHM support
- MHM related activities (learning games, exhibitions etc)



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Zambia realities:

- Girl to toilet ratio is over 200:1
- 32% of girls between grades 1 and 9 drop out from schools with NO toilet compared to 8% dropout in schools with toilets.
- Strong cultural taboos and silence around puberty and menstruation
- No official MHM school based programs

But Zambia also has existing framework:

- School Health and Nutrition (SHN) program with WASH as a pillar based in MoE
- Modeled on UNESCO FRESH Framework
- SHN coordinators in most schools



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SPLASH* Zambia



- 4 year (2011 -2015) School WASH program
- Funded by USAID, managed by FHI 360 and CARE
- Reaching 250,000 pupils with improved sanitation and hygiene, including strong focus on MHM
- Supports and builds upon SHN in the Ministry of Education

*Schools Promoting Learning Achievement through Sanitation and Hygiene

ZAMBIA

Political Map



616 schools supported by SPLASH





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MHM in SPLASH

Starting point: girl-friendly latrines with washrooms



Then, advocacy and school and community activities



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Mainstreaming MHM into the Zambia MoE

School level:

- Improved sanitation and washrooms for girls and female teachers
- Working with SHN Coordinators to start the conversation
- Workshops for teachers and district MOE officials
- Testing lessons, materials and activities
- Starting school-based reusable pad production
- Working with PTAs to provide pads
- Set up girls' corner (with pads, TLC)



Girls show off their new MHM supplies

Boys get into sewing sanitary pads





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Province level:

- In-service training programs for teachers, especially guidance counselors
- Official adoption of washrooms design
- Inclusion of MHM in provincial and district strategic and annual plans
- Inclusion of MH indicators in provincial school monitoring tool
- MHM Exhibition for local schools with stands and activities (pad production - both boys and girls)
- Use of a MHM logo and slogan (“Let’s Talk About It”)
- Development of teaching aids such as MHM Toolkit
- Development of MHM games for pupils and teachers



Ministry of Education, Science and Vocational Training and Early Education

MENSTRUAL HYGIENE MANAGEMENT IN SCHOOLS

TRAINING SESSION

FOR SCHOOL OFFICIALS AND TEACHERS



REPUBLIC OF ZAMBIA
MINISTRY OF EDUCATION, SCIENCE, VOCATIONAL TRAINING AND EARLY EDUCATION
PROVINCIAL EDUCATION OFFICE
EASTERN PROVINCE
CONFIDENTIAL
SCHOOL INSPECTION INSTRUMENT

3. Menstrual Hygiene Management

- a. Does the school have washrooms for girls? Yes No
- b. Do washrooms have water? Yes No. **Soap?** Yes No
- a. Do girls' toilets have facilities for disposal of menstrual soiled sanitary towels?
(check one) Yes No
- a. What method of disposal of soiled sanitary towels exist in the school? (check one)
 Burying Burning (incinerator) Other (Specify)
.....
- a. Does the school provide sanitary towels for the girls? (check one) Yes No
- a. Does the school offer Menstrual Hygiene Management education to the girls?
(check records) Yes No
- a. If yes above, how often is this done?
 Beginning of each term
 Once in a term
 Twice in a term
 Three times in a term

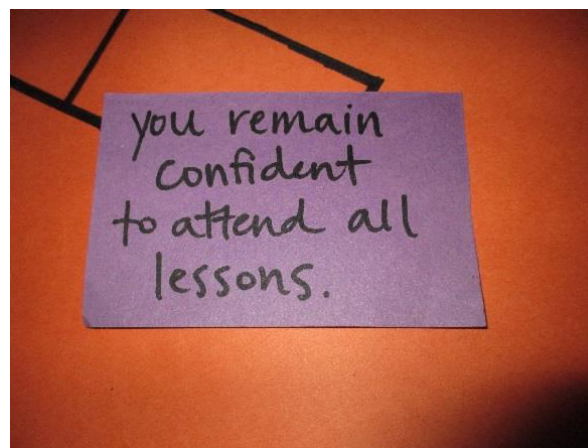


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Useful documents and teaching aids on MHM

- Mini Toolkit for Teachers
- Pad pattern booklet
- In-service teacher training module
- Games and other classroom and WASH club resources
- The ABCs of MHM





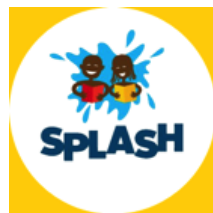
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Mini-Toolbox for all MHM trainees

- 2 pager overview of MHM
- Visual aids on menstruation physiology
- Session plan for training teachers or others on MHM
- Games with MHM theme
- MHM checklist for schools
- Puberty booklet for girls and others (planned)
- Guidelines and patterns for making pads at school or in the community
- Actual pad as example and basic sewing kit to get started

How to Make a Reusable Pad!



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What Lessons so far?

- Silence and taboos can break down very fast if there is something positive offered
- Anecdotally, girls flock to schools with adequate sanitation and MHM programs
- MHM can and should be integrated into the existing school system through advocacy, training, materials, activities and events
- MHM can and should be included in school performance indicators and assessment tools



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Thank you!

