

**MENSTRUAL HYGIENE EDUCATION AND SUPPORT FOR ADOLESCENT
SCHOOL GIRLS**

COVID-19 INTERVENTION

FIELD ACTIVITY REPORT



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May 2021



VALUE HEALTH AFRICA - KENYA



Events at Korrompoi Primary School on 31st May 2021

Introduction

Value Health Africa (VAHA-Kenya) draws its mandate from its constitution with an overall aim of improving access to health care, reproductive health and water and sanitation in urban and rural communities. This mandate fulfils the sustainable development goal 2030, including, and not limited to universal access sexual and reproductive health care and services. Sexual, reproductive and health rights have had remarkable gains from 1966, but despite this progress, more women today still face economic, social, institutional and other barriers that prevent them from making their own decisions and attaining their full potential (UNFPA, 2019). It is documented that on average, girls miss 4-5 days of school per month, due to lack of sanitary pads and underwear, combined with inadequate sanitary facilities in their schools (Ministry of Education, 2006).

According to the study conducted by Pan African Medical Journal (2018), one third of pubescent school girls from the pastoralist community in Kajiado County Kenya, have sub-optimal menstrual hygiene management practices. The main collective contributors of these are lack of adequate knowledge of menstruation, lack of sanitary towels and secrecy on menstruation matters due to existing culture. Stigma was reported by 37.8%, shamefulness (44.7%), fear (23.3%), and 17.5% felt it was a private matter. In this regard, VAHA-Kenya visited Korrompoi primary school in Kajiado county on 31st May 2021, with the aim of educating girls on menstrual hygiene and management practices.

Objective

VAHA-Kenya had three objectives on the 31st of May 2021, namely:

- i. Create awareness of the Covid 19 pandemic and sensitize the school on the importance of adhering to the covid 19 protocols.
- ii. Creating awareness of the menstrual hygiene and management practices especially to the girls who are in puberty.
- iii. Distribution of the sanitary pads and masks to the girls and the entire school respectively.

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Events of the day

(a) Preliminary

We had prior communication with the school through one of the teachers and the school administration was aware of our visit and were ready to receive us. We got to Korrompoi primary school and sought audience with the school's Head teacher who gave us consent to continue with the activities planned for the day, after being briefed on the agenda of the organization and the main reason for the visit on that day. The head teacher then introduced us to the rest of his staff, where further briefing was made before all the pupils were assembled. VAHA-Kenya team introduced themselves and explained the purpose of the visit to all the pupils.

(b) Covid-19 intervention

The team of the organization adhered to the covid 19 protocols and after a brief introduction to the pupils, one of the VAHA-Kenya members gave a detailed talk on Covid 19 protocols and the importance of maintaining and practicing the protocol. These include hand washing with soap and water (or hand sanitization), keeping social distance, wearing masks properly, avoiding crowded places etc. He proceeded to ask one of the pupils to demonstrate the right procedures of putting on masks, since most of the pupils who had masks, wore them below their chin.

The VAHA-Kenya team distributed masks to all the pupils, teachers and support staff. During the distribution of masks, every child had to sanitize their hands before receiving their masks. We were able to distribute two washable masks to each of the 255 pupils from kindergarten to primary level, with the exception of class 4 and 8 who were on holiday as at the time of the visit. About 16 teaching and non-teaching staff also benefited with each of them getting a pair. Apart from that, the organization left some masks (about 40 pieces) with the school's head teacher to be given to a pupil or a member of the administration who may have been absent or to be used by the teachers. A total of five hundred and eighty two (582) masks were distributed.

(a) Menstrual hygiene

The team gave a free menstrual hygiene education to sixty-seven (67) adolescent girls in class 5, 6, and 7 who were present during the visit. The team had a very interesting and interactive discussion with the girls on the menstrual hygiene and sanitation. Some of the girls had some basic knowledge on the topics discussed and the team just had to emphasize more on the same and answer them on the concerns that they were having.

Out of the 67 girls, 39 confirmed to have started menstrual flow. They remained behind while the rest went back to their respective classes. These 39 girls received two (2) packets of sanitary towels and one booklet each with menstrual hygiene messages. The other girls were also given the booklets; one booklet to be shared by two girls and some

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copies of the booklets were left with the teachers. A total of 78 packets of sanitary pads and 55 booklets were distributed. The organization also left with the school administration the remaining 72 packets of sanitary towels for replenishment and to be given to the girls who were not in their menstrual cycle as at the time of the visit. The girls shall be enrolled in the project when and if they respond to the baseline questionnaire and their parents/guardians sign the consent form.



*Value Health Africa - Kenya Team is distributing washable face masks to a pupil of **Korrompoi primary school** in Kajiado Kenya as an COVID-19 intervention. This was after an intensive Education on the risk factors and preventive measures of COVID-19 . Every school pupil received a set of two washable face masks.*

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“Keep Distance, Wash your hands with Soap, Always wear your face mask” Little Fiona demonstrates

(b) Menstrual hygiene Education and support.

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Value Health Africa - Kenya Team is educating adolescent/Teenage girls of **Korrompoi primary school** in Kajiado Kenya about Menstrual Health awareness and Hygiene at one of the school's classrooms, Each girl in this room was enrolled as a beneficiary of Value Health Africa-Kenya 2 Year donation of Sanitary pads.



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An attentive Adolescent girl during the Menstrual Health awareness and Hygiene education at one of the school's classrooms, Each girl in this room was enrolled as a beneficiary of Value Health Africa-Kenya 2 Year donation of Sanitary pads.



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Each girl in this room was enrolled as a beneficiary of Value Health Africa-Kenya 2 Year donation of sanitary pads.

Activity cost

The two activities costed a total of KShs. **77,894.40** as tabulated below:

| ITEM | DESCRIPTION | COST |
|------|---|------------------|
| 1 | Face Masks purchase and Printing (660 pieces) | 22,440.00 |
| 2 | Sanitary pads (300) | 23,354.40 |
| 3 | Sanitizer | 1,000.00 |
| 4 | Car Hire | 3,500.00 |
| 5 | Fuel | 8,000.00 |
| 6 | Booklets | 7200.00 |
| 7 | Ribbon printing for booklets | 1,400.00 |
| 8 | Lunch allowance for field officers | 11,000.00 |
| | TOTAL | 77,894.40 |

The menstrual hygiene which the organization shall run as project costed KShs.**77,894.40**. These costs include.....The funding source was VAHA headquarters through the Chief Executive Officer (CEO), Mercy Kyeng and the directors of VAHA-Kenya.

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Concerns

The teachers shared some concerns with the team and one of the concerns was on the neglect of the boychild. They reported that every organization that visited them majorly focused on the girl child while paying little attention on the boychild. Some of the issues raised and proposed mitigation measures were:

- Some of the boys are abuse drugs. They require mental health education, counselling and sensitization. Value Health Africa-Kenya to consider this.
- Most of the boys could not afford inner wares, which therefore compelled most of them to put on two shorts which were rarely cleaned making grooming an issue to the boy child as compared to the girl child. The organization should support the boys with inner wares if funds allow.
- Another issue that came up was that selecting 50 girls to benefit from the program while leaving the rest would be considered discriminatory. Currently there are 39 girls on the menses because classes 4 and 8 were not in session. The number will increase by July 2021 when all the classes will be present. The organization shall re-look into the budget to ensure sustainability of the menstrual health project for at-least 2 years.

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Date: 31st May 2021

TO WHOM IT MAY CONCERN

By signing below, we hereby grant Value Health Africa the perpetual right and license to use the name of the school and our names, voices, images/appearances, comments, and demographic information such as school location in any of its materials, including print, digital, or audio, for internal and external audiences. These materials include but are not limited to: photographs, brochures, news releases, newsletters, video, websites, and social media accounts.

We acknowledge that my consent is voluntary, and that we will receive no financial compensation now or in the future. We further agree that our participation in any communications materials including websites produced by Evidence Action confers upon us no rights of ownership whatsoever.

The school head teacher, deputy headteacher or one of the senior teachers to sign on behalf of the school.

Name: OBADIAH K. KARUNG'O

Title: HEADTEACHER

Signature: 

Date: 31/05/2021

School Rubber Stamp:

HEADTEACHER
KORROMPOI PRIMARY SCHOOL
P.O. Box 310-00241, KITENGELA
Date: Sign:

Appendix 3: Menstrual Hygiene Questionnaire

28 November 2021

Menstrual Hygiene Questionnaire

1. How old are you? (in years):
2. What do you understand by the terms:
 - a) Menstruation?
 - b) Menstrual hygiene?
3. What age did start your menses?
4. How long (Regularity of) is your menstruation cycle (days)?
5. Are there any challenges you face as a pubescent girl during menstruation? (specify)
6. How easy or hard do you access sanitary towels?
7. Can identify/ name some of the sponsors who have supplied sanitary towels to you before? & and how frequent?
8. Are you able or is your family able to provide monthly sanitary towels?
9. Do you know how to use sanitary towels?
10. What are some of the hygiene observations you employ as a pubescent girl?
 - a) Frequency of change?
 - b) Frequency of bath?
11. What type of sanitary towel favorable to you? (Heavy and light)
12. Have you ever been educated on menstruation? Was/Is it at school, home or church/youth group?
13. How can you be contacted?