

MANLUKU YOUTH DEVELOPMENT INITIATIVES -TANZANIA (Mydia-tz)



Menstrual Hygiene Management (MHM) Education to adolescent girls of Kasulu

A two days training for 30 adolescent students and their 3 female teachers, and distribution of 30 re-usable sanitary pads



Project Overview:

For girls living in poverty especially in rural areas like Kasulu, MHM education is essential in ensuring girls get the support they need on their periods and are able to ask questions about menstrual challenges. MHM education is a step towards removing shame from talking about periods for many girls in countries like Tanzania.

Menstruation is seen as taboo in Tanzania, therefore girls feel uncomfortable talking to family, peers and teachers, let alone attending school during their cycle. From our research, girls have told us about the stigma around menstruation, this excludes girls from learning about their own bodies and from opportunities to learn about hygiene and safe sanitary products. This project will focus on providing training on menstrual cycle and management and distribution of 30 pieces of re-usable sanitary pads for 30 adolescent girls with and without disabilities at Kabanga ward of Kasulu district. Upon training, the student will ought to deliver the message to their fellow student under our supervision.

Training duration: Two days

Training total budget: TSHs 2,193,000. (\$ 954)

Objectives:

- To eradicate absenteeism of girls in school due to period.
- To level up girl's self-esteems by removing shame from talking about sexual health education.

Project activities:

i. Conduct train-the-trainers' sessions for 30 girls peer educators and 3 teachers to help raise awareness about MHM.

- 3 teachers and 30 students peer educators were trained for two days (in a six hours training session each), starting from 9:00am to 15:30pm. The trainings were conducted on Friday and Saturday of 21st and 22nd October respectively. The participants selected teachers and students (from three primary and one secondary schools) of Kabanga Primary school (Orphanages and students with disabilities), Lugole Primary school & Nyankungwe Primary school, and MUKA secondary school both found in Kasulu district. The training was conducted by Mydia-tz staff, Ms. Flomena Daniel.

ii. Distribution of the sanitary Pads to 30 adolescent girls participants

iii. Formulation of four school-based WASH & Sexual Reproductive Health and Rights (SRHRs) clubs in the four selected schools.

Beneficiaries

Direct beneficiaries:

- 30 students trained trainers (ToTs)
- 3 teachers trained trainers (ToTs)

In-direct beneficiaries:

All teachers and students including newcomers who will join these four schools in the future, as well as the surrounding community.

Project implementation, monitoring & evaluation

The project was implemented by MANLUKU YOUTH DEVELOPMENT INITIATIVES TANZANIA (Mydia-Tz), through its Field Project Officer (Ms. Flomena Daniel) in collaboration with the respective school administrations and Kasulu district - health office. Students were given pre-test and posttest by the trainer to measure knowledge gain after the training, compared to that of before the training. 70% of the training participants scored over 80 marks out of 100, compared to only 26% who had scored over 80 marks before the training. This showed an impact of the project.

Project sustainability

Sustainability of the project is assured because, after the training, the trained students and teachers (as ToTs) will continue to transfer the knowledge to other incoming new students who will be joining the respective schools. Established school-based clubs (which will be mentored by trained teachers) will continue to be best platforms for awareness creation and advocacy on the good hygiene practices and SRHRs to adolescent girls. However, Mydia-tz and Kasulu district through their health offices will continue to put an eye for the school and provide support in case any need arises after every three months.

Budget

S/N	Activity costs	Unit	# Units	Unit cost	Total (TZS)
1	Breakfast, water and Lunch (Full package), for two days	per person	33x2days	12,000	792,000
2	Pre activity costs (printings, permits, venue follow ups, pre-visits etc.)	lumpsum	1	350,000	350,000
3	Half per diem for Mydia-tz staff, for two days	Per person	1x2days	30,000	60,000
4	Transport for training participants	Per person	33	10,000	330,000
5	Transport for Mydia-tz staff, go and return	Per person	1	20,000	20,000
6	Venue, for two days	days	2	70,000	140,000
7	Stationaries (30 notebooks)	pcs	30	1,000	30,000
8	Stationaries (1 box of pens)	pcs	1	8,000	8,000
9	Tomato paste (demonstration)	pcs	1	4000	4,000
10	Pants for demonstration	pcs	3	3000	9,000
11	Sanitary pad	pcs	30	15,000	450,000
	Total				2,193,000

