

## **Project Name: Improving Menstrual Hygiene for 2100 Girls in Bagamoyo District through production of re-usable Sanitary Pads**

### **Introduction**

Tanzania like any other developing countries is faced with insufficient supply of school-based sanitation facilities to meet the demand of students by less than 50 percent (Jane Mauldon, 2015). During menstruation periods young girls face several challenges particularly in the first period. Factsheet by the Tanzania Water and Sanitation Network reports that; 98 percent of the schools have insufficient WASH facilities for girls in terms of water, privacy and adequate waste disposal (SNV), 63% of the school latrines have no place to dispose sanitary pads, girls use inappropriate hygiene practices such as unclean sanitary pad materials and insertion of unclean materials into vagina and unsafe disposal of used sanitary materials or blood. TAWASANET reports that 48% missing class due to menstruation, with 36% staying home during days of heavy flow and 12% not attending school at all during menstruation.

The problems in the realm of menstruation management for girls in Bagamoyo are featured by poverty of parents, the Cultural ideology that girls should get married soon after first menstruation and lack of proper awareness on menstrual education which results to unwanted pregnancies from early sex. The girls in Bagamoyo community use very poor traditional means to maintain their periods by using pieces of old cloth, pieces of towels, bark of trees, banana peels, water and sand. The methods are very harmful and can cause fungal infections, Urinary Tract infections, ovarian cists, infertility and cancer. The situation is very tragic and needs a serious intervention to address the challenge for better menstrual health and education advancement.

Currently Pathways Foundation for the Poor (PFP) is implementing a project called Mtambani Water, Sanitation and Hygiene, which aims at improving hygiene and sanitation for 2,100 girls schooling in Bagamoyo District, Coast region, Tanzania. The selected schools are highly marginalized and are faced with multiple socio economic and health related challenges that impede the development of the people and children's participation in schools.

Pathways Foundation targets scaling up of the existing project initiative by investing of girls hygiene during menstruation periods by **“increasing access to reusable and affordable pads to 2,100 girls in Mtambani and Kiharaka primary schools by 2022.**

Key interventions will target training on the making of reusable sanitary pads that are low cost and effective, the necessity of maintaining proper hygiene during menstruation periods, the knowledge of Sexual and reproductive health to reduce early pregnancies and construction of school latrines.

## **About Pathways Foundation**

Pathways Foundation for the Poor (PFP) is a local non-profit organization with a goal to change the lives of poor vulnerable women and girls, men and boys in Tanzania rural areas where opportunity for advancement are limited.

Our Mission is to make life advancement and poverty reduction to poor and vulnerable women and girls, men and boys located in rural and peri-urban areas through providing opportunities for self-help and creating self confidence in addressing the underlying causes of their poverty which will lead to increased household income and social wellbeing.

## **CURRENT PROJECTS**

### **A. Title of the project:** Mtambani And Kiharaka Sanitation Project

**Donor:** IDAY International via Elisabeth and Emile Fund

**Duration:** October 2019 – September 2020

**Budget:** 35,000 Euro

The project aims at improving hygiene and sanitation for girls schooling in Bagamoyo District, Pwani Region, Tanzania. The projects focus 3,507 school pupils and 1,000 households. Project key interventions include construction of toilets, installation of rain water harvest systems, training school health clubs and school committees, establishment of school fruit gardens, and training of pupils and teachers on the production of re-usable sanitary pads.



**Figure:** School girls with facilitator showing the readymade re-usable sanitary pads at Mtambani Primary School in Bagamoyo.

**B. Title of the project: Bodaboda Youth Empowerment Project (BOYEP)**

**Donor: VOICE Tanzania**

**Duration:** October 2019 – September 2020

**Budget:** 25,000 Euro

This project is implemented in Dar es Salaam region in the Municipalities of Ilala and Kinondoni. The project aims at building the capacity of Bodaboda Youth in leadership and confidence skills as well as promoting their civil and political participation in order to have representation in the decision-making institutions for addressing their issues of concern. The project target 1,000 young men (500 Ilala and 500 Kinondoni).



**Figure:** Bodaboda Youth Leaders with BOYEP Staff after Leadership and Confidence training.