



Local Initiative for Sustainable Development  
(LISUDEV)

Bamenda, North West Region, Cameroon.

P.O. Box 857

Tel: (+237) 677-474-012 / (+237) 674-753-216

Email: [contact@lisudevcm.org](mailto:contact@lisudevcm.org) or

[lisudevcm@gmail.com](mailto:lisudevcm@gmail.com)

Website: <https://lisudevcm.org>



## SCHOOL MENSTRUAL HEALTH AND HYGIENE PROJECT



### **1. SUMMARY**

The project aims to promote equity and improve access to WASH services; menstrual products and environmental hygiene, in 10 rural schools in the Northwest region of Cameroon, benefiting 5000 students. It seeks to eliminate barriers faced by menstruating students, empowering them academically, and reducing environmental impacts caused by poor WASH practices. This is done by distributing free menstrual products to school clinics, school restrooms, rehabilitating school toilets, providing waste bins, and educational awareness.

### **2. BACKGROUND**

Menstruation is a biological process and remains a monthly reality for billions of young people worldwide. Period-shame is rooted in gender equality, with patriarchal and discriminatory norms towards menstruation continually affecting the status of the 'girl' child in the society. Despite being a normal fact of life, many young girls still face serious challenges managing their periods.

Some harmful gender norms, myths and stigma surrounding menstruation exacerbates the difficulties for young people across the world.

In Cameroon, there is a lack of awareness about Menstrual Hygiene Management (MHM) practices in schools, along with the poor maintenance and inadequate school sanitation facilities for girls, have been identified as major challenges to proper MHM (eBase Africa, 2022). According to National statistics, 70% of menstruating women and girls, particularly IDPs, lack access to basic sanitation products (VOA May 28, 2024). 9% to 47% of girls stay out of school during menstruation. The lack of gender inclusiveness in menstrual hygiene awareness results in low outcomes. Additionally, indiscriminate waste disposal in schools including used sanitary products leads to pollution, increased greenhouse gas emissions, and habitat damage.

Menstruation if not properly managed, can interrupt daily life especially for adolescents' young girls who may experience extremely painful periods that affects their attendance and performance at school. A lack of adequate facilities and materials during periods, imposes restrictions on girls', leaving them to feeling shame which contributes negatively to girls skipping school and their dignity. Menstrual health is a strategic aspect of the lives of women and girls which affects them directly and/or indirectly and needs to be addressed.

3. **Project goal:** To promote equity and Hygiene: Enhancing access to Menstrual hygiene Education and Products for 5000 students in 10 rural schools in the Northwest region of Cameroon.

#### 4. **Strategies and Activities**

LISUDEV utilises an inclusive school-based approach (schools attended by both male and female students). We do this to promote a culture of inclusivity and understanding among individuals. The students are trained on Menstrual Health and Hygiene (MHH) care, sexual reproductive health, and environmental hygiene management. The students are also taught on gender equity and inclusivity in schools. Inclusive menstrual hygiene clubs made of male and female students are created in schools to serves as ambassadors in promoting menstrual equity. LISUDEV also rehabilitates gender sensitive toilets in targeted schools and provides sanitary products to school clinics, female students especially IDPs.

The project also includes the establishment of a reusable sanitary pads production centre in Bamenda. This centre will produce reusable sanitary kits that will be distributed to IDPs, women in rural communities and schools, enabling all menstruating individuals to effectively manage their periods with dignity. Additionally, the centre will serve as an empowerment hub where IDPs, women, and young girls will receive training in local reusable pad production and fashion designing, thereby enhancing their economic prospects and making the project sustainable.

## 5. Monitoring and Evaluation Framework

Objective	Activities	Target	Indicator	Means of Verification	Assumptions
<b>Needs assessment</b>	Meeting with stakeholders, focus group discussion	3 meetings	Number of meetings held	Meeting minutes, attendance sheets, pictures	Stakeholders are available and cooperative
<b>Objective 1:</b> Improve accessibility of sanitary products	Procure menstrual products	500 kits	Number of kits procured	Procurement records, invoices	Suppliers deliver on time
	Distribute products to school clinics, IDPs	10 schools	Number of school restrooms equipped,  Number of kits distributed	Distribution records, invoices, pictures	Suppliers deliver on time
<b>Objective 2:</b> Raise awareness	Develop and print IEC materials	300 posters, 200 leaflets	Number of IEC materials printed and distributed	Printing and distribution records	Printing services are reliable
	Conduct awareness on MHH, SRHR and environmental hygiene management	10 workshops in 10 rural schools	Number of workshops conducted	Workshop attendance sheets, feedback forms, pictures	Schools allow access for workshops
		5000 students	Number of students reached	Attendance sheets, feedback forms	Students are willing to participate
<b>Objective 3:</b> Establish school MHH clubs	Form MHH clubs in schools	10 clubs	Number of MHH clubs formed	Club formation records, meeting minutes, pictures	Schools support club formation

	Train MHH ambassadors	100 ambassadors (10 from each targeted school)	Number of ambassadors trained	Training attendance sheets, evaluation forms, pictures	Ambassadors are willing to participate
<b>Objective 4:</b> Provide safe space for female students	Rehabilitate school restrooms	5	Number of toilets rehabilitated	Records, pictures	Availability of funds
<b>Objective 5:</b> Establish reusable pad production center	Identify and procure space for production center	1 location	Space secured	Lease agreement, procurement records	Suitable space is available
	Install production center	1 center	Production center set up	Installation records, photos	Equipment arrives on time
	Train volunteers on production process	10 volunteers	Number of volunteers trained	Training attendance sheets, evaluation forms	Volunteers are available and willing to learn
	Produce and distribute reusable pads	500 pads	Number of pads produced and distributed	Production records, distribution lists	Production process is efficient

## 6. Expected Impact

- Improve health and educational outcomes of female students by providing menstrual products.
- Improved knowledge of 5000 students in 10 rural schools on MHH, SRHR and environmental management through education, enabling them to manage their periods with dignity.
- Reduced percentage of girls missing school and promote gender inclusiveness.
- Decrease pollution and environmental impact
- Create economic opportunities, fostering community development and sustainability.

## 7. PROJECT IMPLEMENTATION

### 6.1. PHASE I

**Venue of Activity:** Full Gospel High School, Mile 4 Nkwen village.

**N<sup>o</sup>. of participants reached:** 200 participants

**Profile of participants:** Adolescent girls and boys (160 girls, 40 boys)

**MHH clubs formed:** 1 (10 participants; 6 girls and 4 boys).

#### Activity Content

- Stakeholder dialogue: Teachers and school authorities were engaged in a comprehensive dialogue on MHH, Sexual Reproductive Health and Rights (SRHR), and environmental management in the school. The school authorities promised to include MHH and environmental management in their school programs, encouraging students to be more mindful of their MHH and impact on the environment.
- Students were trained on menstrual health and hygiene practices, the menstrual cycle, the importance of support and understanding from both genders, breaking menstrual taboos and sexual reproductive health and rights, and environmental stewardship.

#### Photo Gallery

