



The 28th May is Menstrual Hygiene Day, a day to break the silence around menstruation, build awareness about the vital role that good menstrual hygiene management (MHM) plays in women's and girls' lives in terms of their health, well-being, education and more. It is a day to highlight both the challenges as well as innovative solutions, to celebrate progress but to also to create urgently needed momentum for the efforts still required for positive change in this area. You can find out more about this day, the organisations and partnerships behind it and how to get involved on the [Menstrual Hygiene Day website](#) which also hosts a number of campaign materials such as infographics, posters, banners and more in English, French, Spanish, Swahili and Portuguese.

To mark this day and the importance of the issues highlighted, this newsletter features key resources on the subject. We hope you will find these useful. If you have others to share, [please get in touch!](#)

Key Resources on Menstrual Hygiene Management:

1. Breaking the Next Taboo - Menstrual Hygiene within CLTS



This issue of Frontiers of CLTS illustrates how Community-led Total Sanitation (CLTS) programmes can be expanded to address menstrual hygiene management (MHM) in schools and communities to alleviate these stresses on women and girls. It shares learning, recommendations, innovations and experiences from Plan International, WaterAid, WSSCC, UNICEF, WASH United, Grow and Know and USAID/WASHplus. You can download the Frontiers in [English](#), [French](#), [Portuguese](#) and [Khmer](#).

2. Menstrual Hygiene Toolkits and manuals



[Menstrual hygiene matters](#) is an essential resource for improving menstrual hygiene for women and girls in lower and middle-income countries. Nine modules and toolkits cover key aspects of menstrual hygiene in different settings, including communities, schools and emergencies. This comprehensive resource:

- Brings together examples of good menstrual hygiene practice from around the world

- Provides guidance on building competence and confidence to break the silence surrounding the issue
- Encourages increased engagement in advocacy on menstrual hygiene

[You can find the toolkit here](#)



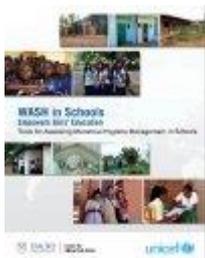
A WASH & Health Practitioners MHM Training Manual (India) is available from WSSCC. The materials in this publication were developed, tested and commented upon across five Indian states through one-on-one interviews with people in different age groups, focus groups, and discussions held in various settings including schools. This publication is meant to be used by service providers, extension and community workers, teachers, parents and peers in their efforts to reach out to large numbers of women and girls in an efficient and effective way without compromising on quality and message. It is not confined to sanitation, water and hygiene, rather it seeks to build comfort, pride, dignity, confidence and related demand so that women and girls can be full members of society at all times without shame and fear. [Access the MHM Training Manual](#)

3. SHARE Policy Brief on Menstrual Hygiene Management



This policy brief summarises previous research on menstrual hygiene management (MHM) and highlights the Sanitation and Hygiene Applied Research for Equity (SHARE) Consortium's contribution to this important topic. It then defines knowledge gaps which still exist and sets out clear recommendations for improving policy and programmes globally. The paper advocates for further research on the topic and highlights the importance of integrating MHM in sanitation programming and the need to provide access to absorbent sanitary materials for women and girls in low and middle income countries (LMIC). [Download the SHARE Policy Brief.](#)

4. E-distance learning course on MHM



The WinS4Girls E-Course was developed and delivered as part of the 14 country UNICEF project funded by the Government of Canada. The WinS4Girls E-Course was designed by the Center for Global Safe WASH at Emory University and UNICEF to help strengthen the capacity of WASH practitioners and policymakers to carry out rigorous research that investigates local MHM practices and challenges. It includes step-by-step modules for planning formative research into MHM.

You can download a [book with tools for assessing MHM in schools](#) and [access all the course materials online](#)

5. Suggested Indicators for MHM programming



A list of key indicators for Menstrual Hygiene Management (MHM) programming put together by Plan International is available [here](#).

6. Good menstrual hygiene and wellbeing are human rights!



Women and girls continue to be subjected to multiple challenges when it comes to menstrual hygiene management (MHM), due to things like taboos; norms and practices; a lack of access to accurate information; poor access to sanitary products and poor access to Water Sanitation and Hygiene facilities. The real life consequences of this, can affect a girl's education, as well as some of her other rights, including her right to equality, health and dignity. As such, the Education and Water, Sanitation and Hygiene (WASH) programmes of the UNICEF East Asia and Pacific Regional Office (EAPRO) jointly undertook a comprehensive overview and analysis of the experiences of girls and women, based on the current status of MHM programming and action across the region. You can read a [synthesis report on Realities, Progress and Opportunities](#) and download a [Good Practice Guidance Note](#). This review not only focuses on the school context linked to WASH in Schools (WinS) programming, but also explores MHM in relation to out-of-school youth, at community level, in humanitarian contexts and in the workplace.

7. MHM in the disaster and (post) emergency context



[What is the scope for addressing menstrual hygiene management in complex humanitarian emergencies? A global review](#)

This global review assessed the landscape of MHM practice, policy, and research within the field of humanitarian response. This included an analysis of the limited existing documentation and research on MHM in emergencies and global key informant interviews (n=29) conducted with humanitarian actors from relevant sectors (water, sanitation, and hygiene; women's protection; child protection; health; education; non-food items; camp management).

[Menstrual hygiene: a 'silent' need during disaster recovery](#)

Post-disaster relief and recovery operations seldom focus on women's priorities regarding menstrual hygiene. There is an increasing awareness to incorporate inclusive, participatory, and gender-sensitive strategies for implementation of response programmes. This article presents empirical findings related to menstrual hygiene management (MHM), demonstrating it is integral to women's privacy and safety during recovery. Using case studies from India, the 2012 Assam floods and 2013 Cyclone Phailin in Odisha, this article explores menstrual hygiene practices in a post-disaster context.

[Improving menstrual hygiene management in emergencies: IFRC's MHM Kit](#)

This case study explores IFRC's innovation process in developing and testing a comprehensive relief item to meet more effectively and appropriately the menstrual hygiene needs of women and girls in emergencies.

8. Waterlines special issue on MHM



Volume 34, Issue 1, January 2015 of Waterlines focuses on menstrual hygiene management and includes articles on many different aspects, for example the role of men in MHM, dealing with stigma and discrimination in schools, research on different sanitary products such as the menstrual cup, lessons from country-specific programming and research and more.

[See a full list of contents and access the articles](#)

9. What can existing data on water and sanitation tell us about menstrual hygiene management?



Half of the global population menstruate as part of their life cycle. This involves water, sanitation, and hygiene (WASH) needs that are often overlooked.. Data and indicators on menstrual hygiene management (MHM) for women and girls can have a positive impact on raising awareness, national policy making, and in finding sustainable WASH sector solutions. This paper explores the possible use of Joint Monitoring Programme for Water Supply and Sanitation estimates for representing women and girls' unique WASH experience, through a focus on MHM. [Read the rest of this Waterlines paper](#)

10. A selection of recent country-specific resources on MHM



Bolivia: [Menstrual Hygiene Management Impacts Girls' School Experience in the Bolivian Amazon:](#) This study on MHM in the Beni department of Bolivia aims to better understand the challenges girls face due to menstruation; describe factors which influence girls' experiences during menstruation; and present recommendations to create a supportive school environment for adolescent girls in Bolivia.

Indonesia: [Menstrual hygiene management in Indonesia: understanding practices, determinants and impacts among adolescent school girls:](#) This 2015 study explores factors related to MHM knowledge, attitudes, practices and impacts amongst adolescent school girls in Indonesia.

Niger: [Menstrual Hygiene Management – The experience of nomadic and sedentary populations in Niger:](#) This study examines and analyses behaviours and practices for the management of menstrual hygiene and their impact on the living conditions of sedentary and nomadic women and girls in Niger. [Gestion de l'hygiène menstruelle: expérience de populations nomades et sédentaires du Niger:](#) La présente étude sur la gestion de l'hygiène menstruelle (GHM) examine et analyse les comportements et les pratiques en matière de gestion de l'hygiène menstruelle et leur impact sur les conditions de vie des femmes et des filles sédentaires et nomades au Niger.

Nigeria: [Managing Menstrual Hygiene:](#) Results and analysis from a smart-phone based survey in Lagos.

Philippines: [WASH challenges to girls' menstrual hygiene management in Metro Manila, Masbate, and South Central Mindanao, Philippines:](#) This paper examines water, sanitation, and hygiene (WASH) conditions that enable and hinder Philippine schoolgirls to hygienically manage their menstruation.

Uganda: [Following the red thread: menstrual hygiene in Uganda:](#) A blog about a visit to Plan Uganda's MHM projects in Tororo and Lira.

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