

# ACTIVITY REPORT

## Menstrual Dignity Awareness Sessions in Schools



Rapport of 11 february 2026

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## **1. Background and Context**

Menstrual health and dignity remain important but often overlooked issues in many communities. In several social and cultural contexts, menstruation continues to be surrounded by myths, misconceptions, and silence. This lack of open discussion and reliable information can lead to stigma, embarrassment, and discrimination, particularly for adolescent girls who are experiencing menstruation for the first time.

In schools, inadequate knowledge about menstrual health may also contribute to discomfort, low self-esteem, and in some cases absenteeism among girls. Boys also often lack basic information about menstruation, which can reinforce misunderstanding and negative attitudes toward girls.

Recognizing the importance of addressing this issue through education and dialogue, awareness sessions on **menstrual dignity and hygiene** were organized in selected schools. These sessions aimed to provide accurate information, create a safe environment for discussion, and promote respectful attitudes among students.

By equipping young people with appropriate knowledge and encouraging open conversations, such initiatives contribute to building a school environment where girls can manage their menstruation with confidence and dignity.

## **2. Objectives of the Activity**

### **General Objective**

The overall objective of the activity was to promote menstrual dignity among students by improving their understanding of menstruation and menstrual hygiene.

### **Specific Objectives**

More specifically, the activity aimed to:

- Provide students with accurate and age-appropriate information about menstruation and menstrual health.
- Promote good menstrual hygiene practices among adolescent girls.
- Address and correct common myths and misconceptions surrounding menstruation.
- Encourage respectful attitudes and supportive behavior toward girls during their menstrual periods.
- Create a safe space where students could freely ask questions and express their concerns regarding menstrual health.

### 3. Location of the Activities

The awareness sessions were conducted in three educational institutions:

- **CEFTI**
- **MALANGUE**
- **STAFF**

These schools were selected because they host a large number of adolescent students who are at a stage where access to accurate information about reproductive health and hygiene is particularly important.

The collaboration and support of the school administrations made it possible to organize the sessions in appropriate conditions, ensuring the active participation of students.

### 4. Target Beneficiaries

The primary beneficiaries of the activity were students enrolled in the participating schools.

A total of **approximately 500 students** participated in the awareness sessions.

Both **girls and boys** were involved in the discussions. Including boys was particularly important, as it allowed them to better understand menstruation and encouraged them to adopt supportive and respectful attitudes toward their female classmates.

The participation of students from different classes also ensured that the awareness messages reached a diverse group of adolescents.

### 5. Methodology and Approach

The awareness sessions were conducted using a **participatory and interactive approach** designed to encourage active engagement among students.

Rather than relying solely on lectures, facilitators used a variety of methods to stimulate discussion and participation. These methods included:

- Interactive presentations explaining the menstrual cycle and menstrual hygiene practices.
- Open discussions where students could share their thoughts and experiences.
- Question-and-answer sessions allowing students to seek clarification on topics they did not fully understand.
- Practical explanations on how girls can maintain good hygiene during menstruation.

This approach created a friendly and open atmosphere where students felt comfortable asking questions and expressing their opinions.

The facilitators also emphasized the importance of respect, empathy, and understanding among students.

## **6. Key Topics Covered During the Sessions**

Several important topics were addressed during the awareness sessions, including:

### **6.1- Understanding Menstruation**

Students were introduced to basic information about menstruation, including why it occurs and how it is a natural biological process experienced by girls and women.

### **6.2- Menstrual Hygiene Practices**

Participants were educated on appropriate menstrual hygiene practices, including the use of sanitary materials, personal cleanliness, and the importance of proper disposal of menstrual products.

### **Breaking Myths and Misconceptions**

Common myths and cultural misconceptions surrounding menstruation were discussed and clarified. Students were encouraged to replace misinformation with accurate knowledge.

### **Promoting Dignity and Respect**

The sessions emphasized the importance of respecting girls during menstruation and avoiding teasing, stigma, or discrimination.

### **Supporting Girls in the School Environment**

Students were encouraged to contribute to creating a school environment where girls feel comfortable and supported during their menstrual periods.

## **7. Results and Observations**

The awareness sessions generated **significant interest and engagement among students**.

Throughout the activities, students remained attentive and actively participated in the discussions. Many students demonstrated curiosity and enthusiasm by asking thoughtful and relevant questions.

Several observations were made during the sessions:

- Students were eager to learn and better understand menstruation and menstrual health.
- Many participants expressed that they had never previously received clear explanations on the topic.
- The interactive discussions allowed facilitators to address misconceptions and provide correct information.
- Both girls and boys showed willingness to promote respectful attitudes toward menstrual health.

The sessions also provided a valuable opportunity for students to openly discuss a topic that is often considered sensitive or taboo.

## 8. Impact of the Activity

The awareness sessions had several positive outcomes for the students and the school environment.

First, the activities contributed to **improving students' knowledge about menstrual health and hygiene**. Students left the sessions with a clearer understanding of menstruation as a normal and natural process.

Second, the discussions helped **reduce stigma and embarrassment** associated with menstruation. By encouraging open dialogue, the sessions helped normalize conversations about menstrual health.

Third, the initiative helped **boost confidence among girls**, as they received practical information that can help them manage their menstruation more comfortably.

Finally, by involving boys in the discussions, the sessions promoted **mutual respect and understanding** between students, which contributes to a more inclusive and supportive school environment.

## 9. Challenges Encountered

Although the activities were generally successful, some challenges were observed during the implementation.

One challenge was the **limited time available** for the sessions due to the schools' academic schedules. In some cases, students expressed interest in longer discussions or additional sessions.

Another challenge was the **lack of sufficient educational materials**, such as visual aids or menstrual hygiene products that could further support the learning experience.

Despite these challenges, the facilitators were able to successfully deliver the key messages and ensure meaningful student participation.

## 10. Recommendations

Based on the experience and observations from these awareness sessions, several recommendations can be made for future activities:

- Organize **regular menstrual health awareness sessions** in schools to reinforce knowledge among students.
- Provide **educational materials and menstrual hygiene kits** to support practical learning.
- Strengthen collaboration with school administrations and teachers to integrate menstrual health education into school programs.

- Expand the initiative to **additional schools and communities** in order to reach a larger number of adolescents.

Implementing these recommendations would further strengthen the impact of future menstrual dignity programs.

## **11. Documentation**

Photographs and attendance records were collected during the activities to document the implementation of the sessions.

These materials will be used for internal documentation, reporting purposes, and future communication with partners and stakeholders.

## **12. Conclusion**

The menstrual dignity awareness sessions conducted in the schools of **CEFTI, MALANGUE, and STAFF** were successfully implemented and achieved their main objectives.

The activities provided students with essential information about menstrual health and created a space where they could openly discuss a topic that is often surrounded by silence and misunderstanding.

By improving knowledge, encouraging respectful attitudes, and empowering girls with practical information, this initiative contributes to promoting dignity, confidence, and well-being among students.

Continued efforts in menstrual health education remain essential to ensure that adolescents grow up in supportive environments where they can fully participate in their education without stigma or barriers.

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## **13. Activity Facilitation Team**

The awareness sessions were facilitated by:

- **Alette**
- **Sébastien**
- **Victorien**

