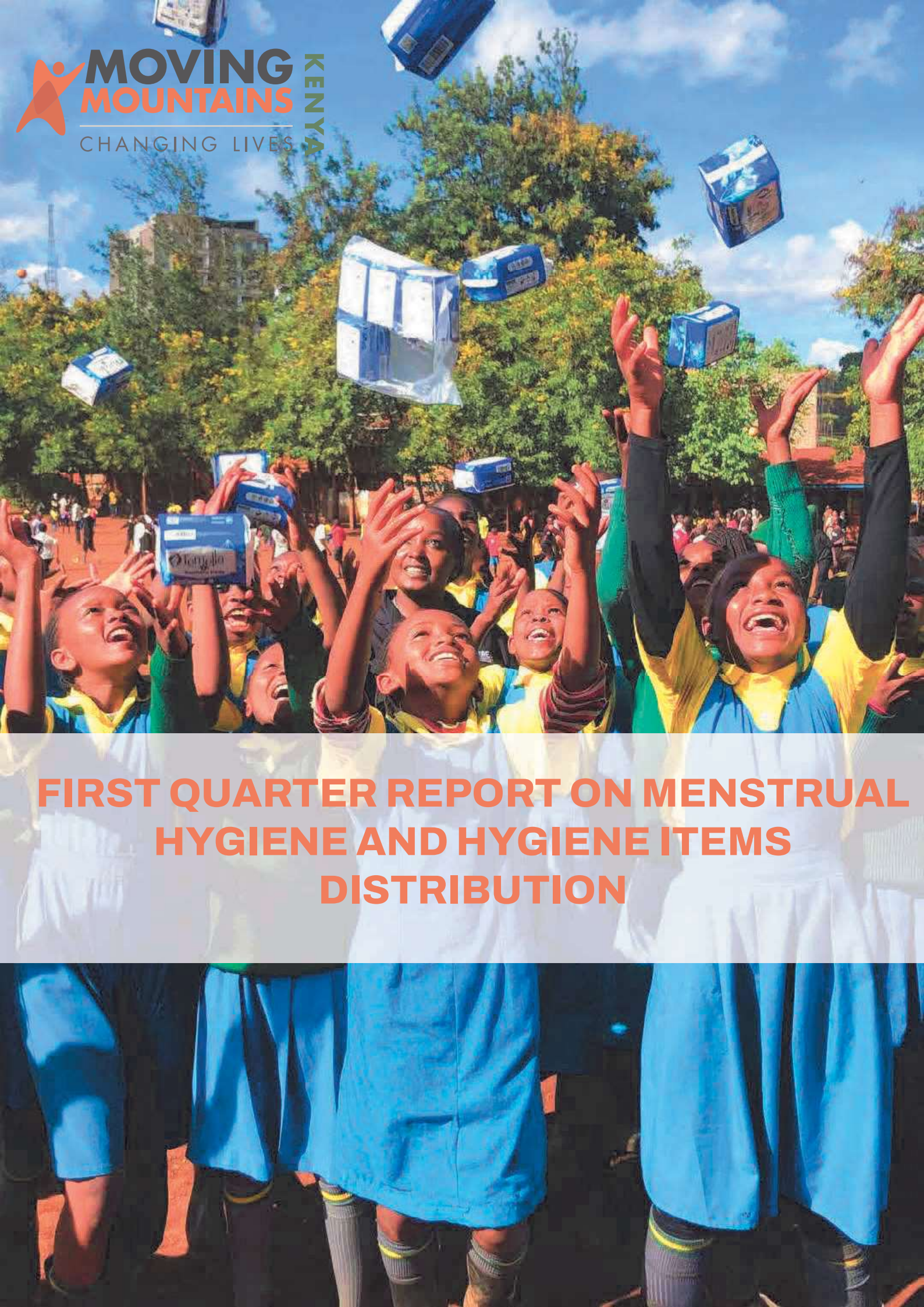




# FIRST QUARTER REPORT ON MENSTRUAL HYGIENE AND HYGIENE ITEMS DISTRIBUTION

# Introduction

Menstrual Hygiene and Personal Care Initiative was implemented in five schools in Embu County to support vulnerable learners by providing menstrual hygiene education and essential hygiene products. The initiative aims to ensure that pupils, particularly girls, are able to attend school regularly and maintain their dignity and health.

The program focused on the distribution of sanitary towels, panties, boxers, toothbrushes, and toothpaste while creating awareness on menstrual hygiene management and personal cleanliness among pupils of both genders.





## 1.0 APRIL 2026

We successfully carried out key hygiene initiatives for upper primary students, delivering a menstrual health awareness session for girls and an oral hygiene workshop for boys. Additionally, we provided essential hygiene items to vulnerable learners recommended by their teachers.

| Item            | Quantity     |
|-----------------|--------------|
| Sanitary Towels | 4500 packets |
| Panties         | 1500 pairs   |
| Boxers          | 1000 pairs   |
| Toothbrushes    | 2800 pieces  |
| Toothpaste      | 2800 tubes   |

The initiative led to enhanced menstrual hygiene awareness among female students, improved oral and personal hygiene practices across all pupils, and a noticeable boost in self-confidence among beneficiaries as reported by teachers.



## 2.0 MAY 2026

Conducted follow-up menstrual health sessions for female pupils, incorporating practical demonstrations on the proper use and disposal of sanitary towels while continuing the distribution of essential hygiene supplies to vulnerable learners.

| Item            | Quantity    |
|-----------------|-------------|
| Sanitary Towels | 360 packets |
| Panties         | 45 pairs    |
| Boxers          | 40 pairs    |

The project successfully reduced school absenteeism among girls during menstruation, boosted active pupil participation in classroom activities, and fostered stronger collaboration between teachers and community volunteers.

## 3.0 JUNE 2026

Conducted end-of-term hygiene sensitization sessions and distributed essential supplies ahead of school closure, while engaging teaching staff to establish strategies for long-term program sustainability.

| Item            | Quantity     |
|-----------------|--------------|
| Sanitary Towels | 1500 packets |
| Panties         | 50 pairs     |
| Boxers          | 45 pairs     |
| Toothbrushes    | 120 pieces   |
| Toothpaste      | 120 tubes    |

The initiative significantly enhanced self-esteem and dignity among pupils, improved overall school attendance among girls, and fostered a stronger, lasting awareness of personal hygiene practices.



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## Key Achievements

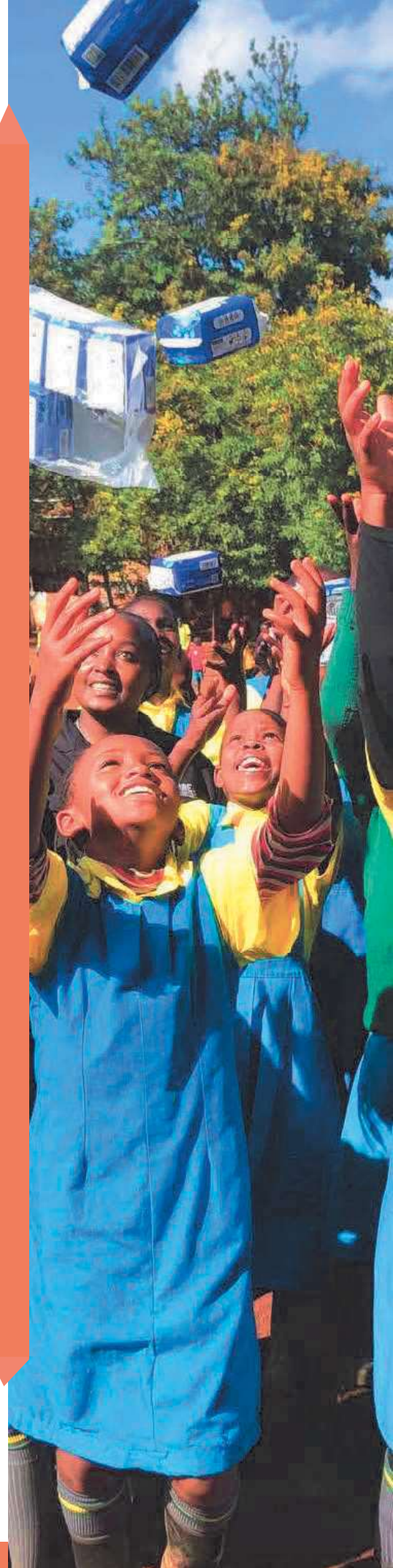
- Improved menstrual hygiene management among girls.
- Increased access to basic hygiene products for vulnerable learners.
- Enhanced oral hygiene awareness and practices among pupils.
- Contributed to improved attendance and retention of girls in school.
- Promoted dignity, confidence, and overall well-being of beneficiaries.

## Challenges Encountered

- Limited resources to meet the increasing demand for hygiene items.
- Inadequate supplies (sanitary towels).
- School absenteeism.
- Stigmatization.

## Recommendations

- Increase funding to ensure consistent supply of hygiene products.
  - Strengthen partnerships with local organizations and stakeholders.
  - Improve water, sanitation, and hygiene facilities within the school.
  - Conduct menstrual hygiene education sessions every school term.
  - Expand the initiative to reach more rural schools across Embu County.
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# 5. Conclusion

## Restoring Dignity, Inspiring Confidence.

The Menstrual Hygiene and Hygiene Items Distribution Program continued to make a significant contribution to the welfare of the pupils. Through the provision of sanitary towels, panties, boxers, toothbrushes, and toothpaste, the initiative enhanced the dignity, health, and educational participation of learners in the mentioned primary schools in Embu County.

Sustained support from donors, partners, and the local community will be essential in ensuring that children have access to the basic hygiene products necessary for their health and educational success.

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