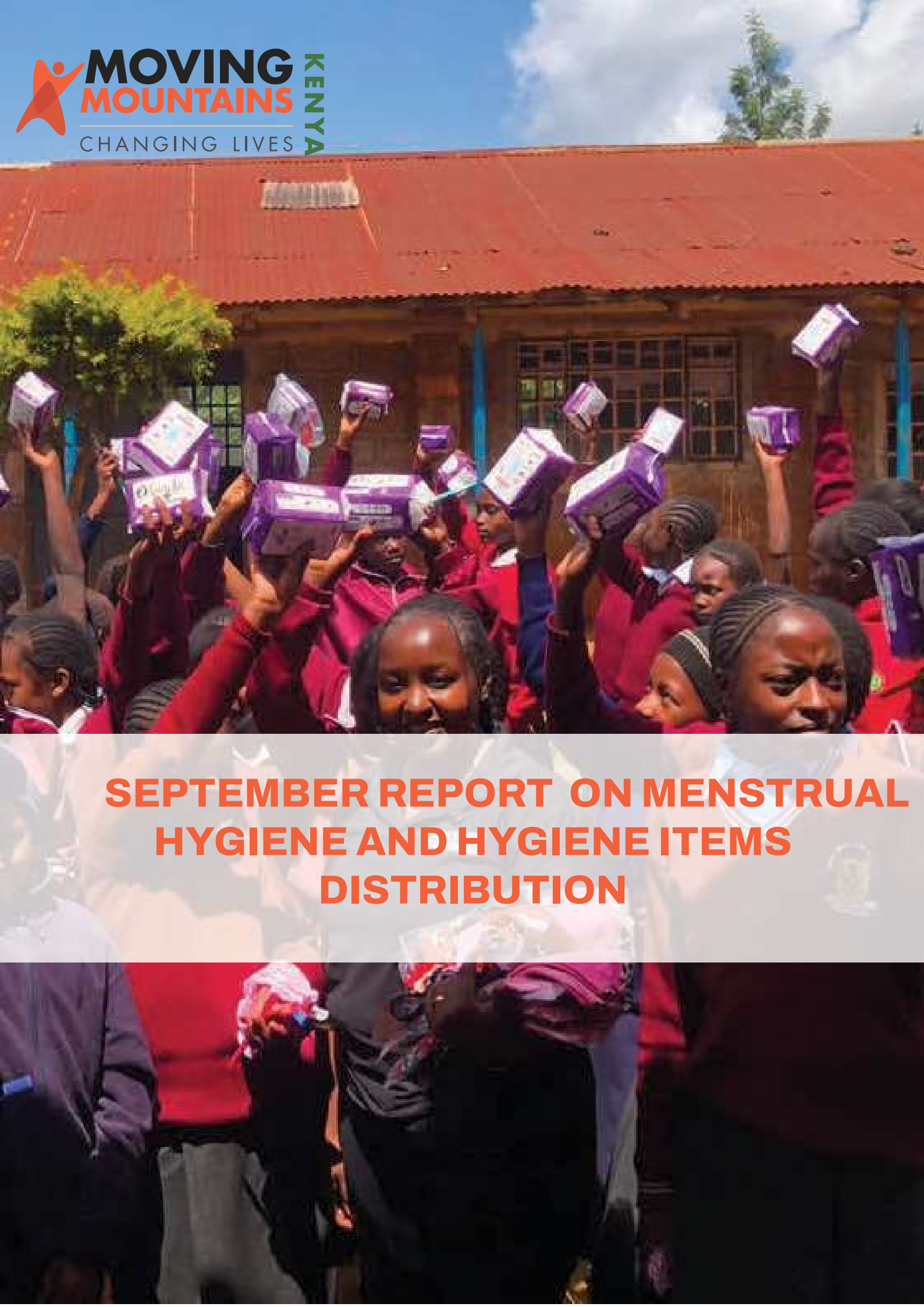




SEPTEMBER REPORT ON MENSTRUAL HYGIENE AND HYGIENE ITEMS DISTRIBUTION

Introduction

In rural area, inadequate access to sanitary products and menstrual hygiene management education remains a leading contributor to school absenteeism, lower academic performance and early dropouts among adolescent girls. By establishing a sustainable supply of disposable sanitary towels and menstrual hygiene education, this project helps restore dignity, improve school attendance and break the stigma around menstruating girls.

In Embu County, many rural schools experience high poverty levels over basic need leaving families unable to prioritize disposable sanitary towels over basic food requirements which makes young menstruating girls resort into using different non-hygienic materials such as old clothes during their menstrual cycle which leads to infections. Financial vulnerability creates high risk of Transactional sex where older men offer young girls money for basic hygiene items, significantly elevating teenage pregnancies and high risk of HIV infections. Girls also often end up missing school for 3 to 5 days every month.





1.0 Embu county, Kirimari ward.

We successfully carried out key hygiene initiatives for upper primary students, delivering a menstrual

Date	School	Target age	Beneficiaries	No. of Pads
24/09/2026	County Primary sch	9-16 years	326	336

Conducted a comprehensive Menstrual Hygiene Management (MHM) session paired with the distribution of sanitary towels to support girls through their examination period.

Key Topics Covered:

- Menstrual biology, tracking the cycle, and managing menstrual discomfort.
- Safe hygiene practices, including proper handwashing, changing, storage, and disposal of towels.
- Challenging menstrual myths and stigma to promote respectful peer communication.
- Guidance on accessing medical and psychosocial support systems.

Immediate Impact & Results:

- 100% Distribution Coverage: Each girl was provided with one packet of sanitary towels to maintain dignity and focus during exams.
- Enhanced Awareness: Equipping students with vital knowledge improved their understanding of safe self-care practices.
- Teacher Involvement: Teachers actively co-facilitated the sessions, strengthening institutional support for menstrual health.

2.0 Challenges

High Turnout and Resource Demand: Attendance exceeded initial projections and previous initiatives, resulting in a higher demand for materials than anticipated.

Cultural Sensitivity and Hesitancy: Some participants experienced initial discomfort and shyness when openly discussing menstruation, highlighting the persistence of stigma and taboos around the topic.

3.0 Recommendations

Geographic Expansion: Scale up the program to reach additional schools experiencing high rates of period poverty across Embu County and expand outreach into Narumoru (Nyeri County).

Increased Resource Allocation: Scale up the procurement and supply of sanitary towels, alongside essential hygiene products such as inner-wear for both girls and boys to ensure comprehensive support and dignity.



4.0 Conclusion

Restoring Dignity, Inspiring Confidence.

The successful implementation of these activities significantly strengthened foundational menstrual hygiene knowledge and empowered beneficiaries to manage their health with confidence and dignity during a critical academic period. However, because menstrual health management is an ongoing need rather than a one-time intervention, periodic support remains vital. Continued monthly distribution of sanitary towels, reinforced educational sessions, and structured follow-up mechanisms will be essential to sustain these gains, prevent period-related absenteeism, build long-term resilience, and foster a permanent, stigma-free support system within the school environment.

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