

Keeping Girls in School During Menses: Partnerships to Enhance Local and Global Health Outcomes

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Background

- Menarche has been a precursor for ending girls' formal education since 2010 in Ethiopia due to lack of sanitary pads, soap, water, and lack of or unhygienic toilets in schools, resulting in increased school drop-out among school girls.
- Menstrual education is not discussed openly to facilitate better understanding and management of menses.

Objectives

- To increase menstrual hygiene management awareness and develop sustainable healthy menstrual hygiene practices in schools and communities in Ethiopia.
- To engage school administrators, teachers, community leaders and the school girls in the menstrual hygiene process.

Methods

- We conducted a qualitative study in 3 schools in Addis Ababa, Ethiopia between January and June 2019 in schools who had been given our educational trainings.
- The study included a survey of 10 students from each school and private group interviews with two teachers from each school. This poster reflects the girl's responses of the survey questions. Surveys were conducted in the native language of the girls.

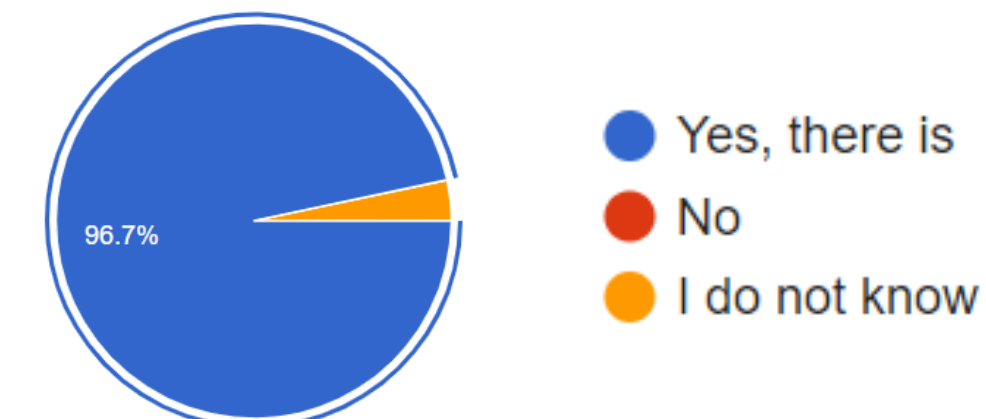
Results

All survey participants took the menstrual management training course.

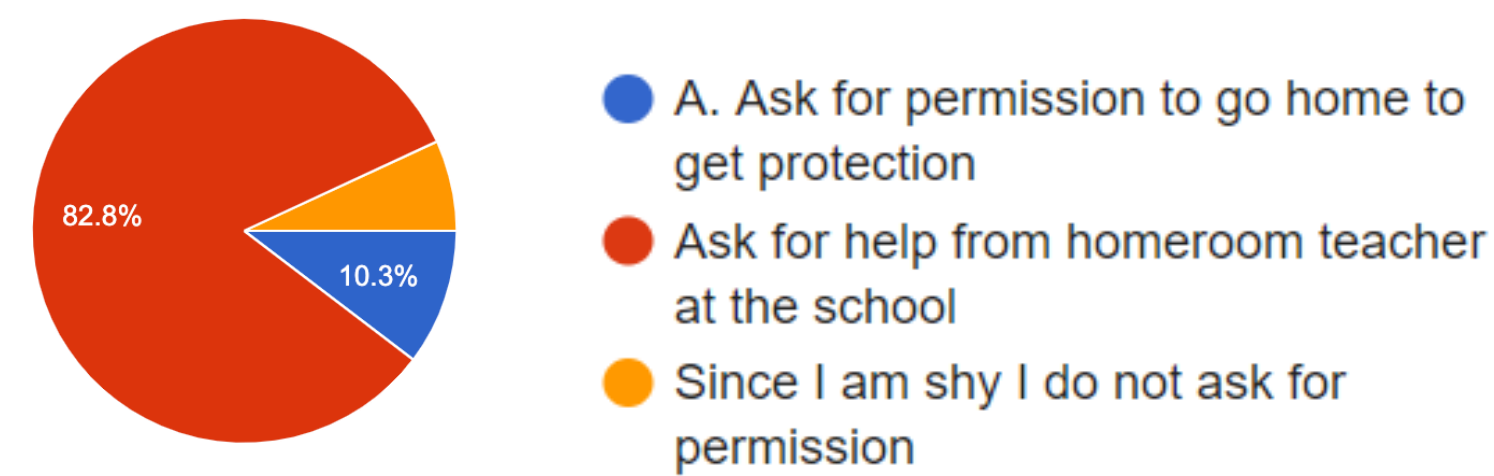
Who taught you about developmental changes of growing up and how to manage your period during your menstrual cycle?



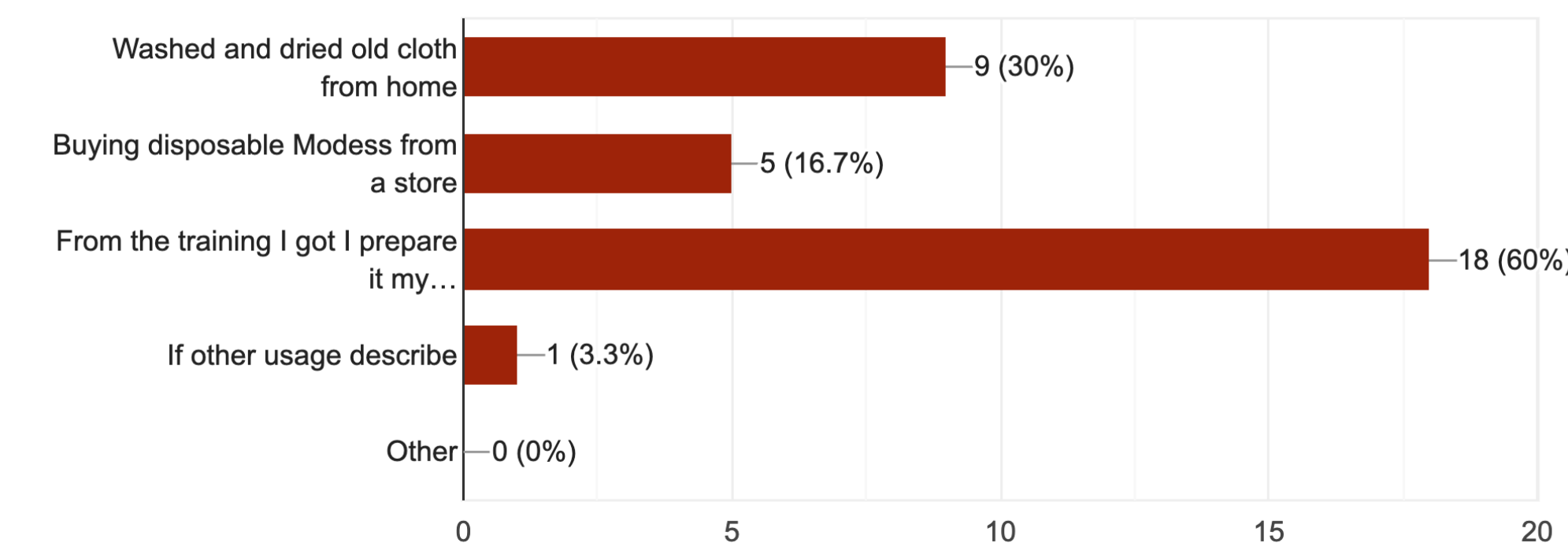
Do you have girls' only toilets in your school?



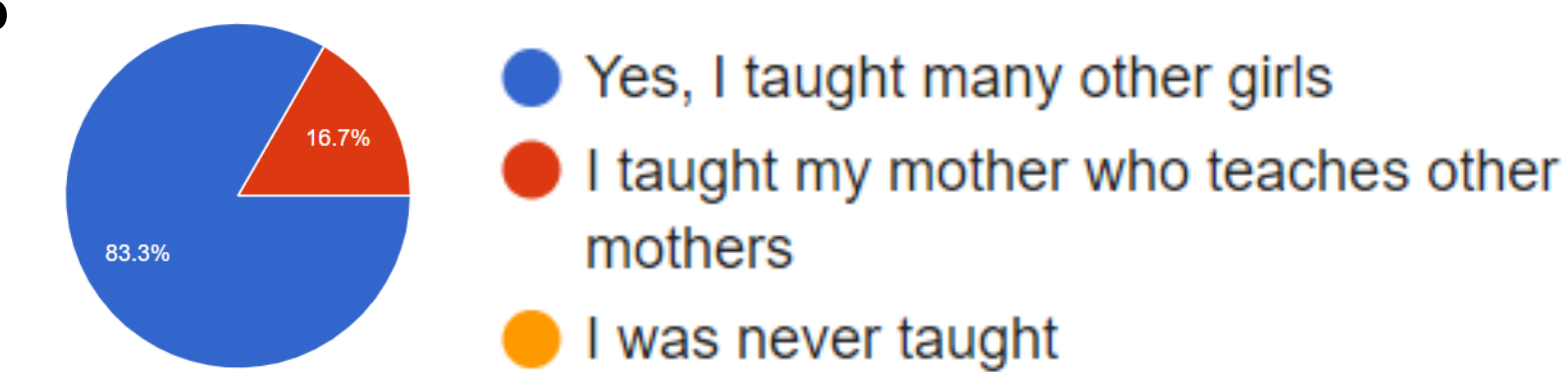
What do you do when you have a menstrual accident while you are in school?



What type of Modess do you use during your period?
30 responses



With the pad making training you got, who did you train?



Discussion

- School girls should continue to receive menstrual hygiene training in schools in Ethiopia to decrease absenteeism and increase health hygiene.
- Government, health, and non-profit support increased via participation through training and workshops.
- With future trainings, workshops, and working with government officials, policy development can begin to include menstrual hygiene in school curriculum in Ethiopia

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