



The WASH Foundation

GLOBAL PROGRAM

Menstrual Hygiene Management



Every month, 1.8 billion women across the globe menstruate, but a large portion are unable to properly manage their menstrual cycle in a healthy and dignified manner. Menstruation means a new phase and new vulnerabilities for adolescent girls, and too many face stigma, harassment, and social exclusion during this time. It restricts their mobility and personal choices. It affects attendance in school and participation in community life, and it compromises their safety, causing additional stress and anxiety.

Menstrual health education and micro-entrepreneur programs can help girls overcome these obstacles. Not only do these programs fulfill the unmet demand for menstrual hygiene products, but they also protect dignity, build confidence, and strengthen sexual and reproductive health, particularly among adolescent girls living in developing countries while creating young entrepreneurs.

The WASH Foundation is working to be part of the solution by investing in young women, ensuring that girls understand their reproductive health, have access to menstrual hygiene products, and attend school regularly through our Menstrual Hygiene Management (MHM) program. Our program is culturally adapted and implemented in communities where the rate of girls' school attendance is consistently low due to a lack of reproductive education and access to safe, affordable menstrual hygiene products.

The program is presented in the form of a four-day workshop that begins with MHM education and results in a team of empowered young women who possess the knowledge, tools, and skills to produce reusable menstrual hygiene pads that they can market and sell for household income and provide to female students, enabling them to have the resources necessary to attend school comfortably each month of the school year.

The program includes:

- MHM education embedded into The WASH Foundation's WASH-in-Schools water, sanitation, and hygiene (WASH) curriculums and taught by teachers
- A reusable menstrual pad production workshop that models local ownership for the girls and their families
- A start-up set of necessary tools to manufacture pads (sewing machines, material, patterns, needles, thread, scissors)
- An accounting, marketing, and sales management course that encourages financial literacy

The MHM program has the ultimate goal of producing leaders to drive sustainable, long-lasting change in their communities while shattering stigmas and earning an income.

To learn more about how you can support our mission, please contact: info@thewashfoundation.org

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