



# REPORT OF ACTIVITIES FOR THE COMMEMORATION OF THE 2018 GLOBAL MENSTRUAL HYGIENE DAY ON PROMOTING MENSTRUAL HYGIENE MANAGEMENT AMONG ADOLESCENT SCHOOL GIRLS AT GOVERNMENT GIRLS' SECONDARY SCHOOL MAGWAN-KANO ON 28<sup>TH</sup> MAY, 2018 BY 10AM

## INTRODUCTION

Menstrual Hygiene Management (MHM) is the practice of using clean materials to absorb menstrual blood that can be changed privately, safely, hygienically, and as often as needed throughout the duration of the menstrual cycle. MHM impacts multiple areas across the sustainable development goal agenda including health, education, gender equality, and water and sanitation.

Data on Menstrual Hygiene in Nigeria is very scarce; however the statistics available indicate that the interventions on menstrual hygiene are generally low especially in the Northern part of the country.

GIGREE's core objectives include promotion of girl-child education. Therefore, the commemoration of this year's Menstrual Hygiene Day is a milestone in achieving SDGs 3, 4, 5 and 6 and to ensure that nothing interferes with the education of especially adolescent girls not even their menstrual cycle.

Menstrual Hygiene Day (MHD) is an annual global awareness day on May 28 to highlight the importance of good Menstrual Hygiene Management (MHM). It was initiated by a German-based Non-Governmental Organization known as WASH United in 2014 and it aims to benefit Women and Girls worldwide.

Menstrual Hygiene Day provides a global platform for individuals and organizations to come together to raise awareness about the many challenges women and girls face regarding menstruation, and learn how to properly address these challenges.

Menstrual Hygiene Day will help to break the silence and build awareness about the fundamental role that good menstrual hygiene management (MHM) plays in enabling women and girls to reach their full potential.

This year, Global Initiative for Girls' Rights, Education and Empowerment (GIGREE) commemorated the Global Menstrual Hygiene Day (MHD) by creating awareness on proper Menstrual Hygiene Management (MHM) among adolescent girls within the school environment. This year's Global Hygiene Day theme is; **#Nomorelimits**, this simply means with the right awareness, menstruation will no longer be a barrier and therefore women and girls can reach their full potentials; be it in school, at work or at home.

## AGENDA:

- **Opening:** The event started at about 10:20am with introduction of the GIGREE team by the Executive Director, Mrs. Doom Ikyaator.
- **Presentation:** The Executive Director of GIGREE made a presentation on proper menstrual hygiene management and proper disposal of used sanitary materials after which she asked the students a few questions and three students gave feedback.

After the presentation, the principal gave a brief remark. In her speech, she admonished the students to ensure that they adhere to all that they were taught and practice proper hygiene especially within the school environment.

Following the principal's remarks, the Executive Director of GIGREE presented the sanitary items and the principal received them on behalf of the school. The items donated were; four (4) covered dustbins for proper disposal of used sanitary materials and twenty (20) cartons of Always ultra-sanitary pads.

- **Closing Remarks:** After the presentation of sanitary materials, the head girl of the school Miss. Aisha gave the vote of thanks on behalf of her fellow students. She appreciated GIGREE for choosing their school to commemorate this year's Global Menstrual Hygiene Day. She promised that they will put to practice all they learnt about Menstrual Hygiene Management and also use the sanitary materials donated to them properly.

The group pictures followed immediately after her vote of thanks.

- **Closing:** The programme came to a close at about 10:50am.