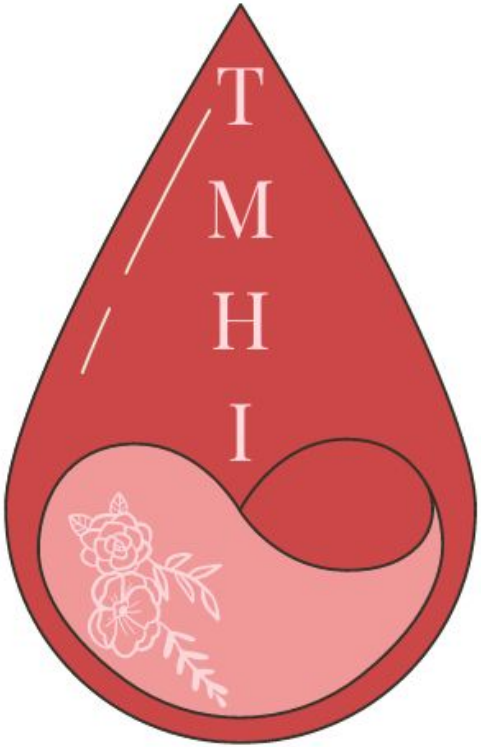
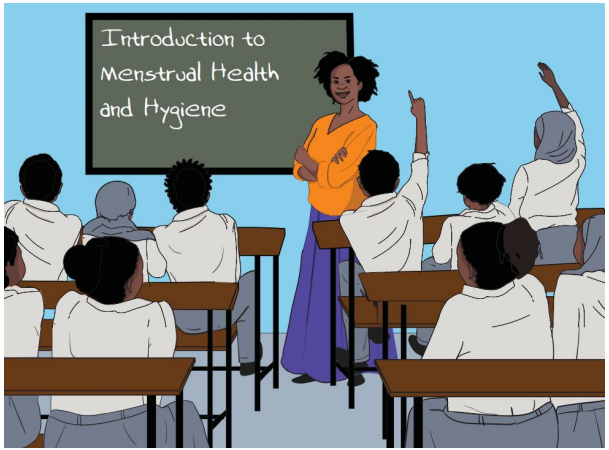
TANZANIA MENSTRUAL HEALTH INITIATIVE



By Sherwin Dewan

Mission Statement

The vision is to ensure that no girl misses school because she lacks hygiene products and has to endure her pain before and during her period. With the necessary support, students won't have to miss school or fall behind in their academics due to unexpected disruptions. Women in these schools are often seen as limited, but our goal is to empower them to become limitless.



Target Population



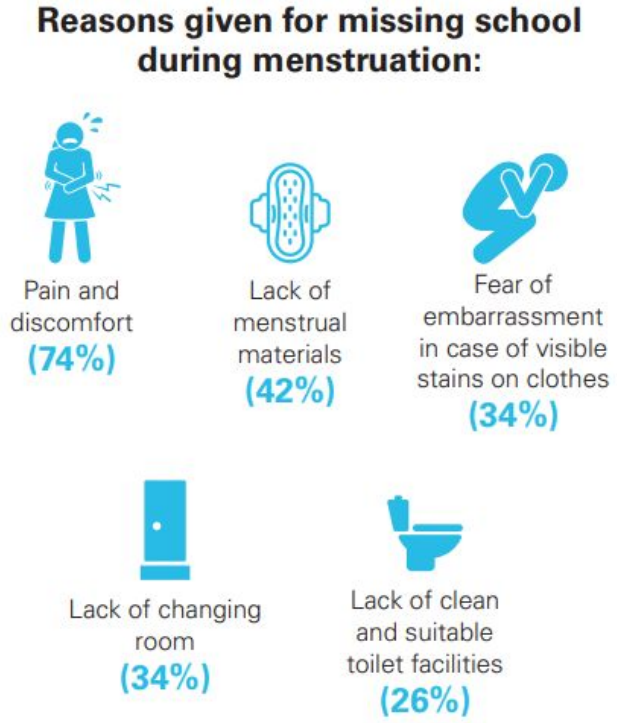
- Young girls and women in Tanzanian schools
- The goal is to expand this initiative throughout Africa to international

Cause of the Problem

> **“Women and girls have human rights, and they have periods. One should not defeat the other”**

- Period poverty
- Cultural stigma and societal beliefs lead to viewing girls and women as inferior
- Lack of menstrual products and pain killers
- Insufficient education about women hygiene
- Poor sanitary facilities in schools

Relevant Statistics



- In Tanzanian schools:
  - 38% have no water facilities.
  - 46% water facilities are not operating.
  - 63% of school restrooms have nowhere to dispose of sanitary pads.
- Less than 50% of teachers are trained on WASH issues
- Because 27% lack basic sanitary facilities in Tanzania, 85% of girls use unsanitary menstrual methods.
- About 48% of girls miss school because of menstruation
- I.e $250/month needed for menstrual pads for 300 girls.

Strategic Implementation

Action Plan

- Provide consistent menstrual products for young girls and women across Tanzania in a monthly basis
- Partner and collaborate with other NGOs (Maji Safi Group, Girls Who Control), local businesses, donors, and manufacturers
- Educate students and local communities to change harmful ideologies
- Train teachers and health workers within the community to be well-equipped with information and support for the students
- Promote sustainable products to reduce waste

Community Involvement

- Bring families, communities, students, and schools together in workshops to minimize cultural stigmas
- Involve community health workers to be better prepared to support locals with information and resources
- Hold fundraiser events through skits, music festivals, competition, marathons, exhibitions etc.



Physical Needs List

Main Items:

1. Menstrual pads
2. Pain killers
3. Cold/Warm compressions

Sustainable products:

1. Menstrual cups
2. Organic tampons/pads
3. Reusable pads (bamboo, cotton)
4. Period underwear

Facility-based:

1. Clean facilities with soap and water
2. Disposal bins for sanitary pads

Specific Goals and Impact

- Ensure that no girls have to miss school due to the lack of hygiene necessities
- Empower young women to break barriers in cultural stigmas
- Educate both girls and boys on menstrual health
- Advocate for policy changes that support menstrual health and hygiene management in schools
- Promote sustainable products to reduce waste
- Equal opportunities for girls, just as boys

Routine Review

- Keep track of what schools and students are receiving the resources such as hygienic pads and pain killers
- Monitor attendance and academic performance of girls
- Collect feedback from students, teachers, and parents to assess program effectiveness
- Adjust strategies according to reviews, keeping eye on the statistics

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