

ACTIVITY COMPLETION REPORT

1.1 INTRODUCTION

Menstruation is a natural phenomenon that cannot be avoided by any normal woman and it comes as and when the girl reaches her puberty. There is limited education on menstruation and menstrual hygiene, rather there are many myths surrounding menstruation to an extent that it can be described as a “necessary evil.” In view of this, sensitizing girls at the basic school level is in a positive direction towards disabusing their minds about any negative information about menstruation hence, they will accept it and manage it well.

Limited or lack of information on menstruation causes girls to absent themselves from school anytime they are in their menses. This can lead to poor performance and even dropping out of school. FoRD-GHANA has been supporting SHEP units of the GES SHEP, to sensitize basic school girls on menstruation and menstrual hygiene. This will improve regularity of girls to school and can lead to positive education outcomes.

1.2 VENUE OF THE ACTIVITY

1. Kpisinga M/A Primary
2. Kpatinga E/A Primary
3. Maazijung M/A Primary
4. Kpatili M/A Primary
5. Maazijung M/A JHS
6. Kpatinga E/A JHS
7. Model girls JHS

1.3 Date: 28th August, 2023 to 1st September, 2023

1.4 PARTICIPANTS

Girls were the main target for this sensitization, the following number of girls took part at the various venues

1. Kpisinga M/A Primary 15 girls
2. Kpatinga E/A Primary 43 girls
3. Maazijung M/A Primary 57 girls
4. Kpatili M/A Primary 13 girls
5. Maazijung M/A JHS 49 girls
6. Kpatinga E/A JHS 53 girls
7. Model girls JHS 87 girls

In all, three hundred and seventeen (317) girls took part in this sensitization.

1.5 AREAS COVERED

1. Definition of menstruation
2. Menstrual cycle and possible age for commencement of cycle
3. Signs and symptoms of menstruation
4. Some myths surrounding menstruation

5. Menstrual hygiene management

1.6 LESSONS LEARNT

1. Basic school boys tease girls when they happen to soil themselves during menstruation in school
2. Some girls cannot afford sanitary pads during menstruation
3. Girls finding it very difficult to inform parents about their menses and problems they are face during menstruation
4. Some myths surrounding menstruation
5. Girls open out very well when they are alone with facilitator

1.7 WAY FORWARD

1. There is the need to use boys/men as partners
2. Parents need sensitization to this effect to enable them assist girls very well
3. Government, donors, NGOs and philanthropies should assist girls with sanitary pads, especially rural and needy girls
4. Basic school girls especially upper primary and Junior High School (JHS) girls should be given more education on menstruation and menstrual hygiene management and even sex education.

1.8 CHALLENGES

Considering the number of schools in Gushegu Municipality, and only six basic schools were selected means that more girls were left out so, going forward more schools should be brought on board to increase the number of beneficiaries.

1.9 CONCLUSION

I conclude by saying that the sensitization was a learning and joyful moment.

Compile by

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