

## Understanding menstrual hygiene

The use of clean menstrual management material by women and adolescent girls to absorb or collect menstrual blood, that can be changed in privacy as often as necessary for the duration of a menstrual period, using soap and water for washing the body as required, and having access to safe and convenient facilities to dispose of used menstrual management materials.

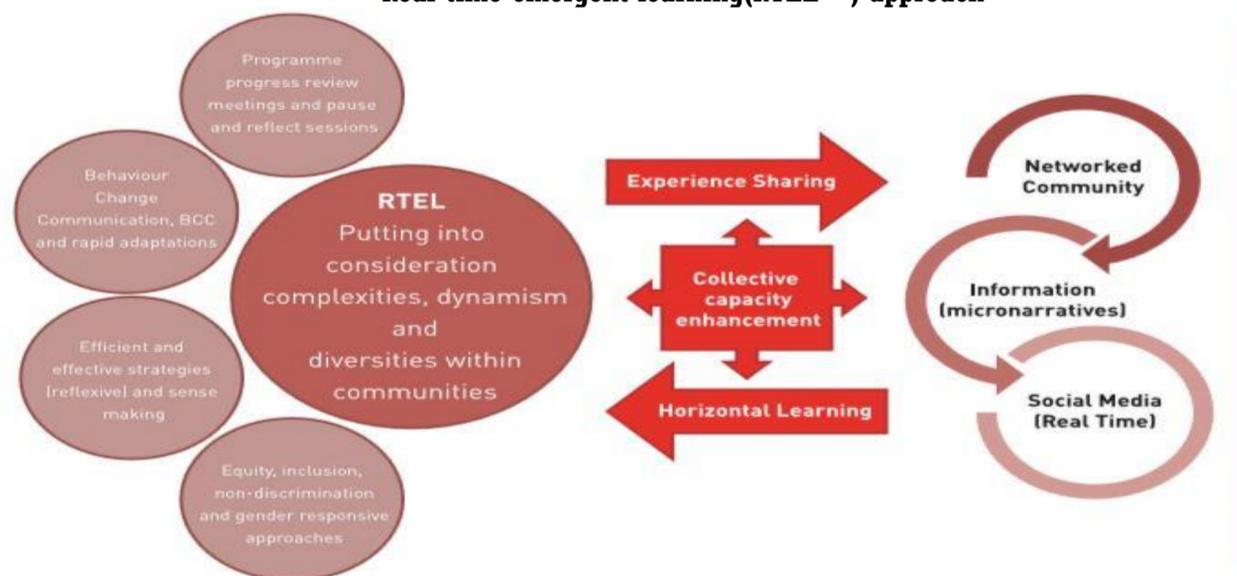
They ought to understand basic facts linked to menstrual cycle and how to manage it with dignity and without discomfort or fear\*.

**SDG 6.2**

...paying special attention to the needs of women and girls and those in vulnerable situations

### The practice of engaging men and boys

Real time emergent learning(RTEL\*\*) approach



### How do men and boys come in ?

- As ambassadors or change makers who challenge the status quo of myths, misconceptions, taboos and cultural beliefs that promote; shame, fear, lack of dignity and discomfort
- Psychosocial support, mostly, by understanding and appreciating vulnerabilities brought about by hormones during menstruation
- Infrastructural and financial support; access to safe spaces (toilets) that provide privacy and security while ensuring adequate provision of water and soap as well as purchasing/making menstrual products
- As researchers/entrepreneurs who can be part of environmentally friendly innovations on safe and hygienic disposal/reuse of used menstrual product

### Online links

<https://www.youtube.com/watch?v=EXgwQpQskoo>

<https://www.youtube.com/watch?v=JE5Q30gJ1Qs>

<https://www.youtube.com/watch?v=9DwF4dkzfK4>



### Developing progress

- Men and boys for good menstrual hygiene theory of change
- Targets and indicators for engaging men and boys in MHM
- Menstruation monologues



A session with boys in Kiplombe primary school

### Lessons learned

- There is need for sharing and learning from practices as well as failures in MHM interventions among players and actors within and beyond the WASH space on real time basis.
- Champion male participation in MHM advocacy planning and strategy development
- The need to improve linkages between MHM sustainability measures and enabling environments