

# Report On The Distribution Of Menstrual Hygiene Kits at Horseed Primary School - Garowe, Puntland, Somalia



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## 1. Introduction

Menstrual hygiene is a crucial aspect of the well-being and educational journey of young girls. However, in underserved communities like Garowe, Puntland, Somalia, many girls face challenges in accessing proper menstrual hygiene products. In an effort to address this issue, we initiated a menstrual hygiene kit distribution campaign at Horseed Primary School, targeting students from Class 6, 7, and 8. Our objective was to provide these girls with the necessary resources to manage their menstruation effectively and with dignity.

## 2. The Kits

Each menstrual hygiene kit distributed at Horseed Primary School included the following components:

- a) **Reusable Sanitary Towels:** These high-quality, reusable sanitary towels are designed for comfort, absorbency, and ease of cleaning. They provide a sustainable solution for managing menstruation and can be used for an extended period, reducing waste and environmental impact.
- b) **Pads:** In addition to the reusable towels, we provided disposable pads for use during heavier flow days or as a backup option. These pads offer extra convenience and security.
- c) **Panties:** Proper undergarments are essential for securely holding sanitary products in place. To ensure the girls have suitable panties for menstrual hygiene, each kit included a pair.

## 3. Distribution Process

The distribution campaign was conducted in close collaboration with school authorities, teachers, and community leaders to ensure a seamless and effective process. Here's an overview of the distribution process:

- a. **Identification of Beneficiaries:** Girls from Classes 6, 7, and 8 at Horseed Primary School were identified as beneficiaries. The selection was based on need and economic circumstances to prioritize those facing the most significant challenges in accessing menstrual hygiene products.
- b. **Information and Education:** Prior to the distribution, informative sessions were organized to educate the girls about the proper use of the sanitary towels and other

components. These sessions emphasized the importance of menstrual hygiene management and answered any questions the girls had.

- c. **Distribution:** The kits were distributed to the identified beneficiaries, with each girl receiving her set of reusable sanitary towels, pads, and panties. The distribution was conducted with the utmost respect for the dignity and privacy of the recipients.

#### 4. Impact and Sustainability

The distribution of menstrual hygiene kits at Horseed Primary School has had a profound impact on the lives of the girls:

- a) **Dignity and Confidence:** The provision of reusable sanitary towels has significantly improved the girls' sense of dignity during menstruation. They can now manage their periods with confidence and without fear of leaks or discomfort.
- b) **Increased School Attendance:** Access to reliable menstrual hygiene products has led to increased school attendance among the girls. The fear of missing school due to menstruation-related issues has significantly reduced.
- c) **Environmental Responsibility:** The use of reusable sanitary towels promotes environmental sustainability by reducing the waste generated by disposable pads.
- d) **Empowerment:** The girls are now equipped with the knowledge and resources to manage their menstruation effectively, enhancing their self-esteem and overall well-being.

#### 5. Conclusion

The distribution of menstrual hygiene kits at Horseed Primary School, targeting students from Classes 6, 7, and 8, has been a pivotal step in addressing period poverty in Garowe, Puntland, Somalia. It has empowered these young girls to manage their menstruation with dignity, ensuring they can focus on their education and personal growth. As a sustainable solution, these kits will provide benefits for an extended period, contributing to a brighter and more inclusive future for the girls and their community.

## 6. ANNEX



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