

Menstrual Hygiene Management (MHM) in Schools of Nepal

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Introduction

Menstrual Hygiene Management (MHM) is a taboo in Nepalese society. Lack of knowledge and appropriate water, sanitation and hygiene (WASH) facilities not only at homes, but also in schools and public places make it difficult for women to manage menstruation hygienically. Nepal Government has tried to include MHM in school curricula and promote gender-friendly toilets in schools through a National Sanitation and Hygiene Master Plan. However, large gaps in the content of existing curricula and the implementation of the Master Plan exist.¹

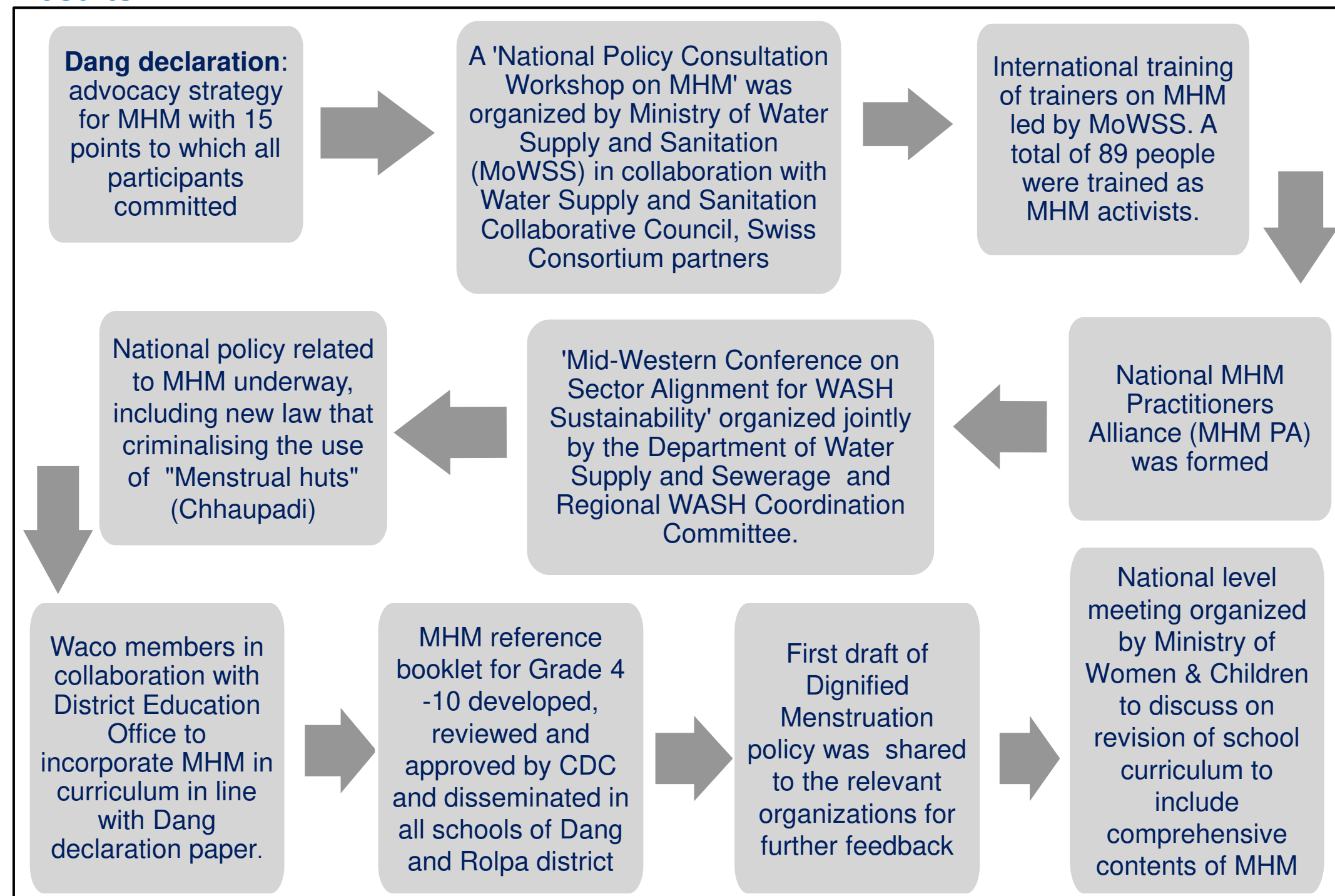
In line with the SDG target 6.2, Nepal Red Cross, as part of the Swiss Water and Sanitation Consortium (Waco) is promoting MHM in schools and together with other Waco partners is engaged in MHM advocacy at regional and national level of Nepal.

Methodology / Strategies

Waco partners coordinated with relevant GO stakeholders, I/NGOs and CBOs to assess existing MHM related policies, provisions and gaps. 'Regional Workshop on Policy advocacy on MHM' was organized in collaboration with relevant GOs. The advocacy workshop was concluded with 15 points advocacy strategies called 'Dang Declaration'. Based on the Dang Declaration various key results followed:



Results



Key Activities

- Advocacy
- Partnership and Coordination
- Raise consciousness on Menstruation through social mobilisation
- Capacity Building of teachers and Students, partners
- Integrating MHM in WASH plans

Advocacy Impact

The regional advocacy workshop created a great momentum for open discussion between GOs, I/NGOs, CBOs and beneficiaries. It raised awareness among government bodies and encouraged them to take major initiatives like formation of MHM Practitioners' Alliance for cross-sector coordination, drafting of a Dignified Menstruation policy and include detailed MHM activities in the national school curriculum. However, continuous joint effort is needed to maintain this momentum to keep MHM high on the policy agenda.



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1. Karki, K. B., Poudel, P. C., Rothchild, J., Pope, N., Bobin, N. C., Gurung, Y., Basnet, M., Poudel, M., Sherpa, L. Y. SCOPING REVIEW AND PRELIMINARY MAPPING Menstrual Health and Hygiene Management. Nepal, 2017.