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 genderfriendly 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

Dang declaration:

advocacy strategy for MHM with 15 points to which all participants committed

Waco members in

collaboration with

District Education

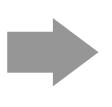
Office to

incorporate MHM in

curriculum in line

with Dang

declaration paper.



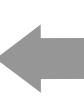
A 'National Policy Consultation Workshop on MHM' was organized by Ministry of Water Supply and Sanitation (MoWSS) in collaboration with Water Supply and Sanitation Collaborative Council, Swiss Consortium partners



International training of trainers on MHM led by MoWSS. A total of 89 people were trained as MHM activists.



National policy related to MHM underway, including new law that criminalising the use of "Menstrual huts" (Chhaupadi)



'Mid-Western Conference on Sector Alignment for WASH Sustainability' organized jointly by the Department of Water Supply and Sewerage and Regional WASH Coordination Committee.



National MHM Practitioners Alliance (MHM PA) was formed

National level by Ministry of to discuss on curriculum to include comprehensive

MHM reference booklet for Grade 4 -10 developed, reviewed and approved by CDC and disseminated in all schools of Dang and Rolpa district



First draft of Dignified Menstruation policy was shared to the relevant organizations for further feedback



meeting organized Women & Children revision of school contents of MHM

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 crosssector 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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