



Water and Pads Project by International Alliance of Women and Zambia Alliance of Women



Contents

Introduction	2
Opening remarks.....	2
Welcoming remarks.....	2
Talk on menstrual hygiene and taking pride.....	2
Donation of Sanitary Pads and Books	3
Challenges	4
Way forward and closing remarks	4



I. Introduction

It is an undoubtable fact that many women and girls countrywide lack access to menstrual hygiene management (MHM) materials and water, sanitation and hygiene (WASH) facilities to manage their menstrual health. This is evidenced by the many women and girls who use unhygienic menstrual management materials, which can cause deadly health complications. Public spaces such as schools which lack adequate ablution and gender -sensitive WASH facilities add to these health complications. According to a research study posted on the BMC Public Health website, about 44 percent of girls drop out of school before completing their secondary education in Zambia.

In the quest to join efforts in ending Period Poverty, Zambia Alliance of Women is implementing a Water and Pad project Kabwe at Chibwe Primary and Secondary school which is being supported by International Alliance of Women.

II. Opening remarks

The Executive Director of Zambia Alliance of Women (ZAW), Ms Edah Chimya gave opening remarks and thanked the school management for allowing ZAW to implement this project at Chibwe School. She highlighted the common challenges associated with menstrual health and she gave an overview of the Water and Pad project, in her remarks she mentioned the project was being supported by International Alliance of Women, ZAW's mother board.

III. Welcoming remarks

The head teacher of Chibwe Primary school welcomed Zambia Alliance of Women team, and thanked the team for the continued support to the school through the provision of pads and menstrual knowledge to the girls.

IV. Talk on menstrual hygiene and taking pride



Ms. Chimya gave a talk to the girls, she started her talk by finding out how many of the girls present had started the menstrual periods, some of the girls were confident enough while some were too shy to admit at the first instant. This made Ms. Chimya talk about how girls should take pride in menstrual period as they are part of womanhood. She encouraged the girls to not feel embarrassed for having menstrual periods.

The programmes officer Ms. Thresa Bwalya further added on how girls can ensure they maintain hygiene even when they had their menstrual period. She explained a few sanitary products and asked the how to dispose non-reuable pads and how to store reuable pads.



V. Donation of Sanitary Pads and Books

A donation of pads and books on womanhood was made after a talk on menstrual hygiene and taking pride in being a Girl Talk.



VI. Challenges



The girls were given an opportunity to air out some of the challenges, the following are some of the challenges

- Lack of gender responsive ablution block
- The school water pump got spoiled it's hard to have enough water to clean up on menstrual period days.
- The sanitary towels are expensive, most girls don't afford hence they miss school when they are on their period.
- They face a lot of stigma from the counterparts as being on periods is unhygienic to them.

VII. Way forward and closing remarks

In closing ZAW assured the girls that it will fundraise more and ensure to respond to some of the challenges. This visit was not the last one as ZAW will continue helping the girls stay in school even on their period through the support of provision of sanitary pads. ZAW thanked management for the time given.



