



**RENATA**  
**Réseau National des Associations des Tantines**  
**Cameroon in Collaboration with**  
**International Alliance of Women IAW / AIF**

## **Report on Water and Pads WP activities at Kongola Djolao and Lougéo Doubaï Schools, Cameroon in 2023**



### **Context and justification**

Menstrual hygiene is an integral part of a young girl's health and has an impact on her education. One of the aspects most often considered when talking about menstrual hygiene is the protection of young girls during menstruation. However, many young girls do not have access to adequate information in this area. In fact, the subject is still taboo.

We planned to carry out the WP activity in the Far North region (Maroua), particularly in outlying areas such as Lougéo Doubaï on 2nd November and Kongola Geolao on 3<sup>rd</sup> November 2023, where the majority of the population has no income, and parents do not always have enough money to buy menstrual hygiene products for their daughters. It is also necessary to promote young people's knowledge of menstrual health and hygiene.

### **General objective**

The general objective is to raise awareness among young girls in Kongola Djolao and Lougéo Doubaï about menstrual health and hygiene and to ensure their well-being.

### **Specific objectives**

- Equip young people with knowledge about menstrual hygiene and eradicate prejudices surrounding this issue,
- Provide schoolgirls with single-use sanitary pads,
- Demonstrate to the schoolgirls the use of washable sanitary pads in their localities.

### **Expected results**

- Schoolgirls are made aware of menstrual health and hygiene to ensure their well-being,
- Schoolgirls are equipped in menstrual hygiene and the prejudices surrounding this issue are eradicated,
- Schoolgirls are supplied with single-use sanitary towels.

### **Methodology**

We visited two public schools, Kongola Djolao and Lougéó Doubaï, to raise the pupils awareness of menstrual health and hygiene. This was done through an educational talk with the young people. It was led by RENATA's Aunties and ended with a discussion session. The pupils received a kit containing sanitary towels, booklets, etc.

### **Results**

We were able to reach 254 teenage girls at the KONGOLA Djolao public school and 321 at the LOUGEO Doubai public school, making a total of 575 teenage girls reached.

**Report by Soki KAMDEM, RENATA focal point for WP in Northern Cameroon**  
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