S0x: Menstrual hygiene “life cycle” activity

Session length

30 minutes

Learning objectives

By the end of the session participants will be able to:

* Describe the “life-cycle” of different types of menstrual materials (e.g. pads, cloth, tampons etc.) and that people who menstruate also need water, soap, waste disposal, private facilities etc.
* Reflect that MHM is much more than simply distributing pads and underwear.
* List the three core components of menstrual hygiene management (MHM) and explain why they are all necessary and interlinked.

Materials and supplies required

* Real items (e.g. underwear, bar of soap, bucket), and photos or drawings (see separate file called “*List of pictures* *for MHM lifecycle activity*”).
* Optional handout: Tool 8: Minimum items to be included in dignity or MHM kits for menstrual hygiene (<https://watsanmissionassistant.org/menstrual-hygiene-management/>)

Activity instructions

1. **Group activity** [10 minutes]

* Depending on the number of participants, you may need to split into smaller groups. Alternatively you can get some people to hold an item/picture and stand up the front of the room, while the other participants put them into “order”
* Give each group set of the picture cards/items
* Ask them to discuss the pictures, and put them in order of what a woman or girl who has their period would need to manage their period. Ask them to think step-by-step, or in a sequence.
* Encourage them to “put themselves in the shoes” of a women or girl who has their period, and think about what you would need to manage your period blood.
* If the groups feel some items or things are missing – they can draw a picture on some paper and include it!
* Get groups to tape the ordered pictures on the wall or on a flipchart.

1. **Participant discussion** [10 minutes]

* Each group presents back on type of material/kit and needs of women and girls
* Encourage a discussion, ask questions

1. **PowerPoint presentation** [10 minutes]

* Summarise the key points and take-home messages
* Ask if anyone has any questions or comments
* Provides links to resources for more information

Key resources

IFRCs MHM Guide and Practical Tools:

<https://ifrcwatsanmissionassistant.wordpress.com/menstrual-hygiene-management/>

Global MHM in Humanitarian contexts guide:

<https://www.rescue.org/resource/menstrual-hygiene-management-mhm-emergencies-toolkit>