

MHM materials activity

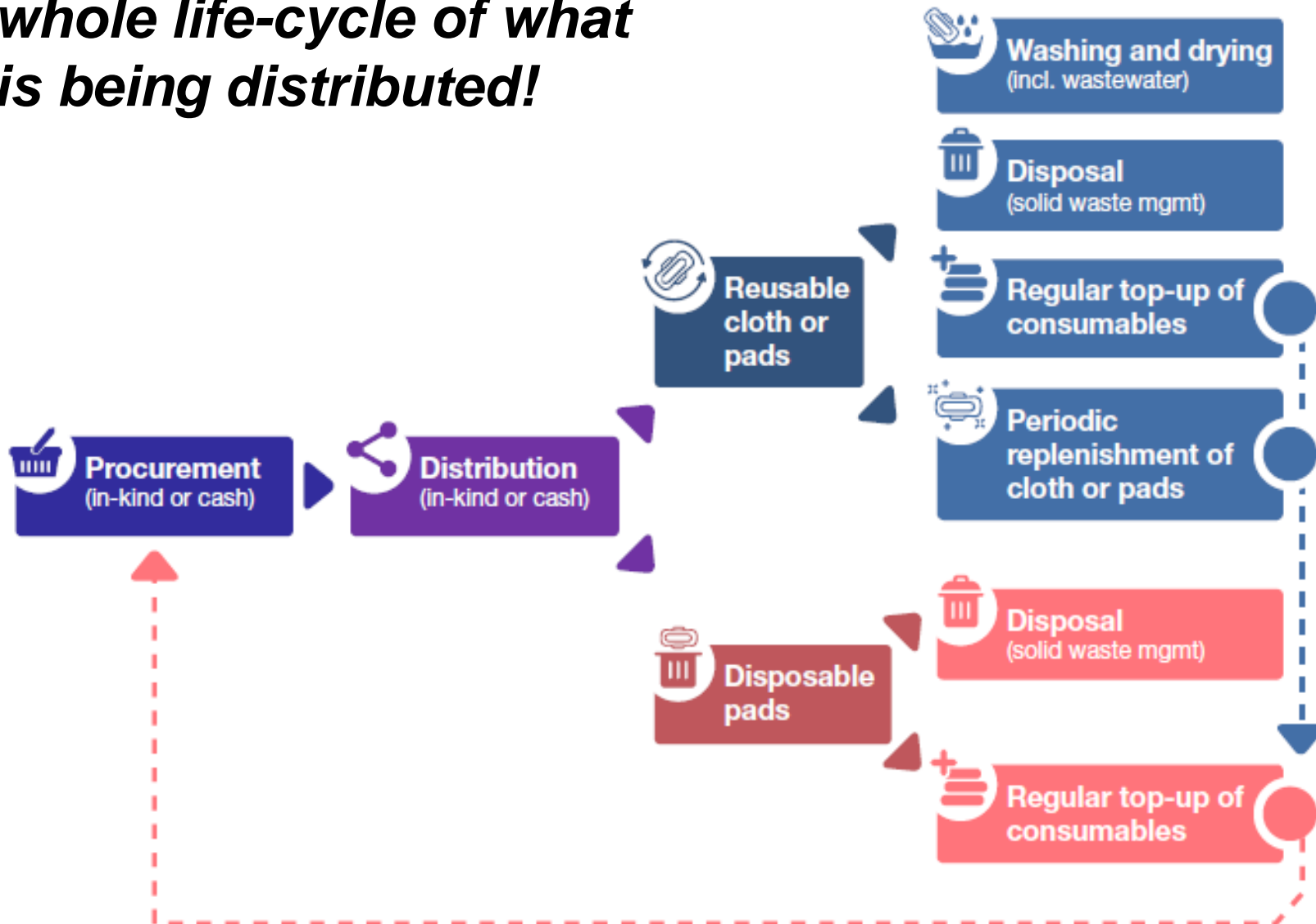
Tasks for your group:

- 1. Take a look at the picture cards. Each one shows an item or action.**
- 2. Put yourself “into the shoes” of a person who is menstruating. Put the cards into order, of what you need to manage your period.**
- 3. Stick the cards up on the wall (or flipcharts).**
- 4. Choose one person to present back to the group! 😊**

Addressing menstrual hygiene needs means addressing all 3 components



Always think about the whole life-cycle of what is being distributed!

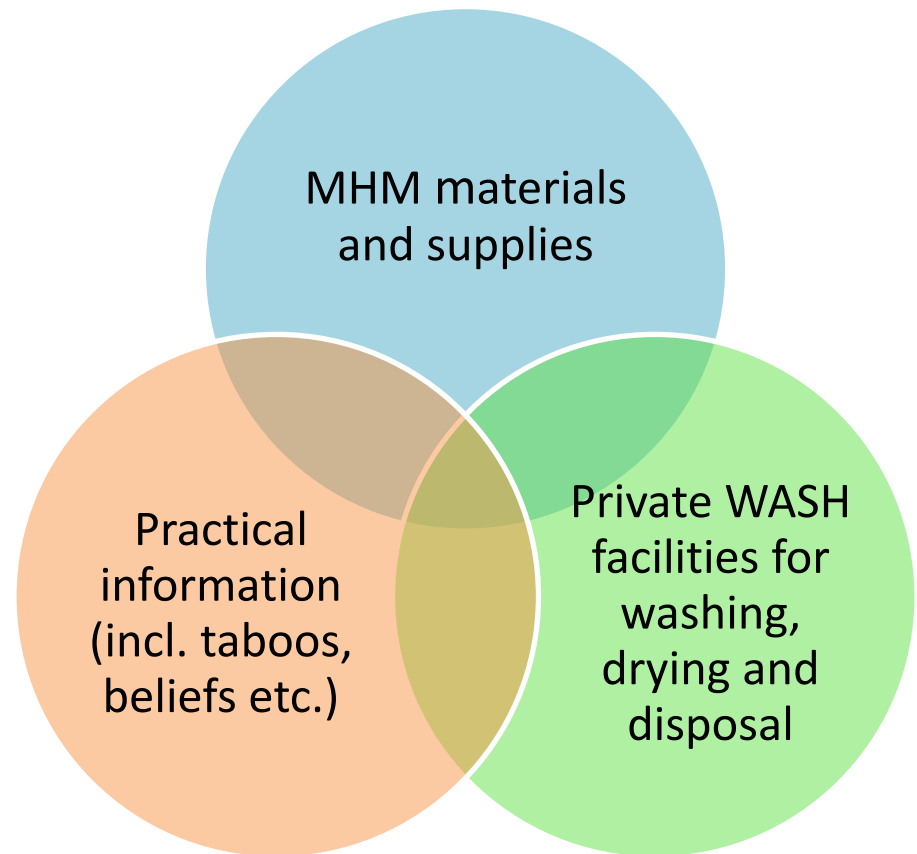


Key points

- **Pads and underwear alone do not address MHM need complementary items (e.g. rope, laundry soap, bucket)**

AND private, appropriate WASH facilities

AND information



Key points continued

- **Any distribution must come with a demonstration of use, information on care & disposal, body and menstruation literacy & personal hygiene**
 - **Health - provide information on SRH, STIs, HIV....**
 - **PGI – referrals to other services (e.g. SGBV...) – AND coordination with any dignity kit distribution**
- **Ask & listen to women and girls about their needs, challenges and suggestions – and always involve men and boys**
 - **monitor between 1 – 2 months after any MHM related distribution**
 - **decision making for household spending, cultural attitudes, teasing etc.**

Want to know more?

Check out all of IFRCs Practical Tools for MHM available:

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

Join IFRC's Community of Practice on MHM:

<https://ifrc.csod.com/phnx/driver.aspx?routename=Social/Communities/LearningCommunityWithFeed&Root=25>

Get a broader perspective from the Global MHM in Humanitarian Guide:

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

Deep-dive into “Menstrual Hygiene Matters” resource:

<https://washmatters.wateraid.org/publications/menstrual-hygiene-matters>

Thanks!

