



AMPLIFYCHANGE

## AmplifyChange's work on menstrual health



We have been heartened to see the growing interest and engagement with menstrual health over the past few years. AmplifyChange recognises menstrual health as a cross-cutting SRHR theme with a focus on overlooked and marginalised communities such as refugees, people with disabilities, the LGBTI community, and those with menstrual disorders.

AmplifyChange supports inclusive and holistic menstrual health projects that work on access to products and education for all who menstruate as

well as public dialogue and stigma reduction in order to normalise and mainstream menstrual health.

Covid-19 has illustrated the increased need for community level engagement and ownership of menstrual health programmes with school-based continuing to play a key role in menstrual health education, advocacy and service provision.

Image (above): Boondh, India.

### Grantee approaches:



- Creating apps and digital content to empower and educate on menstrual health



- Engaging the media to increase coverage of menstrual health issues



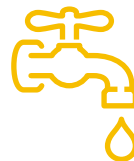
- Ensuring access to menstrual products, information and services during COVID-19



- Working with schools to establish menstrual health as part of the curriculum



- Working with persons with disabilities to mainstream specific menstrual needs which are often overlooked



- Outreach to displaced communities living in situations with limited water and sanitation facilities



- Advocacy at local, regional, and national levels to improve legislation, access and budgeting for menstrual health education and services including in schools, prisons and workplaces

**9%** of our ever-funded grants have a focus on menstrual health

We currently support **77 projects** across **26 countries**

Our investment in **menstrual health programming**

has more than doubled to **€3.7m** since 2018





## PROJECT TO COMBAT STIGMA LINKED TO TABOOS ON MENSTRUATION AND INADEQUATE CONSIDERATION OF MENSTRUAL HEALTH IN PUBLIC POLICIES IN BURKINA FASO

Organisation pour les Nouvelles Initiatives en Développement et Santé adopted a hybrid school and community approach. They engaged a range of community actors, including healthcare workers, on the topic of menstrual health as well as providing information within school settings.

Traditional chiefs were key in supporting community messaging to reduce stigma while 'menstrual health champions' helped set up and manage menstrual health clubs in eight schools and four training centres.

### Key results:

- Support from the Ministry of Education for the training of menstrual health champions and dissemination of information in the school settings
- Implementation of school-based monitoring system to collect data on the effect of lack of menstrual health resources in schools
- Increased national dialogue on the importance of menstrual health and other SRHR topics in school curricula through successful engagement of the Ministry of Education

## OPERATING A NATIONAL LEVEL PLATFORM ON MENSTRUAL HEALTH IN BANGLADESH

Bangladesh Nari Progati Sangha convenes the national Menstrual Health Platform. This platform is unique in Bangladesh and focuses on the intersectionality between the water, sanitation and health sector and the SRHR sector, including both private and public groups.

It operates nationally on a taboo topic bringing together groups which have not previously worked together. There are over 40 members of the menstrual health Platform and the strength and diversity of the platform is achieving results and bringing about important changes for women and girls.

### Key results include:

- Through the successful advocacy of the menstrual health platform the business sector is now engaged to ensure affordable products for low-income groups
- Partnerships have been developed with the corporate social responsibility sector, and businesses with no prior menstrual health interest have been successfully engaged. Media training and reporting is also supporting the ongoing advocacy
- The Ministry of Finance and the Directorate General of Family Planning have been involved in the cross-sectoral discussions, another factor in the success of this project





## PROJECT TO SUPPORT THE MANAGEMENT OF MENSTRUAL HEALTH AMONG SCHOOL-BASED GIRLS IN CAMEROON

Partnering with the Ministry of Secondary Education and collaborating with schools, districts, and local government, Horizons Femmes successfully implemented their menstrual health project in four regions in Cameroon. This ensured vital menstrual health education was integrated into school curricula. Horizons Femmes worked with menstrual health clubs - student-led groups integrating boys and girls - to educate students about menstrual health and reduce stigma in school settings. Particularly key to the social norm change was their bold communications approach, including their mascot who was a pad named Nina.

Advocacy was a key activity. Horizons Femmes supported community leaders, politicians and journalists to advocate for improving menstrual health education and resources. They also organised a national forum on menstrual health enabling students to advocate directly to government about their needs, thereby amplifying the voices of young people.

### Key results:

- Communal governments in the four regions included menstrual health products into school budget lines
- School administrations and local districts prioritised funds to improve toilet facilities and provide menstrual health products to students
- Attendance throughout the school day improved as a result of access to menstrual products, appropriate toilet facilities and the reduction of stigma in the school environment



A fund managed by:



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