



REPORT OF THE MENSTRUAL HYGIENE MANAGEMENT SENSITIZATION FOR ADOLESCENT GIRLS

Held at Trophy Guide College, Igando, Ikotun LCDA,
Lagos State on 29 March 2026

Grassroot People and Gender Development Center (GRADE)

1. Executive Summary

On 29 March 2026, the Grassroot People and Gender Development Center (GRADE) successfully organized a one-day Menstrual Health and Hygiene Management (MHHM) sensitization and capacity-building programme for 120 adolescent girls at Trophy Guide College, Igando, Ikorodu LCDA, Lagos State.

The programme brought together girls from various secondary schools alongside school administrators and teachers to increase awareness, improve menstrual hygiene practices, dispel harmful myths surrounding menstruation, and encourage healthy menstrual management among adolescent girls.

The event featured educational presentations, interactive learning sessions, practical demonstrations, menstrual cycle tracking education, fun competitions, participant evaluations, and the distribution of menstrual hygiene materials. One significant finding from the programme was the extremely low awareness and use of reusable sanitary pads among participants. Less than ten girls had ever heard about reusable menstrual pads, while many disclosed that they sometimes relied on pieces of cloth (rags) during menstruation because they could not consistently afford disposable sanitary pads.

The programme concluded with a commitment pledge by participants to practice proper menstrual hygiene, challenge menstrual stigma, and share the knowledge gained with their peers.

2. Background

Menstrual health remains one of the most overlooked aspects of adolescent girls' health and wellbeing in many communities across Nigeria. Limited access to accurate information, menstrual products, and supportive environments often exposes girls to shame, absenteeism from school, infections, and low self-esteem.

In many low-income households, girls resort to unsafe menstrual materials due to financial constraints. Misconceptions and cultural taboos surrounding menstruation further contribute to poor menstrual hygiene practices and silence around menstrual health.

Recognizing these challenges, GRADE organized this sensitization programme to equip adolescent girls with the knowledge, confidence, and practical skills needed to manage menstruation safely and with dignity.

3. Objectives of the Programme

The programme sought to:

- Increase knowledge of menstruation and menstrual hygiene among adolescent girls.
- Correct myths and misconceptions associated with menstruation.
- Promote healthy menstrual hygiene practices.
- Introduce menstrual cycle tracking using calendars.
- Increase awareness of reusable sanitary pads as a sustainable and affordable menstrual hygiene option.

- Encourage girls to become advocates for menstrual health within their schools and communities.

4. Participants

The programme was attended by:

- 120 adolescent girls from various secondary schools
- School administrators
- Teachers
- GRADE programme staff and volunteers

The diverse participation created an enabling environment for learning, discussion, and experience sharing.

5. Programme Proceedings

Opening Session

The programme commenced with a warm welcome from the Executive Director of Grassroot People and Gender Development Center (GRADE), Mrs. Vivian Emesowum.

In her opening remarks, she welcomed all participants and appreciated the school management, teachers, and partner schools for creating an opportunity to educate girls on an issue that directly affects their health, education, confidence, and future.

She emphasized that menstruation is a natural biological process and should never be a source of shame or discrimination. She encouraged participants to ask questions freely, participate actively throughout the programme, and become ambassadors of menstrual health awareness within their schools and communities.

Session One: Understanding Menstruation and Addressing Myths

The first technical presentation was delivered by Mrs. Mary Ekpoto, who facilitated an engaging session on:

- Understanding menstruation
- The menstrual cycle
- Personal hygiene during menstruation
- Common myths and misconceptions surrounding menstruation

Using simple language and relatable examples, the facilitator explained the biological processes behind menstruation and corrected several misconceptions commonly held among adolescents.

Participants were encouraged to understand that menstruation is normal, healthy, and should never prevent girls from participating in school, sports, or leadership activities.

The interactive nature of the session encouraged numerous questions, allowing participants to clarify long-held misconceptions.

Menstrual Cycle Tracking

As part of practical menstrual health education, each participant received a menstrual calendar to support monthly cycle tracking. Facilitators demonstrated how to:

- Record the first day of menstruation.
- Calculate cycle length.
- Predict future menstrual periods.
- Identify irregular menstrual patterns requiring medical attention.

Many participants indicated that this was their first experience learning how to monitor their menstrual cycle.

Interactive Games and Competitions

To reinforce learning, GRADE organized interactive games and competitions coordinated by Ms. Yetunde and Ms. Ada, members of the programme team.

The activities encouraged active participation while testing participants' understanding of menstrual health concepts discussed during the training. The fun learning approach created an energetic atmosphere and increased participants' confidence in discussing menstrual health openly.



Awareness on Reusable Menstrual Pads

The Executive Director, Mrs. Vivian Emesowum, facilitated a practical discussion on reusable sanitary pads. She explained:

- What reusable pads are.
- Their health benefits.
- Environmental benefits.
- Cost-effectiveness.
- Proper washing, drying, and storage methods.
- Safe usage and maintenance.

The session highlighted reusable sanitary pads as a sustainable solution for girls who struggle to purchase disposable sanitary products every month. Participants expressed significant interest in learning about this alternative.

6. Key Findings

During discussions and participant interactions, several important findings emerged:

- Less than ten out of the 120 girls had ever heard about reusable sanitary pads.
- None of those aware of reusable pads reported regular use.
- Many participants admitted that they sometimes used pieces of cloth (rags) during menstruation due to financial challenges.
- A significant number of girls had never received formal education on menstrual hygiene before the programme.
- Many participants were unfamiliar with menstrual cycle tracking before receiving the menstrual calendars.

These findings demonstrate substantial knowledge gaps and underscore the urgent need for continued menstrual health education and improved access to affordable menstrual products.

7. Distribution of Menstrual Hygiene Materials

To support improved menstrual hygiene practices, GRADE distributed sanitary pads to all 120 participating girls. Each participant also received a menstrual cycle tracking calendar to encourage proper monitoring of their menstrual health.

The distribution ensured that participants left the programme equipped with both knowledge and practical resources to manage menstruation safely.

8. Evaluation and Participant Commitment

At the conclusion of the programme, participants completed evaluation forms to assess:

- Knowledge gained.
- Session effectiveness.
- Facilitator performance.
- Overall programme satisfaction.
- Recommendations for future activities.

The girls also participated in a pledge session where they committed to:

- Practicing good menstrual hygiene.
- Rejecting harmful myths surrounding menstruation.
- Supporting fellow girls experiencing menstruation.
- Sharing the knowledge acquired with friends and classmates.
- Speaking confidently about menstrual health without shame.

9. Outcomes

The programme achieved several important outcomes:

- Increased awareness and understanding of menstruation among 120 adolescent girls.
- Improved knowledge of menstrual hygiene management practices.
- Increased confidence among participants to openly discuss menstrual health.
- Introduction of menstrual cycle tracking as a healthy self-management practice.
- Increased awareness of reusable sanitary pads as a sustainable menstrual hygiene option.
- Distribution of sanitary pads and menstrual tracking calendars to all participants.
- Strengthened commitment among participants to become peer educators and advocates for menstrual health.

10. Challenges Identified

The programme revealed several ongoing challenges affecting adolescent girls:

- Limited access to affordable menstrual hygiene products.
- Poor awareness of reusable sanitary pads.
- Continued reliance on unsafe menstrual materials, including rags.
- Persistent menstrual myths and stigma within communities.
- Limited access to comprehensive menstrual health education in schools.

11. Recommendations

Based on the programme findings, GRADE recommends that:

- Menstrual health education should be integrated into school health programmes across Lagos State.
- Schools should establish menstrual health clubs to provide continuous education and peer support.
- Government agencies, civil society organizations, and development partners should improve access to affordable menstrual products.
- Greater investment should be made in promoting reusable sanitary pads as an environmentally friendly and cost-effective solution.
- Parents and caregivers should receive orientation on supporting girls during menstruation.
- More community-based menstrual hygiene campaigns should be conducted to eliminate stigma and misinformation.

12. Conclusion

The Menstrual Health and Hygiene Management sensitization programme successfully equipped 120 adolescent girls with essential knowledge and practical skills for safe menstrual management. Beyond increasing awareness, the programme provided a safe space for girls to discuss menstruation openly, ask questions, and challenge harmful myths.

The revelation that many girls continue to rely on unsafe materials such as rags, and that awareness of reusable sanitary pads remains extremely low, highlights the pressing need for sustained interventions in menstrual health education and access to affordable menstrual products.

GRADE remains committed to promoting menstrual dignity, improving girls' health outcomes, and ensuring that no girl is prevented from reaching her full potential because of menstruation. Through continued partnerships with schools, communities, and stakeholders, the organization will continue to champion initiatives that empower girls with knowledge, confidence, and the resources needed to manage menstruation safely and with dignity.

Note: This report can be further strengthened with photographs and captions from the event, an agenda/programme schedule, participant demographics (age, schools represented), pre- and post-training evaluation results, quotes from participants and teachers, a financial summary, and annexes containing attendance sheets, evaluation forms, and media coverage.

PHOTOS





