

Workshop Outline

Menstrual Hygiene Management

LENGTH: 1 day

WORKSHOP DESCRIPTION

'Menstrual Hygiene Management' orientation is designed for lower secondary level and secondary level students who are new to menstruation and menstrual hygiene. As menstruation starts at adolescence and physical changes are seen amongst them, a precise guidance, emotional and physical support to understand the specifics of the changes they experience is a must. Without such precise interventions, adolescents tend to draw their own conclusions and operate under assumptions regarding menstruation and menstrual hygiene which may or may not be accurate. So, the orientation program tends to give the related information on the topic and play their roles/ act appropriately from their respective areas.

OBJECTIVES

Upon completion of the workshop participants will be able to:

- Understand concept on menstruation and menstrual cycle
- Describe importance of menstrual hygiene management
- Explain the roles and responsibilities of teachers, family and friends on menstrual hygiene management

PARTICIPANTS

This orientation is developed for the following target audiences:

- School students of class 8, 9 &10
- FCHVs (Female Community Health Volunteers)
- Teachers
- Community members

This is an intermediate level workshop where participants will be able to gain knowledge and information on various techniques to attain total sanitation in a community. Participants will observe demonstrations and practice using various methods. However, this workshop is not intended to provide full training on the construction of each technology or implementation of projects on particular aspects.

METHODS OF INSTRUCTION

This participatory style workshop includes theory, classroom exercises, open discussion and demonstrations in the workshop. Active participant engagement in learning activities is highly encouraged.

CONTENT

The following is a list of the topics to be covered in the Workshop.

- Menstruation
- Menstrual cycle
- Menstrual hygiene management
- Roles and responsibilities on menstrual hygiene management

For Further Detail

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