

## Menstrual hygiene is fundamental to



Image: WASH United

ADVANCING  
EDUCATION

#Menstruation  
Matters

Girls' **right to education** is being violated through inadequate **menstrual hygiene education**, insufficient **water and sanitation** facilities, and poor access to **sanitary menstrual materials**. Menstrual hygiene facilities and services keep girls in school where they can reach their **full potential**.

### The Challenges

1. In India, 66 % of girls-only schools do not have functioning toilets.
2. 83% of girls in Burkina Faso and 77% in Niger have no place at school to change their sanitary menstrual materials.
3. 32.5% of schoolgirls from South Asia had not heard about menstruation prior to menarche and an overwhelming 97.5% did not know that menstrual blood came from the uterus.
4. In Sierra Leone, girls who are normally active classroom participants sit in the back because they worried about emitting an odor or leaking through their clothes while menstruating.
5. A study at a school in Uganda found that half of the girl pupils missed 1-3 school days a month, or 8-24 school days a year.
6. UNESCO estimates that 1 in 10 African girls miss school during menses, eventually leading to a higher school drop out rate.
7. In Ghana, girls miss up to 5 days a month attributed to inadequate sanitation facilities and the lack of sanitary products at school as well as physical discomfort due to menstruation, such as cramps.

### In her words:

"I hate menstruation because I have to miss school during those days and I love my school. There are no facilities where I can change and dispose menstrual waste which is why my mother always makes me stay home."

- Kishori from Bettiah, India

### The Good News

8. A Ghanaian study found that girls' attendance increased substantially after receiving free sanitary pads and puberty education.
9. Many NGOs & social businesses are making enormous progress on delivering menstrual hygiene education, like designing fun and games-based curricula that engages both boys and girls.

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MENSTRUAL  
HYGIENE DAY

[www.menstrualhygieneday.org](http://www.menstrualhygieneday.org)

*Use these facts to end the hesitation around menstruation!*