



Girls Voices Reaching the Government

UNICEF-KYRGYZSTAN

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children

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UNICEF WORK ON MHM IN KYRGYZSTAN

- To assess knowledge, attitudes, and practices around menstruation
- To identify the primary challenges to menstrual hygiene management (MHM) for schoolgirls in Kyrgyzstan
- To seek possible solutions to increase puberty and menstruation knowledge among adolescents and provide an enabling environment for MHM in schools
- Advocacy for improved WASH in Schools for girls.

MHM Research in Kyrgyzstan

Data Collection + Analysis

Develop Basic Package Materials

Develop Research Report & Briefer

Validation of Basic Package Materials

Share Research Findings and Recommendations

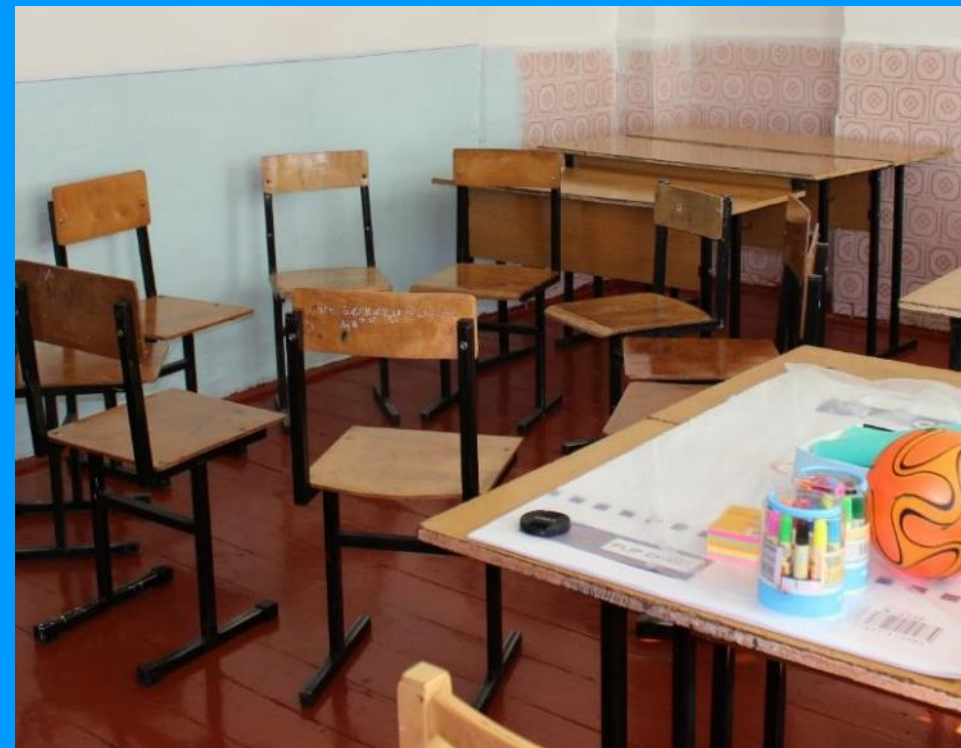
Local Advocacy Events

National Advocacy Event

Distribute Basic Package Materials

MHM formative research: Tools & participants

- The formative research employed qualitative research methods
- 39 research activities with 200 participants conducted
- FGD with girls aged 12-16, boys aged 12-16, mothers and fathers of adolescent girls.
- In-depth interviews conducted with adolescent girls and Key informant interviews with school staff.
- WASH facility observation at research schools.
- Validation activities conducted at schools after the initial data collection and preliminary analysis.



Six chairs set up in a circle, and drawing materials in preparation for a FGD

Key research findings in Kyrgyzstan

DETERMINANTS

Insufficient knowledge and support

Inadequate school WASH facilities and software

CHALLENGES

- Fear of menarche
- Reluctance to seek support
- Poor MHM understanding
- Irregular menstruation
- Pain and weakness
- Masking health concerns
- Leaks and stains
- Odor
- Inability to change and wash at school
- Teasing and embarrassment

IMPACTS

- Missed class times
- Withholding urination
- Stress
- Distraction
- Self-exclusion
- Reduced participation at physical activities

RISKS

- Anemia
- Missed education opportunities
- Infections

Basic Package on MHM

- Story Book on puberty for 8-10 y.o. girls
- Guidebook on puberty for 11-18 y.o. girls
- Guidelines for Parents and Caregivers
“Talking to a daughter”
- Guidebook for teachers
- Guideline for Headmasters

Advocacy for better WinS for girls



Research Findings to National Advocacy



Members of Parliament
First Lady of Kyrgyzstan
Minister of Education
Deputy MoE, MoH, MoF



Next steps

- Enhancing WASH in Schools programming in Kyrgyzstan with well defined support in the area of MHM;
- Generating evidence on health and education outcomes as result of improved MHM situation in schools;
- Scaling up WASH in Schools / MHM programming to cover more schools and communities in Kyrgyzstan;

