

Among all the women currently living under \$2/day, almost a quarter are schoolgirls of menstrual age. Menstruation poses serious challenges to a majority of them, threatening their ability to attend and participate in school: Incapacity to perform proper menstrual management can lead to girls missing several days of school each month, which in turns, can quickly lead to educational difficulties and increase the risk of dropping out from school entirely.

The following Checklist is defined to ensure that all the basic needs for MHM are covered when supporting sanitation in Schools.

Hardware component	Comments
✓ Separate toilets for boys and girl ; toilets for pupils to be separate to teachers, as defined by national policy	<ul style="list-style-type: none"> • WHO standards: <ul style="list-style-type: none"> • 1 per 25 girls and one for female staff • 1 toilet and 1 urinal or 50 cm of urinal wall per 50 boys and one for male staff
✓ The needs and preferences of the future users have been taken into account in the design of the latrine blocks (use of participatory design for defining latrine options, location)	<ul style="list-style-type: none"> • In particular: Enough space /design in the toilets so as for the girl to have space for bathing, cleaning and changing – see further points below
✓ Consider a larger cubicle with a squatting slab/seat for defecation as well as a washing area	<ul style="list-style-type: none"> • The washing area should have a sloping floor with drainage holes for the wastewater used for bathing
✓ Otherwise, include a separate bathing-only cubicle as part of the latrine block	<ul style="list-style-type: none"> • The washing area should have a sloping floor with drainage holes for the wastewater used for bathing
✓ Consider the following construction options: <ul style="list-style-type: none"> • Build blocks of latrines and bathing facilities all-in-one so that girls do not have to walk between blocks • High walls around the latrine blocks, made from solid materials without holes • Where adding a bin is not possible, ensure that the latrine pit is large enough to take account of the solid waste materials that will be deposited in them 	
✓ Water and soap available	<ul style="list-style-type: none"> • The following should be added to the basic quantities as necessary. Figures given are for day schools. They should be doubled for boarding schools: <ul style="list-style-type: none"> • Flushing toilets: 10 - 20 litres per person per day for conventional flushing toilets. • Pour-flush toilets: 1.5 – 3 litres per person per day • Anal washing: 1 - 2 litres per person per day. • Ensure containers/basins are available to allow girls to carry water to the cubicles

✓ Lock on the door for privacy	<ul style="list-style-type: none"> • If resources are very constrained, this could be done just with a string and a nail.
✓ Include a bin/waste disposal container within the cubicle that is frequently emptied	<ul style="list-style-type: none"> • If this is not possible, see 2 points above about adequately sizing the latrine pit. The standard keyhole design should be 160 – 180 mm in diameter and 250 - 400 mm long. See here
✓ Adequate lighting	<ul style="list-style-type: none"> • The cubicles should be designed to be light and well-ventilated, with a window well-above head height • If the latrines are located at boarding schools, good lighting should be included inside and outside the latrine block to ensure visibility at night
✓ Safe location	<ul style="list-style-type: none"> • The latrines should be at an acceptable distance away from classroom/accommodation blocks (i.e. not too close so as to be non-private, and not too far to ensure they are used)
✓ Regular cleaning of the latrines	<ul style="list-style-type: none"> • Discussion for clarifying who will perform the regular cleaning the latrines blocks should be a prerequisite to any school latrine construction plan (=no latrines should be built unless a cleaner is clearly identified by the school board,). • Cleaning the toilets should not be a punishment or dedicated to the girls. • One should not rely on hygiene clubs for the cleaning (self-management has often proven not to work in schools)
✓ Anal cleansing material is available	<ul style="list-style-type: none"> • To avoid the latrines to be blocked by use of leaves, stones, other "blocking" materials
✓ Desludging service are available for when the latrine pit is full	<ul style="list-style-type: none"> • Ideally, this should be part of the prerequisites for any latrines school construction plan (as often latrines stop being used when the pit is full)
✓ Consider hanging mirrors	<ul style="list-style-type: none"> • The mirrors can help to check that there's no blood on clothes, to allow girls re-cover their heads (and general appearance for both boys and girls).
✓ For boarding schools, a room for washing menstrual cloths as well as a private area to dry these cloths should be provided	

Software component	Comments
✓ Teaching and learning material available for pupils and teachers	<ul style="list-style-type: none"> • The content of the material should provide facts and address norms, taboos and stigma related to menstruation for girls of all ages and different cultural and ethnic backgrounds • For example: see here
✓ Peer-to-peer education	<ul style="list-style-type: none"> • Through school or hygiene clubs, association, etc . • Thematic: MHM, hygiene promotion, GBV.
✓ Education on menstruation and menstrual hygiene for girls (and boys but just the basics in order to avoid stigmatisation of girls)	<ul style="list-style-type: none"> • To be aligned with existing national education curriculum). • First to be planned separately (single sex group) then jointly

✓ Education on puberty in classroom for girls and boys	<ul style="list-style-type: none"> Consider who is most appropriate to facilitate these sessions, according to the context (teacher, community health worker etc)
✓ Training of teacher on MHM	<ul style="list-style-type: none"> Also school management board (including community), parents, parents association, female adults who have been identified to discuss menstrual hygiene with adolescent girls.
✓ A local pad production training	<ul style="list-style-type: none"> Practical exercises in class or through activities in the school clubs (pads to be made of locally material available). Considering partnering with a local organisation if one exists in the area with experience in this activity (see here the 'Growing up at school' manual where there is a section on making a pad). Links to be added as reference With the exception of humanitarian crisis, we should prioritise reusable sanitation pads rather than distributing disposal ones (often part of the hygiene kits but just for one month supply): see links to local manufacturers of reusable pads here. In addition: information on how to dry the pads (see manuals below)

Key Resources

- 'Growing up at school' manual : http://www.ecosanres.org/pdf_files/EcoSanRes-Publication-GrowingUpAtSchool-AnnieKanyemba.pdf
- Wateraid manual: <https://www.dropbox.com/s/8zjruwdz2kwhzjb/Menstrual%20hygiene%20matters%20wateraid%20manual.pdf?dl=0>
- Reference: WASH standards in school. WHO 2009: http://www.who.int/water_sanitation_health/publications/wash_standards_school.pdf
- Training sessions for parents and community (general about puberty) : [GrowUp Smart Facilitators Manual](#)
- Suggested indicators for MHM (Plan manual): http://www.communityledtotalsanitation.org/sites/communityledtotalsanitation.org/files/Plan_MHM_Suggested_indicators_September2015.pdf
- Recommendations and Resources for Concern WASH staff when addressing MHM in schools in low-income countries: <https://www.dropbox.com/s/an2os5lbtddl2e/MHM%20toolkit%20recommendations%20and%20resources.pdf?dl=0>
- WASH-plus MHM toolkit http://www.washplus.org/sites/default/files/mhm_toolkit2015.pdf
- Example of company for making reusable pads: BeGirl <https://www.begirl.org/>
- "Menstruation hygiene management for schoolgirls", WEDC (<http://wedc.lboro.ac.uk/resources/booklets/G018-Menstrual-hygiene-on-line.pdf>)

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