Menstruation is considered normal.

Taboos and stigmas no longer exist.

In Nigeria, menstruating girls and young women are faced with certain restrictions such as:
- Entering certain designated places of worship
- Handling/holding religious objects
- Bathing in a designated place in a traditionalist setting
- Entering rooms of a ritualist

In some parts of Nigeria, girls are still confined indoors upon their first menstruation. This still happens to date.

In Nigeria, menstruating girls and young women are faced with certain restrictions such as:
- Entering certain designated places of worship
- Handling/holding religious objects
- Bathing in a designated place in a traditionalist setting
- Entering rooms of a ritualist

This still happens to date.

Menstruation is considered normal.

Taboos and stigmas no longer exist.

In Nigeria, menstruating girls and young women are faced with certain restrictions such as:
- Entering certain designated places of worship
- Handling/holding religious objects
- Bathing in a designated place in a traditionalist setting
- Entering rooms of a ritualist

This still happens to date.

Menstruation is considered normal.

Taboos and stigmas no longer exist.

In Nigeria, menstruating girls and young women are faced with certain restrictions such as:
- Entering certain designated places of worship
- Handling/holding religious objects
- Bathing in a designated place in a traditionalist setting
- Entering rooms of a ritualist

This still happens to date.
Clean and private toilets with water and soap are available at school, at the workplace, in institutions, at public toilets and at home.

From MHM Nigerian study, only 41% of the number of schools with toilets that are for girls alone.

Only 33% of the number of schools with locks inside and partially functional for use.

Only 25% of the number of schools with handwashing facilities with soap and water.

Factual information and education about menstrual should be provided in school, media, peers, friends, siblings and at home.

96% of school girls from MHM Nigerian study were not aware of menstruation prior to menarche.

100% said that menstruation is secret and should not be discussed openly.

Hygienic sanitary products are easily accessible and affordable. Used materials are safely disposed of.

Menstruating school girls have no safe facilities for disposal of used menstrual materials. The MHM Nigeria study showed that 8% number of schools with space or pits used for burning used sanitary materials 8% number of schools with incinerators for burning used sanitary materials. Improper disposal of used sanitary materials can cause serious environmental pollution and health concern.