

NO TABOOS

IDEAL SCENARIO

HARSH REALITY



In Nigeria, menstruating girls and young women are faced with certain restrictions such as:

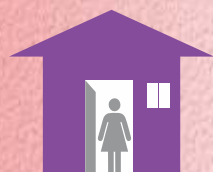
- Entering certain designated places of worship
- Handling/holding religious objects
- Bathing in a designated places in a traditionalist setting.
- Entering rooms of a ritualist



Menstruation is considered normal



Taboos and stigmas no longer exist.



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

WHAT CAN WE DO?

TALK!

Break the silence at home, work or school use **#MENSTRUATIONMATTERS**

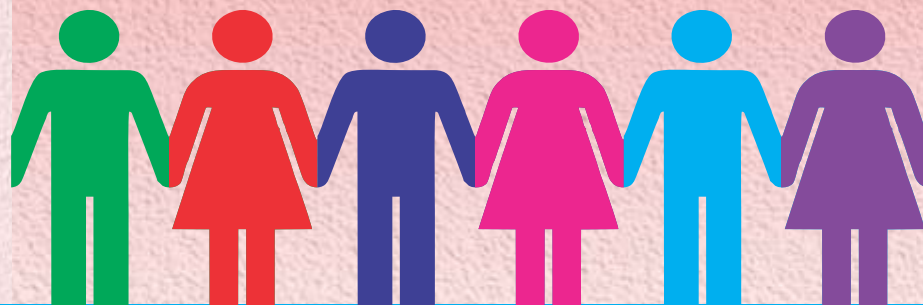
SUPPORT!



The Women and Girls in your life

CELEBRATE!

Menstrual Hygiene Day
28 May



MENSTRUAL HYGIENE MANAGEMENT (MHM)

IDEAL SCENARIO

HARSH REALITY

HALF OF THE WORLD MENSTRUATES



MENSTRUAL HYGIENE IS FUNDAMENTAL TO...



EDUCATION

UNESCO estimates that **1 in 10** African adolescent girls miss school during menses and eventually drop out



HEALTH

Poor menstrual hygiene not only affects physical healths but also social and mental well being



ENVIRONMENT

The average Nigerian menstruating school girl has no conducive hygienic environment to manage her menses in a dignified way



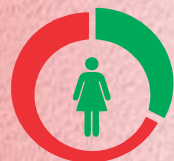
HUMAN RIGHTS

A lack of adequate MHM denies women and girls their right to education, right to health and right to work in favourable conditions

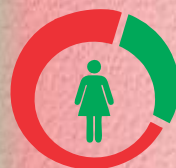
FACILITIES

IDEAL SCENARIO

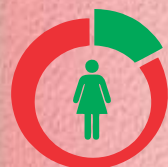
HARSH REALITY



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.



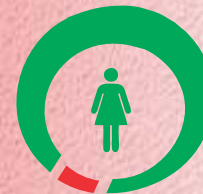
Only **25%** of the number of schools with handwashing facilities with soap and water.

Clean and private toilets with water and soap are available at school, at the workplace, in institutions, at public toilets and at home.

INFORMATION

IDEAL SCENARIO

HARSH REALITY



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



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



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

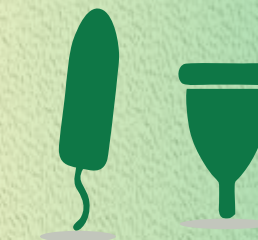
HYGIENIC MATERIALS AND SAFE DISPOSAL

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Many school girls especial in rural areas use unsanitary materials such as old wrapper cloths, tissue papers, napkins, old rags, towels, sand/ashes because they have no access to affordable, hygienic and safe products and facilities. Improper disposal of used sanitary materials can cause serious environmental pollution and health concern.



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