



Event Title: Breaking the Silence: Engaging Youth in Menstrual Health Management

Introduction

Menstrual Hygiene Day 2025, themed “Educate, Empower, and Transform the Conversation Around Menstrual Health,” presents a unique opportunity to challenge deep-rooted taboos and myths surrounding menstruation. In many communities, menstruation remains a subject of stigma, misinformation, and exclusion, leading to negative consequences for girls and young women, including school absenteeism, low self-esteem, and limited access to proper menstrual products.

To address these challenges, HEDSO is organizing an interactive Menstrual Health Awareness Event targeting Capiyei College and Kasagam Secondary School students. This event will focus on male engagement, theatre, and fashion as creative tools to break the silence around menstruation and promote menstrual dignity. By actively involving young men in the conversation, we aim to foster a supportive environment where menstruation is recognized as a natural and normal biological process.

The event will feature a theatre performance to debunk menstrual myths, a menstrual health-themed fashion show to promote confidence and self-expression, an open dialogue session with health experts, and the distribution of 500 sanitary towels to 250 vulnerable students. Additionally, a pledge wall will allow participants to commit to ending period stigma and promoting menstrual health awareness.

Through this initiative, HEDSO seeks to educate, empower, and transform perceptions of menstruation, ensuring that no girl or young woman feels ashamed, isolated, or disadvantaged due to her period.

Target Audience:

- Capiyei College students
- Kasagam Secondary School students

Goal:

To educate, empower, and transform the conversation around menstrual health by engaging young men and women in an open dialogue, using theatre and fashion to break menstrual taboos, and providing 500 sanitary towels to 250 vulnerable students, ensuring dignity and menstrual equity.

Objectives:

1. Educate students on menstrual health, hygiene, and its impact on girls' education and well-being.
2. Empower young men to be allies in menstrual health advocacy.
3. Transform conversations around menstrual hygiene by challenging myths and stigma through creative arts.
4. Support 250 vulnerable students with sanitary towels to promote menstrual dignity.

Key Activities:

1. Theatre Performances

- A short play/skit addressing common myths and misconceptions about menstruation.
- Role-playing exercises to help male and female students understand each other's perspectives on menstrual stigma.

2. Menstrual Health-Themed Fashion Show

- Students showcase outfits inspired by menstrual health awareness (e.g., red-themed outfits to symbolize menstrual pride, clothing with empowering messages like "Periods Are Power").
- Each model shares a brief message about breaking menstrual taboos.
- Judges or audience members vote for the most impactful outfit/message.

3. Panel Discussion & Open Dialogue

- A health expert, male champion, and young woman discuss menstrual health, myths, and the role of men in supporting menstrual dignity.
- An interactive Q&A session to encourage open discussions.

4. Distribution of 500 Sanitary Towels to 250 Vulnerable Students

- Each student receives a pack of sanitary towels to support their menstrual health.
- A brief talk on proper menstrual hygiene management and disposal methods.

5. Pledge & Commitment Wall

- Participants write commitments to supporting menstrual health awareness (e.g., "I will never tease a girl about menstruation," "I will educate others about menstrual hygiene").

Expected Outcomes:

- Increased male engagement in menstrual health discussions.
- A shift in perceptions, reducing menstrual stigma.
- Empowered students advocating for menstrual health awareness.
- 250 vulnerable students receive sanitary towels, improving their menstrual hygiene and dignity.