

Measuring the Influences of School WASH-based MHM interventions on adolescent girls' Educational Engagement in Accra, Ghana

The GAMA* Sanitation & Water Project

*Greater Accra Metropolitan Area

Menstrual Hygiene Management (MHM) refers to the process of handling menstruation. Without good MHM adolescent girls may struggle to attend school during menstruation. Good MHM consists of the following elements:



MHM Knowledge:

Knowledge of puberty, menstruation, and how to practice good menstrual hygiene.
Menstruation is normal, not an illness.

Physical Development during puberty.
Feeling self-confident, freedom from shame. How to deal with menstruation, both fluids and pain.



Sanitary Products:

Clean materials to absorb or collect menstrual blood.

*Clean, re-usable cloth
Disposable, ready-made sanitary pads
tampons or menstrual cups.*



WASH Facilities:

Private & clean toilet facilities to change sanitary products. *Latrines with locked doors, light and space.*

Water and soap. *For personal hygiene and rinsing cloths and menstrual cups.*

Appropriate waste disposal facility *For soiled materials and used sanitary products.*

Despite the government's efforts, **public schools have not been able to retain girls** at the junior high level because of prevailing learning challenges, social environments and physical conditions.

Ghana faces significant challenges with Menstrual Hygiene Management.

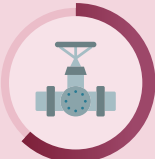


Impact in education

Primary schools



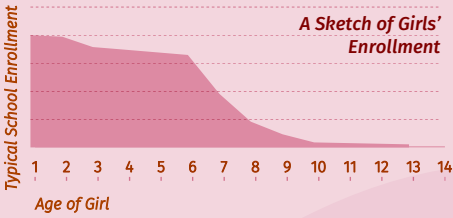
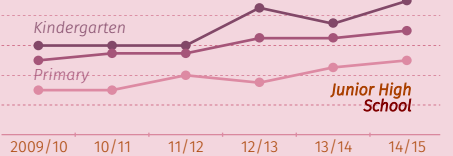
only 59% have adequate water supply systems



only 62% have adequate sanitation systems

Coordinated investment in infrastructure and education are essential to address the lack of water and sanitation infrastructure in public spaces, specifically in schools

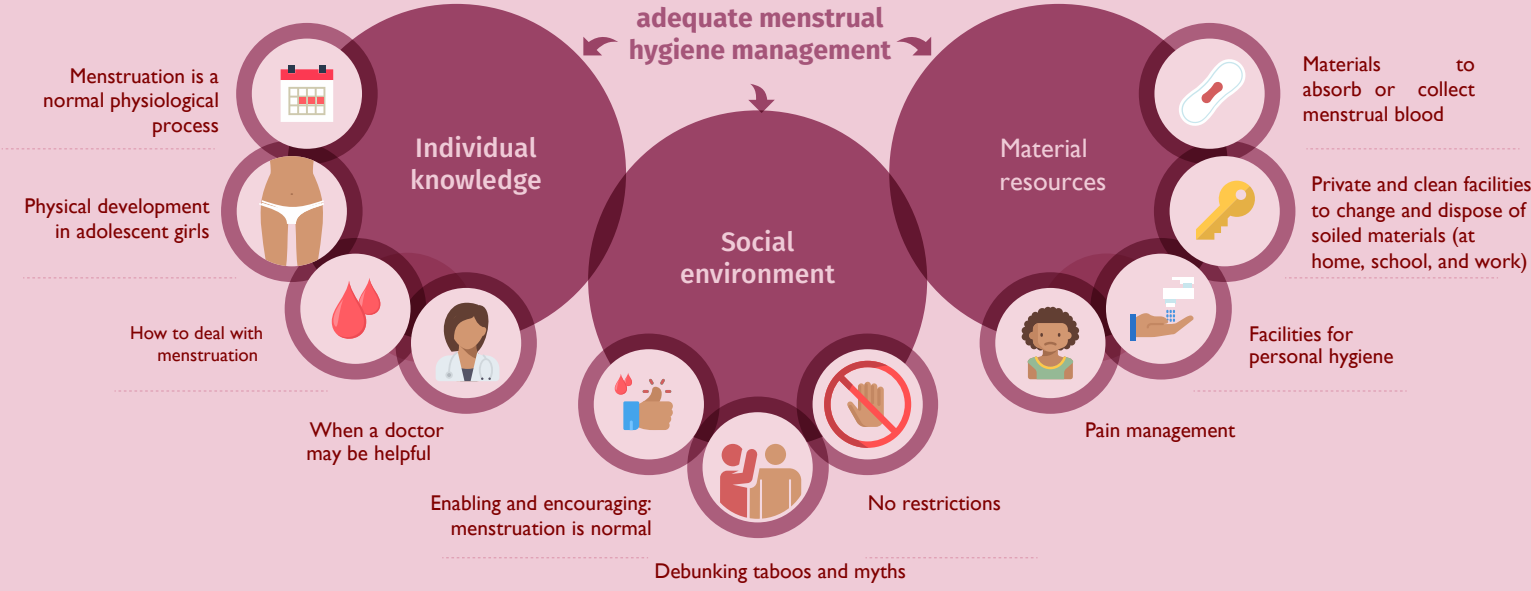
Gender Parity Index, Basic Schools Ghana



WASH facilities and MHM self-efficacy (or Self-efficacy and WASH facilities)

The role of school management is critical to ensuring access to resources for sanitation, providing teacher training on this sensitive topic, and oversight and monitoring of MHM education.

Facilitation of adequate menstrual hygiene management



Lack of MHM resources may hinder educational engagement in girls
Girls tend to feel ashamed and uncomfortable, which leads to negative, long-term side effects on their educational and health outcomes

MHM is knowledge of and access to materials and facilities for proper management of menstrual hygiene

Education is an important factor in poverty alleviation, especially for women and girls
More attention should be placed on identifying and addressing the challenges girls face in schools, such as socio-emotional factors impacting self-esteem and self-efficacy

School environments inhibits female students and teachers to manage their menstruation with safety, dignity, and privacy
This can negatively influence socio-emotional indicators such as self-esteem, self-efficacy and eventually ability to succeed and thrive within and outside the school environment.

Findings and Recommendations

Access to private and clean WASH facilities can impact a post-menarche girl's level of engagement in school

Good MHM and WASH interventions must be integrated into school curricula to increase access to education for girls

Lack of adequate WASH facilities in schools to promote good menstrual hygiene practices can act as a barrier to education, engagement in sports and associated development affecting gender equality

MHM-centered WASH facilities and improved behavior and educational interventions are necessary to break the cycle of gender inequality in schools