

# Education about menstruation changes everything

## FACT -

In India, only 1 out of 2 girls have knowledge about menstruation before their first period  
In Tanzania and Ethiopia, only 1 out of 4 girls know about it before their first period

In Ethiopia, 2 out of 3 girls do not receive education about menstruation at school

In India, for 1 out of 2 girls, mothers are the most important source of information about menstruation, followed by friends

In Uganda, 1 out of 2 girls report missing one to three days of school per month due to menstruation

## ASK +

Provide education on menstrual hygiene, so that women and girls feel confident and are empowered to make informed decisions about how they manage their menstruation

Integrate menstrual hygiene education into national school curricula, policies and programmes for adolescents

Promote education for boys, men, mothers, teachers, health workers and other professionals, so they can help break negative social norms and provide accurate information and support

Enable girls to stay in school by ensuring access to hygienic menstrual products, adequate toilets, water and disposal options

## Why educating girls matters:



When the percentage of women with secondary education increases by 1%, the annual per capita economic growth increases by

**0.3%**



When girls complete secondary school, they marry later and have less children. They also have better maternal health and their children are healthier and better educated.



**One**

additional year in school can increase a woman's lifetime earnings by

**10%-20%**

**Menstrual Hygiene Day (MH Day)** is a global platform that brings together non-profits, governments, the private sector, media and individuals to catalyse progress towards a world in which all women and girls manage their menstruation hygienically, with confidence, with dignity and without stigma. WASH United is the initiator of MH Day and acts as its international secretariat. In this role, WASH United coordinates MH Day and its more than 410 partner organisations.

**Join the campaign:**

**#Menstruationmatters**

**[www.menstrualhygieneday.org](http://www.menstrualhygieneday.org)**



**28 May**  
**MENSTRUAL**  
**HYGIENE DAY**