MHM education delivered by Muppets

Menstrual Hygiene webinar series –
Webinar 2: Bridging the knowledge, practices, and attitude gaps

Bosun Jang, Sesame Workshop
WASH UP! project aim

• **Promote behavioral changes in sanitation and hygiene** by empowering children with the knowledge and skills to teach their friends and family about staying healthy

• **Reduce the number of children dying or suffering** from preventable and treatable diseases
How WASH UP! works

Engage young children through in-school, afterschool, and community-based programs with messages and learning materials contextualized for the participating schools and communities
• Building on the success of WASH UP!, integrated MHM education into the existing WASH UP! curriculum and launched **WASH UP! Girl Talk**.
• Currently in pilot in Zimbabwe in 100 schools, with an aim to reach **25,000 girls** in the next two years.
• Raya’s older sister, **Didi, a 14 year-old MHM expert**, guides boys and girls of ages 10-14 through puberty.
Process

Development
- Content workshop
- Educational framework
- Content development and production
- Pilot training and implementation *

Implementation
- Formative research
- Post-mortem meeting and content and production finalization
- Scale-up training and implementation

8-12 months
How WASH UP! Girl Talk works

- **Activity Book for Girls and Activity Book for Boys**
- **Videos and Pico Projector**
- **Materials for building resources**

Training Manual
Sample – Session 1: Puberty

**Facts about puberty!**
1. All men and girls go through puberty.
2. Puberty usually happens between ages 11 and 14.
3. During puberty, your body makes extra hormones. Hormones are special chemicals that control how your body grows and works. They cause some bodily changes that tell you your body is growing into an adult.
4. Puberty helps you grow taller. Your bones grow more, and your body becomes more developed. This helps you start to look like an adult.
5. If your body changes, you might have questions. It’s okay to talk to friends and family about your changes.

**Talking About Puberty**

**Your Helpers Map!**

**Dear Diary...**

- Use this Diary to write about your thoughts and feelings!
- INSTRUCTIONS: What is something you want to learn how to do? Do you want to learn a new sport or learn a song? Write down some ideas about what you want to do.
- Pick something you want to do this year. Write down what it is or draw a picture.
Sample – Session 2: Menstruation

Session 2: Menstruation

Facts about menstruation!

1. Menstruation happens to all girls during puberty.
2. Menstruation happens when the uterus, which is inside a girl’s body, sheds its lining. The extra lining is shed through the vagina.
3. The bleeding is completely normal and totally okay.
4. It is called getting your period or getting your monthly.
5. Most girls get their first period about every 28 days, but it can be different for every girl.
6. It is important to have a support during your period.

About Your Body

What happens when you get your period? Why do you bleed? Look at the pictures below to find out more about what is happening inside your body.

First, learn the names of the body parts.

An Amazing and Natural Thing

Watch the video, “An Amazing and Natural Thing.” Use the space below to write notes or questions on your watch.

Cycle of Care

Watch the video, “Cycle of Care.” Use the space below to write notes or questions as you watch.

Role Play!

Talking to adults about your period can be hard. So let’s practice!

INSTRUCTIONS:
1. Decide who will be the “younger” and who will be the “younger.”
2. Pretend you are talking to a friend about getting your period. Try talking.
   a. How do I feel?
   b. What do I need to know?
   c. Got my period!
   d. Why do I feel so strange?

Role Play 1

Little girl: I feel so strange.

Teacher: I know how strange you feel. It’s normal. You’ll be fine. You can ask me anything.

Role Play 2

Teacher: How do you feel?

Little girl: I feel sick.

Teacher: It’s normal. You’ll be fine. You can ask me anything.

Dear Diary...

Use this Diary to write about your thoughts and feelings!

INSTRUCTIONS: Are you someone you like? Who is a girl or someone you look up to? Answer the questions below to write about her or the person you feel you are.

1. What is one of your interests?
2. What is something that makes you happy?
3. If you could change one thing about your life, what would it be?
What results we aim to achieve

Facilitators, boys, and girls’ knowledge and practice of healthy hygiene behaviors

Facilitators’ knowledge about the importance of adequate water and sanitation facilities for learners, especially girls

Girls’ confidence in personal MHM

Girls’ school absenteeism and dropout rates
What we have learned so far

- We are asking a lot of teachers.
- Teachers want more facts.
- “Myths” may not be myths.
What we do differently if we were to start again

• Support teachers through community advocacy.
• Provide teachers with more facts during the training and through materials.
• Approach communication around “myths” carefully.
Thank you!

For questions, please contact Bosun Jang (Bosun.Jang@sesame.org) and Alyson Moskowitz (Alyson.Moskowitz@sesame.org).