Insight and Approaches for Menstrual Hygiene Awareness in Lebanon
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Lebanon has the highest number of refugees per capita in the world. The population of Lebanon almost doubled since the break of the Syrian war. Multiple crisis has pushed over 55% of the population into poverty and dissolved the middle class. Although we have been responding to the refugees needs for the past 11 years, after the crisis the context has changed, and we need to target the host community as poverty rate has sky-rocketed.
UNICEF WaSH activities include MH awareness sessions and activities; LAHA kits distribution especially designed for females and includes menstrual hygiene items disposable and reusable; and observing MHD celebrating the day with an event that covers all the above activities.

All WaSH practitioners involved in the above activities must be trained on GBV response and healthcare referral to the closest PHC.

Usually, we bring protection partners and health partners together for any MHD events to provide complete services to the beneficiaries.
The refugee's community is very conservative and religious, and they consider it a taboo to talk about the “shameful” subject.

During FDG we found it imperative to tackle religion, community and marital status of females on MH.

We created our hygiene sessions by withdrawing information from Islam to improve their acceptance.

We designed MH session for men that includes healthcare professionals to improve their understanding.

We segregated females on marital status as a girl’s needs, education, and concerns differs from a woman’s.

We provided different tools for MH and found that married females preferred using menstrual cups as it is discrete and easy to clean and doesn’t require any drying time.
Women didn’t accept reusable pads and they need a lot of water to clean, and they don’t want to dry them as it is shameful.

Men were very reluctant to participate but upon seeing the physician they were more accepting of the session.

It is important to not include any sex education in any of the sessions, especially for girls, as they would be taken out of context, and it might backfire on your reputation.

It is always beneficial to include more than option for the females to use, so they don’t feel pressured
We targeted all female schools which allowed us to create a safe space for the girls to ask questions.

It is important to train practitioners on minimally on GBV referral.

Always talk to your audience and allow them to lead the discussion.

Focus group discussion can help you guide the awareness session and make it more interactive.

Create sessions all males, to help them understand.

Use the religion angel to your deliver the ideas.