



# Awareness Agenda

Menstrual hygiene is an essential aspect of reproductive health for women and girls. The menstrual hygiene agenda aims to promote safe and healthy practices related to menstruation, including access to menstrual products, education about menstrual health and hygiene, and removal of social stigmas and taboos related to menstruation.

Components of the menstrual hygiene agenda include:

1. Access to menstrual products: Women and girls should have access to safe, affordable, and appropriate menstrual products, including pads, tampons, menstrual cups, and reusable cloth pads.
2. Education about menstrual health and hygiene: Women and girls should receive accurate information about menstrual health and hygiene, including how to manage menstruation safely and hygienically and how to recognize and manage menstrual disorders.
3. Sanitation and hygiene: Women and girls should have access to clean and private toilets and washing facilities to manage menstruation safely and hygienically.
4. Removal of social stigmas and taboos: Societal attitudes towards menstruation should be changed to reduce shame and stigma around menstruation and promote open dialogue about menstrual health.
5. Addressing menstrual health in emergencies: Women and girls affected by an emergency such as natural disasters or conflict's should have access to menstrual hygiene products and facilities to manage menstruation safely and with dignity.

By promoting the menstrual hygiene agenda, we can help ensure that women and girls are able to manage menstruation safely, with dignity, and without hindering their health or education.

Best regards,



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