

# GIRL TALK

## BRIDGING THE GAP BETWEEN MHM EDUCATION AND MENSTRUAL PRODUCT DISTRIBUTION



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### Background

AFRIPads is a social enterprise that specializes in the local manufacture and global supply of reusable sanitary pads as a cost-effective, feminine hygiene solution. Having reached hundreds of thousands of schoolgirls with its AFRIPads Menstrual Kits, AFRIPads understands that providing a product solution alone does not address the complex needs of schoolgirls during menstruation. AFRIPads, in collaboration with WoMena Uganda, an organization specializing in MHM education, developed the **GIRL TALK Toolkit**, including a 2-3 hour MHM training curriculum, which is now provided free of charge to AFRIPads' partners. The **GIRL TALK Toolkit** is contributing to the 5<sup>th</sup> MHM Priority: Integrate MHM, and the capacity and resources to deliver inclusive MHM, into the education system.

### Objectives of the GIRL TALK Toolkit

#### Core Objectives

1. Creating a trusted space among peers, where girls can feel safe to talk about periods and get answers to their questions
2. Delivering guidance to strengthen and support the girls' abilities to be aware of their own bodies and have a healthy and happy period
3. Providing a safe and sustainable menstrual management product that the girls can use for +12 months

#### Secondary Objectives

- Aid partners in delivering an impactful and fun training session in 2 to 3 hours
- Enable AFRIPads partners to deliver high-quality education on menstruation and consistent messaging, regardless of a partners prior experience with MHM training
- Collect data on knowledge retention of learners across all AFRIPads partners

**Training Target Group**  
Primary and Secondary  
School girls in East Africa

**Partner Target Group**  
CBOs, faith-based  
organizations, NGOs



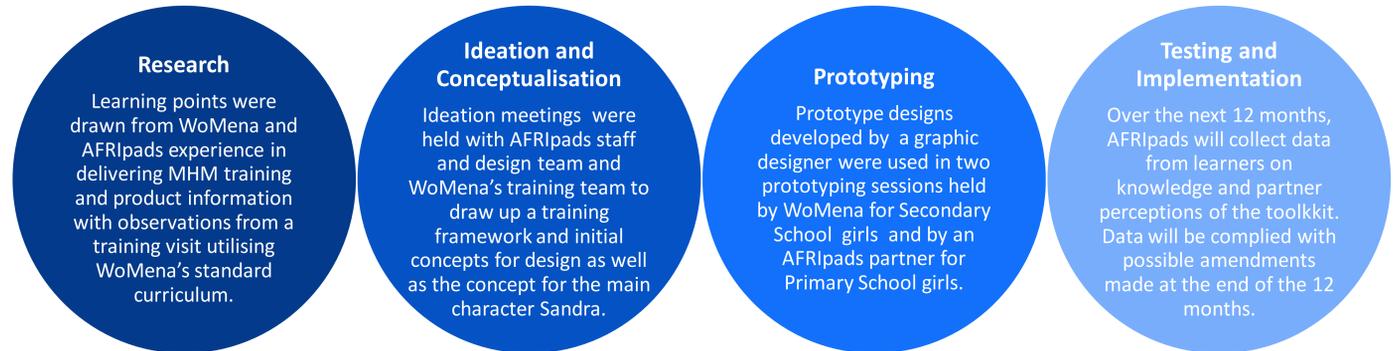
*"I like the menstrual cycle picture because it shows me how I will feel during my period and I can prepare!"*  
Secondary School girl during prototyping

Secondary School Girls taking part in a prototyping session

### Developing the GIRL TALK Toolkit

#### Development Process

The **GIRL TALK Toolkit** was developed using components of a human centered design approach, to aid with creative problem solving.



#### GIRL TALK Toolkit Components

1. **The GIRL TALK Handbook** takes facilitators through a 2 to 3 hour training on menstrual health management and AFRIPads use and care. It is designed to engage girls actively in learning and focuses on their menstrual experience. The Handbook also includes an evaluation form that can be used by partners to collect basic knowledge retention data.
2. **The Flip Chart Package** consists of 10 flip charts to support training activities including a new menstrual cycle diagram linking the menstrual cycle to girls experiences and an interactive menstrual tracking exercise and a period puzzle game.
3. **The GIRL TALK Booklet** gives girls something to take home with them and information to refer to. It also has a period tracker that the girls will be trained to use.
4. **The GIRL TALK Poster** acts as a reminder of the knowledge the girls have gained during the training. We also hope that by displaying the poster in a school, or other environment, other peers (including boys) can also learn about menstruation.
5. **Training of Trainers (ToT) Presentation** takes partners through the training toolkit and encourages partners to consider the cultural norms and sensitivities, challenges related to available facilities and age appropriate messaging needed within the context they are working in.

### Learning and Implications

Over the next 12 months, the **GIRL TALK Toolkit** will be tested by at least ten AFRIPads partners and 2,000 girls. Knowledge retention forms will be collected from girls and surveys testing for trainer feedback will be collected from partners. The data will be used to create a second iteration of the Toolkit with user feedback integrated. AFRIPads will prioritize feedback from both refugee and Muslim contexts to test if different versions of the Toolkit are needed. Initial feedback from the launch of the Toolkit yielded three primary learnings:

1. The interactive components of the Toolkit such as the period tracker were the most engaging for girls.
2. Investing time to create a safe space for girls to speak and engage is critical to the success of the toolkit.
3. Teachers and administrators were eager to get a copy of the Toolkit so they could replicate the training with future girls independent of the partner organization.

### Conclusion

Looking forward, all AFRIPads partners will receive the full **GIRL TALK Toolkit** including the training handbook, TOT presentation, and flipchart aids. In the next three years, AFRIPads plans to continue expanding our network of partners, bringing the **GIRL TALK Toolkit** to over a million girls in the next three years.

