

# □ Menstrual Health and Dignity Policy for Secondary Schools

## 1. Policy Purpose

This policy aims to promote menstrual health, uphold menstrual dignity, and create a supportive, stigma-free school environment where all students—especially girls—can learn and thrive, regardless of their menstrual cycle.

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## 2. Policy Objectives

- Normalize menstruation through education and open dialogue.
  - Ensure access to menstrual hygiene products and proper facilities.
  - Empower girls to manage their periods safely and confidently.
  - Encourage involvement of all staff and students, including boys, in promoting menstrual dignity.
  - Prevent bullying, stigma, or discrimination related to menstruation.
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## 3. Key Guidelines & Commitments

### A. Menstrual Education

- Menstrual health education will be integrated into the school's health, science, or life skills curriculum.
- Sessions will be inclusive of all students (boys and girls) to reduce stigma and promote empathy.
- Special training/workshops will be organized for teachers and support staff to understand how to assist students who menstruate.

### B. Access to Menstrual Products

- Emergency menstrual products (pads, reusable cloths, etc.) will be made available for students in a discreet, respectful manner.
- Designated staff (e.g., the school nurse, counselor, or matron) will manage the menstrual product supply.

- Efforts will be made to partner with NGOs, parents, and community leaders to maintain a steady supply of products.

### **C. Sanitary Facilities**

- Toilets for girls must be private, lockable, clean, and equipped with:
  - Soap and water for handwashing
  - Covered bins for sanitary disposal
  - Functional lighting and ventilation
- Toilets will be cleaned regularly and inspected for maintenance.

### **D. Staff Responsibility**

- All staff must treat menstruation-related concerns with confidentiality, sensitivity, and urgency.
- Male teachers will be encouraged to participate in menstrual health training and support the initiative without stigma.
- Teachers will allow reasonable breaks or support for students experiencing period pain or emergencies.

### **E. Student Participation**

- Girls will be encouraged to form or join menstrual health clubs or peer support groups.
- Boys will be sensitized to respect and support their female peers, helping eliminate shame or bullying related to menstruation.

### **F. Stigma Prevention**

- No student should be mocked, punished, or embarrassed for period-related issues.
- Reports of teasing, bullying, or shaming will be treated as serious disciplinary matters.

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## **4. Implementation & Monitoring**

- A menstrual health focal person (teacher or health staff) will oversee implementation of this policy.
- The school will conduct a termly review to evaluate:
  - Product availability

- Cleanliness of facilities
    - Student feedback on support and dignity
  - Schools will keep anonymous records to assess the impact and improve services without invading student privacy.
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## 5. Community Involvement

- Parents will be informed and encouraged to support menstrual health initiatives.
  - Community health workers or professionals may be invited to hold sessions for both parents and students.
  - School leadership will engage local stakeholders for long-term support and sustainability.
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## 6. Policy Review

This policy shall be reviewed annually to reflect new insights, feedback, and evolving best practices in menstrual health.

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## Conclusion

Menstrual health and dignity are fundamental to student well-being, academic performance, and gender equality. By adopting this policy, our school commits to building a safer, more supportive environment where **no student is left behind because of their period.**