

THE RED DOT POLICY TOOLKIT FOR LGAs & STATES

“Are You a Menstrual Dignity Champion?” — A Strategic Checklist for State and LGA Officials

Goal: Equip policymakers with an actionable checklist to evaluate, design, or update menstrual health programs across health, education, and gender sectors.

□ Menstrual Health Action Checklist

STRATEGIC AREA	KEY QUESTIONS	YOUR STATUS (<input checked="" type="checkbox"/> /X)	NEXT STEP
Policy	Do you have a written menstrual health policy in your state/LGA?		Draft & adopt
Budget	Is there a dedicated budget for menstrual product distribution & WASH upgrades (WASH stands for Water, Sanitation, and Hygiene)?		Allocate funds
Infrastructure	Do schools have separate toilets with water and disposal bins?		Upgrade facilities
Teacher Training	Are teachers trained on menstrual literacy & empathy?		Organize training
Product Access	Are pads available for students in emergencies?		Partner or procure
Curriculum	Is menstrual health part of classroom learning?		Update education strategy
Male Engagement	Are boys and male teachers trained to support girls with empathy?		Create programs
Data & M&E	Do you track school absenteeism related to menstruation?		Integrate into EMIS

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Local Production	Are you supporting local menstrual product producers?		Incentivize & support
Community Outreach	Are parents, religious leaders, and community groups engaged?		Run awareness drives

 **Tip for Policymakers:**

Use this checklist during **budget planning, school visits, sector reviews, and community forums**. Review annually with state-level progress dashboards.

“True leadership isn’t afraid of blood. It rises to meet the needs of its people—even the quiet ones.”