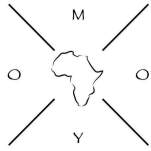


REPORT ON HEALTH AWARENESS CONDUCTED ON 20/07/2024 AT SUGUTA MIX SECONDARY SCHOOL.

Introduction

On **20th July 2024**, **Mugie Conservancy**, in collaboration with our esteemed partners, conducted a comprehensive health awareness session at **Suguta Mixed Secondary School**. This session focused primarily on menstrual health. A total of **212 students**, comprising both boys and girls, attended the session. One of the key outcomes of the event was the provision of reusable sanitary pads to **100 girls**, marking a significant step towards promoting menstrual hygiene and reducing stigma associated with menstruation.





Session Highlights

1. Educational Session:

- **Liz from PadMad Kenya** delivered an engaging and informative presentation on menstrual health. She covered topics such as the menstrual cycle, hygiene practices, and the importance of breaking the stigma associated with menstruation.
- The presentation emphasized the normalcy of menstruation and encouraged both boys and girls to support each other in fostering a stigma-free environment.
- The session encouraged active participation from both boys and girls. Students were encouraged to ask questions, share their experiences, and engage in discussions about menstrual health and hygiene.
- This inclusive approach helped to foster a more supportive and understanding environment, breaking down the barriers of stigma and silence surrounding menstruation.

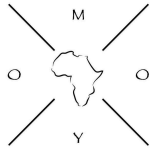
2. Distribution of Reusable Pads:

- As part of the initiative, **100 girls** received reusable sanitary pads. This not only provides them with a sustainable and cost-effective solution but also empowers them to manage their menstruation with dignity and confidence.
- The distribution process was accompanied by a demonstration on the proper use and maintenance of reusable pads, ensuring that the girls could make the most of this resource.

3. Awareness and Sensitization:

- The session also focused on raising awareness about the environmental benefits of using reusable pads compared to disposable ones. This aligned with the broader goal of promoting sustainable practices within the community.
- Students were educated on the health risks associated with poor menstrual hygiene and the importance of using safe and hygienic products.





Conclusion:

The health awareness session was a resounding success. With the active participation of the students and the valuable contributions of our partners, the session made significant strides in promoting menstrual health education and reducing stigma. The distribution of reusable pads was a crucial step towards providing sustainable menstrual hygiene solutions. We extend our heartfelt thanks to Liz from PadMad Kenya for leading this impactful session and to all our partners for their unwavering support. Together, we are making a meaningful difference in the lives of these students, empowering them with the knowledge and resources they need to manage their menstrual health confidently



*Report By,
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