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CONCEPT NOTE AND BUDGET

PERIOD POVERTY AND MENSTRUAL HYGIENE

CAMPAIGN

About Period Poverty

Period poverty refers to the struggle many low-income women and girls face while trying to afford menstrual products. The term also refers to the increased economic vulnerability women and girls face due to the financial burden posed by menstrual supplies.

All around the world women are being held back in life and even put in danger, simply because of their period. Period poverty is a global issue, but even in the Uganda and East Africa alone, 1 in 4 girls can't afford to buy menstrual products, with many missing schools as a result.

But period poverty isn't just about affordability. Many women and girls don't have access to hygienic facilities, or feel unable to manage their periods with dignity - often due to stigma or superstitious or religious dogma around menstruation. Despite period poverty campaigns being engaged in by different activists in Uganda, $\frac{1}{4}$ girls between ages 12 to 18 drop out of school once they begin menstruating, and according to UNICEF, 27% of those living in developed countries



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like Uganda, lack access to sanitation services. But that's not all. Did you know that according to

Plan International;

- One in seven girls have struggled to afford sanitary wear
- One in five girls have had to switch to less suitable sanitary wear due to cost.
- More than one in ten girls has had to improvise sanitary wear due to affordability issues.

Period poverty reaches far and wide, having a negative impact not just on girls and women, but society as a whole.

Physical education is also affected, with 64% of girls having missed physical exercises. This can mean girls aren't getting the same benefits of physical education and regular physical activity that boys are. Women can also feel prohibited from taking part in certain sports and activities as a result of not having the right menstrual products, self-consciousness or myths.

For example, there is a common assumption that you can't go swimming whilst menstruating.

Even those who understood that this wasn't true said they'd feel uncomfortable getting in the water in case they leaked.

Limited access to menstrual health products can also leave women creating makeshift solutions that are uncomfortable and unsafe. It can also lead to repeated use of products like menstruation



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pads which can increase the risk of thrush or bacterial infections. Or, leaving in tampons for longer than advised which can increase the risk of TSS.

In **Uganda**; Many women are unable to access suitable products to help them manage their period safely and with dignity. Forced to use substitutes like dirty rags, leaves, sand, grass and other unsuitable material leaves women more susceptible to infection and disease. Especially if the woman has undergone female genital mutilation (FGM).

Goals and objectives

One of the major objectives to put an end to period poverty is through providing menstrual products to vulnerable groups and communities.

This is to be done in Koboko District and Lamwo District.

The campaign shall target 1000 girls and women from each district especially teenage mothers.

The distribution will be of 300packets of a standard 4 pack which contains 1super maxi, 3maxi and 1 carrying pouch and this is a recommended pack for both women and girls and a distribution of 700packets of the school girl kit which contains 1supermaxi, 2maxi, 2mini and 2 carrying pouches and most recommended for girls below 20years per district.

COSTS

A packet of this standard 4 pack is **UGX 17,000. (Uganda Shillings Seventeen Thousand Only)**

A packet of the school girl kit is **UGX 20000 (Uganda Shillings Twenty Thousand Only)**



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A table showing the distribution of pads per district.

District	Number of girls	Number of packets of standard 4	Number of packets of school girl kit	Total of packets of pads
Koboko	1000	300	700	1000
Lamwo	1000	300	700	1000
TOTAL	2000	600	1400	2000

A table showing the expenditure per district

District	Price of Standard 4 pack	Total expenditure on standard pack for (300 packs)	Price of school girl kit	Total expenditure of school girl kit (700 packs)	TOTAL EXPENDITURE
Koboko	UGX 17,000	UGX 5,100,000	UGX 20,000	UGX 14,000,000	UGX 19,100,000



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Lamwo	UGX 17,000	UGX 5,100,000	UGX 20,000	UGX 14,000,000	UGX 19,100,000
Total		UGX 10,200,000		UGX 28,000,000	UGX 38,200,000

Breakdown

One District

Standard 4 pack

300 packets for 300 girls

= 300packets x UGX 17,000

=UGX 5,100,000 (Uganda Shillings five million one hundred thousand only)

School Girl Kit

700packets for 700 girls

=700packets x UGX 20,000

=UGX 14,000,000 (Uganda shillings fourteen million only)

Total

UGX 5,100,000 + UGX 14,000,000

= UGX 19,100,000 (Uganda Shillings nineteen million one hundred thousand only)



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For the two districts

= UGX 19,100,000 + UGX 19,100,000

=UGX 38,200,000 (Uganda Shillings thirty eight Million two hundred thousand Only)

The target therefore for the period poverty campaign products is **UGX 38,200,000 (Uganda Shillings thirty eight million two hundred thousand only)**

CONCLUSION

We hope that towards the end of the campaign, we would have provided affordable solutions to manage periods comfortably and hygienically - empowered girls and women to feel comfortable talking about their periods and also have groomed agents that can help bring about awareness and action to eradicate period poverty.

PARTNERS

1. Frauen Initiative Uganda
2. Nkunzi Foundation – Model Peace Forum

Implementing Partners

1. The Amito Foundation (Lamwo District)
2. Femme Talk West Nile (Koboko District)