

# Menstrual Hygiene Management – a comprehensive approach

**MHM requires a comprehensive approach that includes:**

- Access to accurate and pragmatic information
- Access to menstrual hygiene materials
- Access to facilities that provide privacy for changing materials and washing and drying menstrual cloths
- Access to water and soap within a place that provides an adequate level of privacy for washing body, cloths and clothes
- Access to disposal facilities and services for used menstrual materials (from point of collection to final disposal)

## **Pragmatic information:**

Making factual information available is vital to counter negative menstruation myths. This can be done through the use of booklets for girls and women, and menstrual hygiene promotion. Information should also be available for boys and men. It should be accessible, practical and context-specific.

If available, use the menstrual hygiene booklets already developed for the particular culture, language and ethnic background of the girls. If these books are not available, work with other sectors and organisations to develop coherent information to be used across programmes.

Accessible information for disabled women and girls, and those who are illiterate, also needs to be available.

## **Menstrual hygiene materials:**

The choice of sanitary protection is based on cultural acceptability and user preferences. It is also often influenced by a woman or girl's environment and access to funds, WASH facilities, and affordable options. It is critical that any programme aiming to support women or girls with sanitary protection materials involves them in the planning discussions and decisions about the materials and/ or products to be supported.

## **Facilities for changing, washing and disposal:**

Basic MHM facilities for public or institutional settings (e.g. sanitation facilities in a community, school or health centre) are defined as: basic separated sanitation facilities for females that provide privacy; soap, water and space for washing hands, private parts and clothes; and places for changing and disposing of materials used for managing menstruation. At household level, gender-separated facilities are not usually required but considerations need to be given for safety, privacy, washing and changing.