

How The Taboo around Menstruation



Affects Young Girls' Education

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Poor Menstrual Hygiene Management and its Consequences for Pakistani Schoolgirls

Introduction

Menstrual Hygiene Management (MHM) is defined by the World Health Organisation and UNICEF as the “articulation, awareness, information and confidence to manage menstruation with safety and dignity using safe hygienic materials together with adequate water, agents and spaces for washing and bathing, and disposal with privacy and dignity”. Despite the fact that the United Nations has considered this a global public health and human rights issue, at present there are no policies in place to ensure proper MHM conditions in Pakistan. This has adverse consequences for girls’ education in a number of ways, especially for those coming from low and medium-income households.

Symbols and their Significance



The recent ban on the movie PadMan is a perfect representation of the “culture of silence” around a woman’s menstrual cycle which, although more pertinent in certain cultures, exists in most countries around the world. Although campaigns like those to abolish the luxury tax on feminine hygiene products have worked to some extent to destigmatize this topic in the west, it still remains a big taboo in Pakistan. According to Professor Marni Sommer of Columbia University, who has been working in this area for about a decade, this silence exists “in terms of their experiences, silence in terms of if they are getting information they need to stay healthy, and silence around how they are managing in the absence of adequate, safe, easily accessible water and sanitation facilities.” Women are scared to seek help regarding this issue, which in some cases can pose a great danger to their health.

Another reminder of the Pakistani society’s vehement shame surrounding periods, is the reaction against a protest launched by some students at BNU which aimed to tackle the stigma around periods. Sanitary pads were placed on the university’s walls with messages showing how this was a natural process and not one to be ashamed of. The campaign became viral quickly, and although some showed support, many on social media denounced these “liberal” students for their “shameful” or “*behaya* acts”. It also shows how pads are considered to be the default option for women to deal with their periods, even though statistics reveal only about 20% percent of women in Pakistan can afford these products with the majority resorting to alternatives like cloth.





The ever-present brown paper bag, perfectly positioned in all grocery store aisles alongside sanitary products, seeks to reinforce this taboo, even making the associated products seem like something “dirty” or “shameful”. Even if girls try to break out of this stigma, the society never fails to police them and more often than not it is fellow women who show these reactions confirming the deep rooted internalised misogyny present in our society. This was confirmed by conversations I had with my friends, with one girl mentioning how when she did not place her pads in a brown paper bag the worker there rushed to bring her one. In an article on Express Tribune, the writer Yusra Jabeen recounts how she faced a similar incident in a superstore with a female worker angrily telling her: “*Is lifafay mai rakhye, allowed nahi hai!*” (Keep it in this brown bag, it’s not allowed!).

Problem Significance

Poor Menstrual Hygiene Management

Out of the population of Pakistan, about 22% or 42 million are girls in the school-going age bracket of 10-19 years implying that most of them have started menstruating. However out of these, according to a research by Afshan Bhatti presented at the South Asian Conference for Sanitation, 79% do not have access to the required facilities to manage their menstrual cycle hygienically whether it is access to proper products, or access to proper sanitation and disposal facilities. This means that approximately an astonishing 33 million girls in Pakistan struggle every month to manage a biological process that if not handled properly can have important implications for their sexual and reproductive health as well as their self-esteem and body image.

Dropouts and Absenteeism during Menstruation

According to Shazia Sardar from Integrated Rural Support Program (IRSP) Mardan one-third of girls drop out of primary school once they start menstruating due to this issue. Of those that stay, about 50 percent miss 1-5 days of school every single month while on their periods, according to a UNICEF WASH study conducted on 200 schoolgirls in Muzaffarabad. This figure is confirmed by UNICEF WASH studies conducted in other countries like Sri Lanka and Bangladesh which report figures of 37% and 40% respectively. According to a poll conducted by UNICEF on 643 Pakistani girls there are a number of reasons for this including fear of staining their clothes, fear that boys would find out, or due to the pain.

Performance at school and Psycho-social wellbeing

Even if girls attend school, lack of comfortable material can affect their participation including hesitance when answering questions, fear of being teased by their classmates for staining their clothes or smelling

unpleasant or being distracted from their work due to pain and discomfort. Apart from this their psychosocial wellbeing is affected with 69% of girls reporting feelings of shame, embarrassment and insecurity during their cycle according to a study conducted on effects of poor menstrual hygiene management on school girls in rural Uganda. Presence of negative effects on psycho-social wellbeing such as lack of confidence were also confirmed in a study by Hannagan and Montgomery on MHM in low income countries. Miss Fizza Anjum, a teacher I interviewed at a school run by a charity Idara Al-Khair supported these findings stating that often girls miss school during their cycle citing excuses such as having to go out of the city or a loved one's death instead and if they did manage to come their performance was significantly hindered as they would remain seated in one place and not participate in sports or other extracurricular activities.

Vulnerability to disease

Apart from this using alternatives like cloth makes these girls vulnerable to a number of diseases. According to 97% of gynaecologists, chances of reproductive tract infection are 70 percent higher among women adopting unhygienic sanitary practices. In addition they face higher chances of urinary tract infections, fungal infections, urinogenital infections, yeast infections, rashes, bacterial vaginosis and even cervical cancer. These diseases can in turn have consequences for their reproductive health putting them at "higher risk of adverse pregnancy outcomes like preterm birth, acquisition of sexually transmitted infections and development of pelvic inflammatory disease (PID)" and even infertility.

Many of the women I interviewed confirmed that such infections and especially rashes were very common amongst their female family members, especially during the summers as the bacteria gets a chance to thrive. The symptoms for these often go unnoticed, resulting in severe consequences. In my interview with Sadaf Naz, founder of Her Ground, she narrated an incident whereby a girl who was using cloth to manage her periods, in an effort to curb her flow, inserted it inside her vagina and then forgot to take it out. This resulted in the cloth going inside her body, and when she started complaining of severe pain was rushed to a hospital where it had to be surgically removed.

Cause Analysis

Inadequate Materials and Facilities

Only 17% of Pakistani girls have access to sanitary napkins, with 66% using cloth, 49% of whom rewash and reuse this cloth according to a study by WaterAid UNICEF on schoolgirls in South Asia. This is because of the high price of commercially available products (minimum Rs.100 for 8 pads) and lack of awareness regarding their importance due to which they are considered luxury items. At present there is no organisation or company in Pakistan producing affordable feminine hygiene products at a mass-scale for the lower-income brackets of Pakistan. Therefore most girls have no option but to resort to alternatives like cloth and even sawdust and ashes.

The problem is worsened by inadequate drying facilities for the cloth before re-use, as many of the women I interviewed mentioned that out of shame and to stay out of sight of male members they are left to dry in dry and dark corners of the house where they accumulate bacteria and other germs, and often fail to dry properly.

Moreover sanitation facilities at school are extremely inadequate with 1 in 3 Pakistani schools lacking these. Even those available are extremely dirty and cramped, or also accessed by male students or janitors due to which they remain a source of discomfort for women. In an interview with a cleaning lady at LUMS she mentioned how at her daughter's school, the girls' bathrooms were also shared by the male students of grades 1-3 due to which the girls felt uncomfortable using the disposal facilities and therefore refrained from using the bathroom during their periods. This shows that even if girls have access to the proper materials and sanitation facilities, lack of proper disposal mechanisms can also act as a barrier.

Culture of Silence around Menstruation

Despite it being a normal biological process, menstruation is considered a taboo topic in most countries around the world. This taboo is especially pronounced in some countries like Pakistan due to the strong patriarchal culture, religious implications as the Quran addresses it as a state of impurity with women required to abstain from activities like fasting and praying as well as beliefs adopted from the Hindu culture where a menstruating woman is considered extremely impure and required to stay away from the kitchen, temples and plants during her cycle or in some extreme cases even admonished to a separate quarter.

In my interviews with the cleaning staff at LUMS, many of them were hesitant in responding to my questions and when I asked them what challenges their school going daughters faced they responded that their daughters would never complain directly to them, any issues they told me were things they had observed themselves. Hence, these matters are not brought to the limelight because women are not comfortable bringing up these issues with their closest family members let alone articulating them in the public domain. Hence it is difficult for policy makers and researchers to uncover the extent of period poverty and discover the issues that plague millions of women every month.

Lack of information on menstrual hygiene

Because of this taboo surrounding menstruation, there are a number of popular myths and a lack of knowledge amongst these young girls regarding very basic aspects of MHM. This includes information regarding the duration after which they should replace their products or how to clean and dispose these properly, with the myth that they should not bathe during their cycle being the most common as mentioned by all the parties I interviewed.

Schools are reluctant to talk about this issue with their students, even high-cost private schools that are considered relatively progressive, according to Farah Basit, an Anthropology student who conducted her senior project on "Menstruation and Shaming of the Female Body: Exploring narratives of female students in secondary schools in Lahore, Pakistan". She mentioned how she went through a lot of struggle when approaching schools to conduct focus groups with their students for her research. I went through similar experiences during the course of this paper, when I tried to get my survey filled by students at an NGO-run school. Although the administration realised the importance of this topic, they refused to cooperate as they feared a backlash from parents.

As per now there is no official education on sexual and menstrual health included in the Pakistani curriculum, although these topics do tend to come up in other subjects like Biology and Islamiyat in

certain schools according to Farah Basit. For 98% of girls the only avenue of information are their mothers according to a study by Ali et al. on “Understanding of puberty and related health problems among female adolescents in Karachi”. These mothers themselves lack adequate information and may rush through the topic due to the shame associated. Therefore when girls face issues related to their periods such as abnormal bleeding they have no official avenue available to seek help.

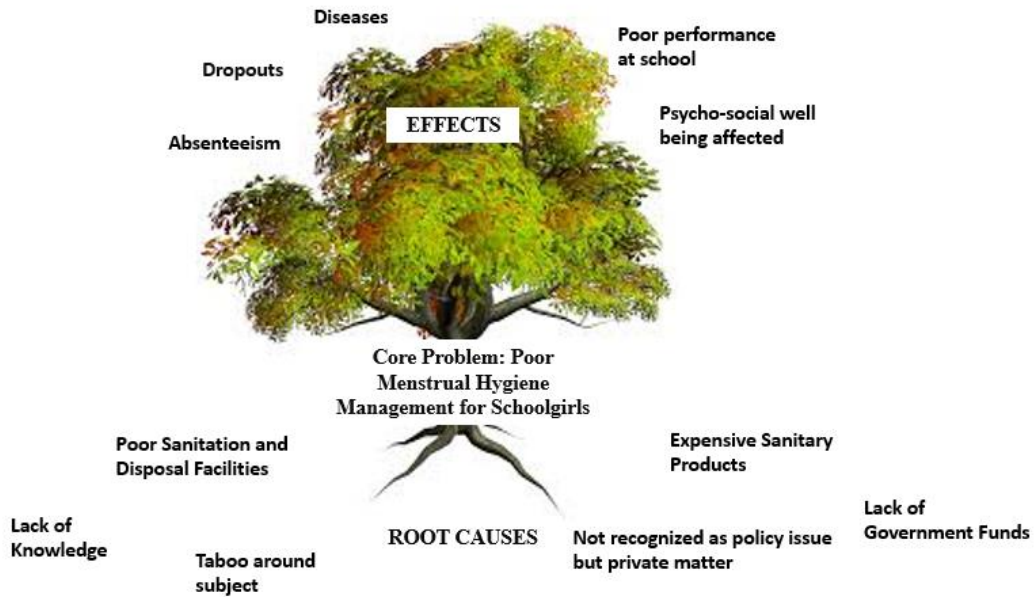
Recent Recognition as a Policy Problem

According to Marni Sommers of Columbia University, who looks extensively on the emergence of menstrual hygiene management as a public health issue in a study, public discussion on challenges related to MHM for women in low-income countries was quite rare till about a decade ago. It was considered a private problem meant to be dealt with by the individual girl or her family and not tackled by policymakers. Experts in the area of education, health and sanitation did not regard this as something relevant to their work, and the stigma around the topic was accepted as an inevitable feature of society. However, according to her with the increasing global focus on reducing the gender gap in education the importance of this issue was highlighted with the success of a few campaigns that aimed to educate young girls on this topic which brought it to the attention of charities, academics as well as the private sector.

However despite the increasing attention being given to this topic globally, local concern for it is still scarce with no efforts taken by the public sector in this domain. The few efforts that have been taken by other parties have either been focused on collecting data, or focused on providing menstrual hygiene education. In my interviews with the founders of the 2 organisations working in this domain, Her Ground and Her Pakistan, both agreed that this is still not considered a matter of importance by policymakers in Pakistan saying that they have received only obstacles, and no support from the government in their initiatives.

Lack of Funds

Due to the lack of funds facing the Pakistani government, other issues in the domain of health, education and sanitation tend to be prioritized over MHM as they face higher demand from the public. As this issue tends to remain quiet, with the relevant parties affected not voicing their concerns there is less pressure on the government to introduce reforms in this regard, with the only existing pressures at the moment coming from international bodies like UNICEF.



Policy Actors

In recent years, the topic of menstrual hygiene management in low-income countries has become a globally recognized public health issue, whereas it was not very widely addressed till about a decade ago. Apart from the direct parties which are the schoolgirls affected, their mothers and female teachers, there are a number of relevant actors involved:

Actor	Priority of policy area for actor	Actor's reasons for exerting influence	Actor's resources for influencing outcomes	Degree of influence in policy area	Actual and potential alliances among actors
Academics	High	Awareness and creation of knowledge	Limited political Limited economic Limited legal Medium institutional	Low	Social Enterprises, NGOs, International organisations
NGOs	High	Helping society	Limited political Medium economic Limited legal Medium institutional	Low	Academics, Social Enterprises, International organisations
International Organisations	High	Humanitarian aid	High political High economic Limited legal Medium institutional	High	Government, Academics

Social Enterprises	High	Relevance to practice	Limited political Limited economic Limited legal Limited institutional	Low	Government, NGOS
Private Sector	Low	Show Social responsibility for brand image	Medium political High economic Limited legal Medium institutional	Medium	NGOs, Government
Government	Low	Job/Votes	High political Limited economic High legal High institutional	High	International Organisations

Academics

A lot of research has been produced by academics in this area including research particularly focused on the Pakistani context. This has helped to increase understanding and awareness regarding this issue, with research tackling a number of areas from the extent of the problem to its effect on the physical and mental well-being of the parties involved.

Charity Organisations and NGOS

Organisations like HER Pakistan have been actively working to address the taboo and lack of knowledge surrounding this topic and to improve access to hygienic products which has helped bring it to the limelight and allowed women to address their misconceptions and unhygienic practices related to MHM.

International Organisations

A number of international organisations have been working in this area in Pakistan. These include:

- 1) **UNICEF** – UNICEF has been actively working to improve MHM practices in Pakistan through a number of interventions. The main bodies working on this are the WASH and WaterAid programs whose activities include collecting data and producing research, partnering with different schools to conduct information sessions to improve knowledge regarding MHM, constructing WASH standard sanitation facilities at schools and training local women in rural districts to produce low-cost sanitary napkins. Apart from this a number of initiatives have been taken including the U-poll where data regarding MHM and its related challenges was gathered from 643 respondents through an SMS poll and creation of the Menstrual Hygiene Management (MHM) Working Group which is working to champion menstrual hygiene through events like International Menstrual Hygiene Day.

- 2) **Integrated Regional Support Program** – IRSP is a multi-sector development organization working on “integrated development approach” in Pakistan. They have conducted need assessment surveys on MHM in rural areas of Khyber Pukhtunkhwa in 2010 and plan to initiate a project in four selected Union Councils of Mardan district in collaboration with WaterAid. In addition they have been conducting basic trainings in government girls’ schools and in BHUs (Basic health units) on health and hygiene during menstruation, as well providing training on low cost sanitary pad production to the local people.
- 3) **Real Medicine Foundation (RMF) Pakistan** – sponsored by organization like USAID, CIHR and UNICEF, RMF has been implementing programs in Pakistan’s remote areas regarding issues that affect women’s reproductive health including menstrual hygiene.

Social Enterprises

At present there is only one social enterprise, Her Ground, a Lahore-based startup offering subscription services for the home-delivery of sanitary napkins proceeds from which are then used to supply sanitary napkins at subsidized rates to government and low-fee private schools, working in this domain in Pakistan. However, around the world a number of different initiatives have been taken.

Private sector - Procter and Gamble

Procter and Gamble has been especially active in this regard, holding training sessions on how to hygienically manage periods for schoolgirls across Pakistan. However these were targeted more towards high-fee private schools, as these students form the target market for the company. Although the motivation for these is to serve as a marketing purpose and introduce these girls to their commercial sanitary products, it has also produced social benefits in an environment where these can be the only sources of information for these young girls according to Dr. Rafayda Farhan, a gynaecologist who has previously worked with PnG on these sessions. In other countries like India, PnG has also conducted similar campaigns in schools targeting lower income brackets.

Education and Health Ministries and Officials

For any proper progress to be made in this regard it is crucial to have the support of the relevant government officials. Unfortunately this topic is not yet one on their agenda which has contributed to the lack of action taken.

Alternatives

No Action Analysis

If the situation is left as it is, services in this area will continue to be provided by NGOS, international humanitarian organisations and a few organisations in the private sector as part of their CSR programs. Moreover, there is a chance that with the growth of start-ups all over the world tackling this problem in different innovative ways, similar ventures like Her Ground may gain popularity in Pakistan. These might be along the lines of the Indian model following the popularity of the “Padman” movement, introduced by Arunachalam Murganatham, who invented an inexpensive machine that can be installed in cottage

industries to produce low-cost sanitary napkins using cotton, which has now spread to 1600 villages in 23 states

Ideal Situation Analysis

Even developed countries face issues regarding MHM. Although they do not face issues regarding the availability of sanitation facilities or clean water, they face the phenomena of “period poverty” especially among homeless women, which is defined as the inability to “access sanitary products due to financial constraints”. This was even observed amongst schoolgirls in the UK after it was found that girls in the industrial city of Leeds were skipping classes due to this issue.

Scotland is the only country in the world so far to make free sanitary products accessible for all 395,000 female students, in a recently announced 5.2 billion pound scheme to fight period poverty. The purpose of this scheme is to ensure that girl’s education is not affected due to inability to afford sanitary products, following a survey of 2000 young scots which revealed that “one in four respondents at school, college or university in Scotland struggled to access sanitary products”. The scheme will be implemented in partnership with local social enterprises that aim to tackle period poverty.

Possible Alternatives:

1. Incorporating Education on Menstrual Health

It is important for the government to include education on menstrual health in its curriculum so that girls with no other sources of information do not fall prey to myths and unhealthy practices passed down to them through family and friends. Training sessions can be conducted once girls reach the age of puberty where they are taught the science behind the menstrual cycle, parts of the reproductive system involved, how to hygienically manage their periods as well precautions to be taken for their health enforcing that this is a natural biological process that need not hinder their daily activities. Teachers need to be properly trained to deliver this information in an effective manner. Lady health workers can also be involved in this program as they are trusted and sometimes the sole sources of medical information for many women.

Pamphlets can be produced with the relevant information and distributed amongst students. Mothers can also be invited to these sessions, to overcome backlash from parents and also because they play a major role in the health of their daughters, as was done in the sessions held by PnG. Trials of such education interventions have shown promising results on menstrual hygiene and practices, as well as on more quantitative outcomes like absenteeism (Hennegan and Montomery). Moreover, all of the parties interviewed agreed that after conducting such training sessions they saw a significant change in the outlook of these students and they felt more comfortable in voicing their concerns.

2. Proper Sanitation and Disposal Facilities at School

Sanitation facilities and clean water must be provided at all schools by collaborating with parties like UNICEF WASH which has successfully provided these in 4093 schools all over Pakistan. For this to be effective privacy must be ensured in these, with no male access along with proper disposal facilities

taking into account cultural practices. Emergency supplies also need to be made available so girls do not face the need to take the day off.

3. Support Social Enterprises

One look at the international landscape reveals a plethora of entrepreneurial and government ventures tackling the issue of period poverty. These are successfully operating in countries that face similar issues to Pakistan such as India, Ghana and Kenya. Their operations range from low cost sanitary product production to providing education regarding sexual and reproductive health in innovative ways such as through information provided on the packaging of their products.

However at present there is no such venture working on a large scale in Pakistan. The only ones present include those started by a few women who have been trained as Menstrual Hygiene Management entrepreneurs by UNICEF, selling these products from their homes in a few districts like Chitral. Another initiative is by IRSP, a multi sector development organization, which is providing Training on Menstrual Hygiene Management Low Cost Sanitary Pad Preparation. The scale of these ventures is not enough to meet the needs of the millions of girls in Pakistan, and neither are their operations efficient due to which further cost-minimization is possible. One startup, Her Ground, has been providing these products at subsidized rates, but again this is not a sustainable nor scalable option.

Therefore the government needs to encourage entrepreneurs to enter this market through incentives like providing access to investors, the technical knowledge needed and connecting them with international organisations working in this domain so they can adopt efficient practices from around the world. Moreover, public-private partnerships can be created as in the case of Scotland to be able to cater to a wider market.

4. Collaborate with Charity and Nonprofit Organizations

There are a number of charity and humanitarian organization working in this domain already. However they face a number of obstacles in their work such as security concerns and objections from local and religious leaders especially in rural areas according to Sana Lokhandwala, co-founder of HER Pakistan. The government must collaborate with them to make it easier for them to access schools in remote areas by negotiations with local leaders.

5. Improving Access to Products

According to the founder of Her Ground, who hails from Okara, in such small towns even if girls can afford sanitary products going to purchase these can be a big source of shame with shopkeepers often making them uncomfortable. To overcome this, dispensing machines can be set up from where girls can purchase these products directly with no middlemen involved or they can be made available through lady health workers or the houses of certain designated women. This system has been working successfully in Chitral where women have been producing and selling these products from their homes. One such woman Hajra Bibi stated, "Initially, women hesitated to buy from me as coming to my home would give away the reason of their visit. But now we are all confident. Besides, what's the shame in it? It is a natural process and hygiene is more important than shame."

Appendix

A number of policy actors were interviewed for this research to be able to gain insights into different dimensions of the topic. These included:

1. Farah Basit – Anthropology Student

Interviewed a recent graduate from the Anthropology department (class of 2018) who had conducted her senior project on “Menstruation and Shaming of the Female Body: Exploring narratives of female students in secondary schools in Lahore, Pakistan” under the supervision of Professor Tania Saeed. Questions focused on her research, particularly the section where she addresses the responses she received from schoolgirls across high-cost private, low-cost private and government schools regarding the challenges they face during menstruation.

2. Dr. Rafayda Farhan - Gynecologist

Interviewed a gynecologist who works at the Basic Health Unit located behind Askari 11 on Bedian Road. She has also worked previously on PnG’s campaign to raise awareness regarding menstrual hygiene in Nawabshah and Hyderabad in schools like Beacon House and City School. Questions asked related to the health implications of poor MHM, why women resort to unhygienic materials and her work with PnG in this regard.

3. Miss Fizzah Anjum – Teacher at Idara Al-Khair

Interviewed one of the grade 7 teachers at the charity-run school Idara Al-Khair in Karachi regarding whether the school provided any sort of information to its students regarding MHM, and to see if the school faced absenteeism and drop-outs from girls during menstruation.

4. Cleaning staff at LUMS: Ameena, Zareena, Josephine

Interviewed 3 women who work as cleaning staff at LUMS and who had daughters who were going or had graduated from school to try and understand what sort of information and myths they held regarding periods, and how they educated their daughters regarding these. They were also questioned regarding the types of products they used during their cycles, what their thoughts were regarding these and any challenges their daughters reported while on their periods. Since research shows mothers are the main sources of all MHM related information for young girls the main purpose of this was to understand how mothers educate their daughters regarding this sensitive issue.

5. Sadaf Naz- Founder Her Ground

Her Ground is a Lahore-based startup offering subscription services for the home-delivery of sanitary napkins. Proceeds from these are then used to supply sanitary napkins at subsidized rates to government and low-fee private schools, where Sadaf also organizes workshops and information sessions regarding menstrual hygiene and the myths related to it.

6. Sana Lokhandwala – Co-founder HER Pakistan

HER Pakistan is a charity initiative that aims to provide women with knowledge and skills that enable them to manage their monthly cycles in a hygienic and healthy manner. They achieve this by holding Menstrual Hygiene Drives in areas across Karachi including Old Golimar, Rehri

Goth, Machar Colony, Shaheed Mohtarma Benazir Bhutto Accident Emergency & Trauma Centre and Lyari's Girls Cafe.

Both of these founders were asked a number of qualitative questions such as:

- For the drives you have conducted so far what was the approximate audience for each? How did you manage to reach out to these women, and in doing so did you face any challenges especially from the men in the community?
- What sort of myths and taboos regarding periods did you address in your drives?
- How receptive were the women to this information? What were the most common misconceptions regarding periods amongst them?
- How comfortable were the women talking to you about this topic? Were there any objections raised?
- What challenges did they mention regarding managing their periods? Were any specific incidents mentioned regarding how the use of alternatives like cloth poses problems for them in their everyday lives?

7. Survey of household help and their female relatives

Surveyed the female household help in my house, as well as in the houses of my cousins and friends as well as their female relatives who were available. A total of 22 responses were gathered from women in 3 main categories: working women, housewives, and school-going girls. As the survey was in English, the questions were translated for them in Urdu and their responses were then recorded in English. Anonymity was maintained due to their discomfort in discussing the issue. However this sample is biased as girls working in a relatively affluent neighbourhood were interviewed whereby the employers often provided them with basic hygiene materials due to which a large proportion of them were using sanitary napkins. Those using cloth reported a number of negative experiences.

Survey on Sanitation Practices

Help us get more information on female sanitation practices.

How old are you? *

- 11-18 Years
- 18-25 Years
- 25-32 Years
- >32 Years

What is your occupation? *

- Student
- Working
- Housewife

Have you experienced discomfort while you were on your period? *

1 2 3 4 5 6 7 8 9 10

No discomfort at all Extreme discomfort

How has this discomfort affected you?

- Missed School/work
- Skipped some activities/sports at school
- Been afraid of staining your clothes
- Other...

What product do you mainly use while on your period?

- Sanitary Pads e.g.: Always, Whisper, StayFree, etc.
- Tampons
- Cloth/re-usable rags
- Other...

How would you rate this product of your choice? *

1 2 3 4 5 6 7 8 9 10

Highly uncomfortable/troublesome Very comfortable/convenient

How much do you spend on this product every month? *

- Rs.0- 50
- Rs. 50-100
- Rs. 100-200
- >Rs. 200

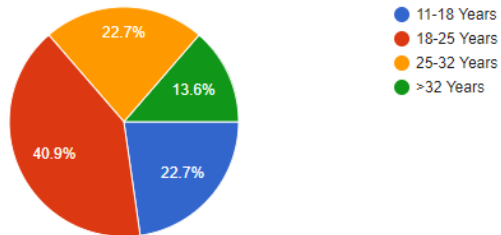
What kind of change would you want to see in this product? *

Short answer text

Responses

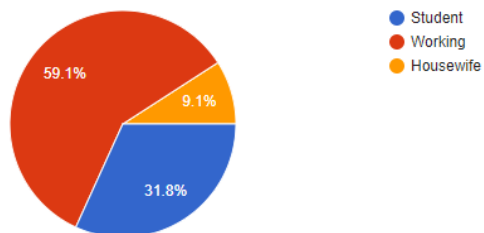
How old are you?

22 responses



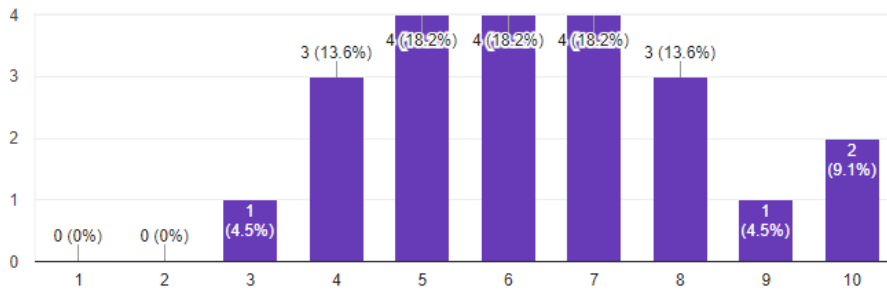
What is your occupation?

22 responses



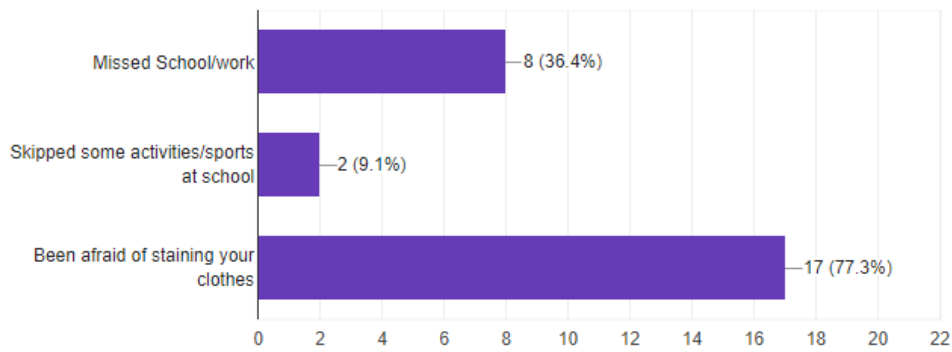
Have you experienced discomfort while you were on your period?

22 responses



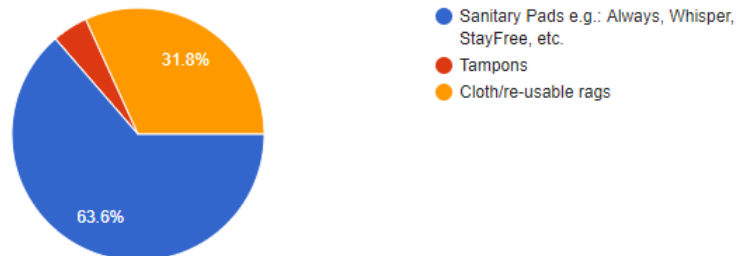
How has this discomfort affected you?

22 responses



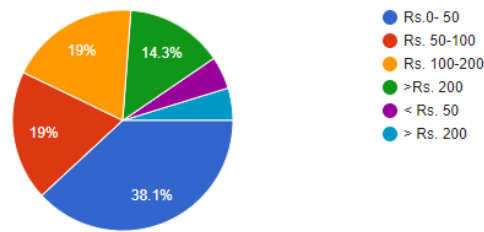
What product do you mainly use while on your period?

22 responses



How much do you spend on this product every month?

21 responses



What kind of change would you want to see in this product?

22 responses

Nothing because i used to use cloth and the change from cloth to pads is awesome and vedy comfortable

Using cloth causes rashes and severe discomfort as theres a fear of staining my clothes. Pads on the other hand are very desirable, however since they are very expensive we are forced to use cloth

More absorbant.

The problems i face using reusable rags are bad odour, staining clothes, I have to repeatedly keep on repositioning the rags and also causes rashes. I used pad once and it was a relief from all these issues, however pads are really expensive and i cannot afford to buy them as i have 4 sisters and our income is very limited.

Quality is low needs improvement and should be absorb more.

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