

Water and Pads Project – Activities at Chibwe Secondary School Kabwe Zambia

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Zambia Alliance of Women visited the school-girls at Chibwe secondary and primary schools on 30 October 2019 at Kabwe, a rural area of Zambia. The Water and Pads Project was being implemented in collaboration with International Alliance of Women. ZAW met the young girls and sensitized them on the beauty of womanhood and also distributed the booklets entitled 'Entering Womanhood'. which deals about menstrual health and is adapted for adolescents in secondary schools.



In the videos above, Olipa a grade 7 pupil (left) explained in her native language Bemba about the difficulties learners go through during their menses, including the lack of proper toilets or ablution and no

running water, she explained. She also highlighted that one big problem the girls face is being mocked and bullied by others especially boys during their menses.

Agnes (right) made an appeal in English on behalf of her fellow learners that people and institutions should help them with the construction of more toilets and shower rooms to allow them be free to change or bathe during menses.



The visit was characterized by open and honest discussion, which allowed the girls to freely ask questions regarding menstrual health. The female teachers also gave their own experiences and advice on how best to deal with menses in school. The pupils were elated to receive the books as they would use them to learn more.