



RENATA
Réseau National des Associations des Tantes ¹
Cameroun
in collaboration with the International Alliance of Women
IAW / AIF

Report of the project

Water and Pads for School-girls – Empowerment for Life

Activities at the Kongola and the Luggeo Doubai Primary Schools, in the Far North of Cameroon.

Preparation for the activity

The RENATA Community Mobilization Officer (CMO) travelled to the Far North on March 17 2021 and arrived on March 18. Upon arrival, she held a planning meeting with 3 teachers, peers who would be attending the outreach activities. We prepared the necessary materials and shared roles. The team also made calls to reporters and principals at both schools to make sure they were ready. On Wednesday, March 17 and Friday, March 19, the activities took place in the public schools of Kongola Djoulao and then Lougéo Doubai.

The girls in both schools were informed on the topic of puberty and menstrual hygiene.

There were the following subtopics:

- What is puberty?
- Menstruation - a natural stage
- Knowing your menstrual cycle
- Managing menstrual hygiene and many others.

EP KONGOLA DJOULAO 1

The talks started at Kongola Djoulao public school at 11:00 am with the welcome speech of the school's director and was followed by discussions among the students and the Aunties ¹ of RENATA. The schoolgirls asked many questions and also answered the questions they had been asked. A total of 108 girls were reached by this talk, 96 girls aged 10-14 and 12 girls aged 15-19. We noticed that the girls were very attentive, and that they were ready to answer the questions that were asked of them. On the other hand, they were shy to discuss some issues related to personal and menstrual hygiene.

The majority of the girls uses washable pads and only a few use disposable pads. The reason is that disposable pads are hard to find in the market and they are too expensive.

EP LOUGUEO DOUBAI

The talks started at Lougueo Doubai public school at 9:30 am with the welcome speech of the principal of the school, followed by a talk between the students and RENATA's aunties. The students responded well to the questions they were asked. A total of 103 girls were reached by this discussion, 94 girls aged 10-14 and 09 girls aged 15-19. The text of the booklets was explained to the girls, and each chapter was discussed in a summarized and simplified manner so that all participants could understand.

We thanked the school principal for being available, and he in turn welcomed the team and appreciated our initiatives.

During our explanations, demonstrations on the use and disposal of reusable tampons were given, along with hands-on experiences. After these presentations, some teachers also learned how to do it. The participation of the teachers and principals from both schools was very much welcome, because we saw that they too were interested in acquiring this knowledge. This way the teachers can better explain the facts to the children.

The Aunties also drew a menstrual calendar on their board to show practically to the students how sanitary pads are used and how the menstrual cycle is calculated. This particular lesson was very closely followed by the girls. They also asked many questions about it.

¹ The active members of the RENATA network are called TANTINES

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