



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

Report on the project

Water and Pads for School-girls – Empowerment for Life

Activities in Bikok High School, Mefou Akono District, Central Region, Cameroon

As part of the program of International Alliance of Women IAW/AIF, the goal was to help adolescents, in particular young girls, to face the various challenges of puberty. For this we carried out an awareness-raising activity at the bilingual high school of BIKOk in the district of Mefou Akono on September 29th, 2021. The topic of the day was focused on menstrual hygiene.

Indeed, the Renata team went to BIKOk as agreed, but it was necessary to arrive a little earlier. It was a question of seeing if the devices and also certain details were well in place, thanks to the support of the Staff of this establishment. After the mobilization of the students in the big courtyard, we started right away with the activity, first by the presentation of the team, the structure of the event and the goal of our visit. Without delay we tackled the first theme centered on the puberty. The quintessence was the definition of the concepts, the effects and the consequences of a badly managed puberty. From there we started with the second topic, obviously the goal of our discussion. We defined the menstrual cycle and its functioning, then the definition of the menstrual hygiene. We proceeded by the demonstration of the handling of disposable and non-disposable sanitary napkins. We talked about well adaptable underwear during the bleeding in order to be clean during the period. In short, we focused on hygiene! We closed the talk by distributing materials that we had at our disposal, namely sanitary napkins for those who are already menstruating and for all educational booklets related to sexual health, pens, cookies. Before the session we already had handed out protective masks against infection with covid 19.

Result

In total we reached a number of nearly 230 students who participated to this educational event talk, although only 180 pupils were registered, 120 girls and 60 boys.

We had the accompaniment of 5 supervisors and we ended the session with a family photo with the staff and the students.

Difficulties

The climate was not favorable, as rainfall was threatening. In addition there were no large lecture rooms at this high school. In order to implement the protective measures, the person in charge insisted that the activity takes place in the open air. It was not easy to keep the concentrated attention of the students. The talk was participative, the boys too were involved in the session of menstrual hygiene, the persons in charge appreciated this initiative and they wish similar actions once again in their locality.

Conclusion

It was an enriching moment of experience sharing, the action taken was beneficial by the population of Bikok.

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