



**CEFAP / LADIES CIRCLE**

**Cercle des Filles et Femmes Actives  
pour l'amélioration des conditions socio-  
économiques des jeunes filles et des femmes**



## **IAW / AIF Project "Water and Pads for schoolgirls"**

### **Report on the activities at the Lake Yaoundé Public School on 7 December 2021**

On Tuesday 7 December 2021, our organisation went to the Anglophone public school of Lake Yaoundé where there are about 60% of children from internally displaced families. They had to flee the English-speaking regions because of the instability to seek shelter in the city of Yaoundé. Some children are orphans.

The heartfelt appeal was to go and give extra notebooks and other school supplies to these vulnerable and distressed children. They all have the same right to go to school as all other pupils despite the difficult integration in the city of Yaoundé and the precariousness of their families. It is important to point out that since September 2021 we have been able to acquire school supplies and distribute them to 134 needy children here in Cameroon. This is thanks to donations from people of good will. We gave these materials to children from class 1 to class 6.

After a meeting with one of the leaders of this school two days before our arrival in the field, we saw the need to kill two birds with one stone by arising awareness about puberty and by providing a better menstrual hygiene management to these schoolgirls. In fact, we had feedbacks about several misconceptions of these girls who are mostly in total ignorance and lack of information on the subject. Spontaneously, I pushed and motivated the team because we still had some remaining booklets that we had brought back from the school in Ngaoundéré. Apart from notebooks and school supplies, we also brought the brochures "Entering Womanhood" and "ABCs of being a girl". The girls were very receptive, especially about the subjects of menstruation and puberty. These issues are very little discussed in the English-speaking areas of Cameroon because of old customs and mores in this part of Cameroon. As a result, these internally displaced girls had the opportunity to have an educational discussion on this subject. They approached this topic with us at first very timidly. Then our team tried to break the ice to allow these girls to express themselves, and we had about 60 of them asking very pertinent questions. We took on the task of explaining it to them and promising them to return to this school officially next year. We want to include this school in the list of schools for the "Water and Pads" project in 2022 so that these students can be further instructed and receive protection kits to use during their menstrual period.

#### **Menstrual hygiene management is very important for girls' education in my country, Cameroon.**

Through the "Water and Pads" project, with the support of the International Alliance of Women, we are helping girls, especially in rural areas, to learn about menstruation. But it's also a campaign against the difficulties girls face around their periods and we are also providing them menstrual hygiene kits. We are unstoppable and will always remain committed to breaking down the barriers that hinder girls' access to an equitable education, the promotion of their well-being, dignity and their self-determination.

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