



**SOLIDARITE DES FEMMES  
POUR LE DEVELOPPEMENT,  
ENVIRONNEMENT ET  
DROIT DE L'ENFANT AU CONGO**

**IAW / AIF Water and Pads project**

**SOFEDDEC 10 October 2023**

**Uzima Bora School, Goma City, Province North-Kivu, RD Congo**

## **REPORT ON MENSTRUAL HYGIENE AWARENESS**

### **1. Presentation of the context of the school**

The Uzima Bora school is located in the town of Goma near the Nyiragongo territory. In 2023, the school had 207 pupils, 107 of them boys and 100 girls. We chose this school firstly because it is located between the town and the territory, as most of the population in this area had a poor understanding of menstruation. The other reason was that this school is attended by displaced children who live in camps for displaced people in precarious conditions. They have difficulty managing their periods.

### **2. Conduct of the activity**

As mentioned in the presentation of the school, it turned out that the pupils' families never talk about menstruation, because they are ashamed of it.

The girls and some of the boys didn't want us to talk about it. That's why we decided to make them aware of the advantages of menstruation. It's inconvenient if you don't talk about it, but it's advantageous to speak about it.

We were able to convince the participants that without menstruation no one would be born, and that if we don't talk about it, girls will have unwanted pregnancies. What's more, if we don't talk about it, the girls will be infected because they don't know how to keep their bodies clean, or they could stain their uniforms at school and feel ashamed of it...

After this awareness-raising exercise, the pupils understood and became interested in the subject.

### **3. Difficulties**

The difficulties encountered during this activity included the short duration of the session in terms of the needs felt by the pupils and the requests made by the school authorities.

### **4. Recommendation**

The recommendation made by the school authorities was to extend the session for a significant period. It was also suggested that parents be invited to take responsibility for educating their children on this subject within their families.