



**SOFEDDEC RDC**  
*Solidarité des femmes  
pour le Développement,  
Environnement et Droit  
de l'Enfant au RD Congo*



## **Water and Pads Project WP – Activities in 2024 at the Complexe Scolaire Uzima Bora, Goma, DR Congo**

### **RAPPORT**

Type of activity	Menstrual Hygiene Awareness in a school environment
Person in charge	Coordination SOFEDEC
Date	05/02/2024
Number of participants	300 pupils
Venue	Goma, region of Goma DR
Report by	Giselle R. Bawili

### **CONTEXT AND REASON OF THE ACTIVITY**

Awareness-raising session on menstrual hygiene at Uzima Bora School, Goma, DR Congo

### **Objective**

- To raise awareness among girls and boys about menstrual hygiene.
- Hand out a kit consisting of two reams of paper, 3 boxes of chalk, a box of pens for proper learning,
- To abolish the image of menstruation as a taboo subject,
- Raise the pupils' awareness of the dangers of silence around menstruation: failures due to absences; drop-outs of school, abandonment, abduction, early pregnancy, etc.,
- Give the pupils an additional knowledge about the different functions of their bodies, especially to the girls,
- Show the pupils the different types of pads and the different ways of using them;  
Inform the children that menstruation is a natural and normal part of a girl's growth.
- Inform the pupils about how menstruation occurs, its timing, and show them the importance to protect themselves and maintain a good hygiene,

### **Results**

- The teenage pupils in different classes were made aware of hygiene,
- The support kit was handed out

### **Methodological approach**

The approach consisted of approaching the school after selecting the requested space, then raising awareness among schoolgirls during a day on menstrual hygiene.

For this SOFEDEC-RDC selected the UZIMA BORA primary school by preparing teenage children to understand that menstruation is a normal phenomenon. It is a normal sign of a woman's reproductive power and should not prevent pupils from going to school.

It's a phenomenon that shouldn't be a reason for girls to be rejected or discriminated against!

### **The activity**

The event took place at the UZIMA BORA school in a classroom. At first the girls were separated from the boys, to make them understand that they should never be ashamed to talk about menstruation amongst themselves. After that, the boys joined in, and the atmosphere was good.

### **Expectations**

The pupils were expecting hygiene materials to be distributed, but they were not available due to a lack of resources at the time.

### **Participants' suggestions and recommendations**

The pupils recommended that the organisation might organise better the day of the activity in the future. Above all, they would like to receive hygiene kits.

### **CONCLUSION**

The school authorities and parents asked that these activities be carried out regularly, as it saves children's lives by putting them on the right track for their future.

Some parents and teachers said that several girls had been raped on the road during their period, when they wanted to go home to hide from the stigma. Some others had been abducted and gone missing.

**That's why these activities have such an important protective dimension, far beyond health and hygiene!**



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