



BAWUFAG

Bali Women's Union of Farming Groups Cameroon
in collaboration with
International Alliance of Women IAW

Water and Pads Project

Report of 2024 to International Alliance of Women:

Event at AKAM Bilingual Academy, Yaoundé Cameroon, 8 November 2024

Objective: Our objective for this project was to empower the girls by educating them about their rights as young women and how to manage themselves during their menstruation period which is a monthly process of growing up to become a woman, while providing them with the educational materials to continue to learn on their own. This knowledge will give them courage, build their capacity to become independent when they are having their periods, build their confidence to stay in school during their periods and dispel myths about menstruation, therefore helping them to take control of their lives during their periods. The girls got to know the theme of this year's international day celebrating the girl child. They were informed that every girl has the right to dream, the power to achieve goals and the courage to change the world. We encouraged them to start working on their dreams and their aspirations as they are the nation builders.

Activities

- We started by visiting the school authorities during our planning period so that we could plan together in order to achieve success with the program.
- We printed the reading materials including some charts for demonstration.
- We purchased other materials like pads and fruit juice for each student for making the day pleasant.
- We collected the IAW-reuseable pad which we used to create a pad bank for the school in addition to the water reservoir which we installed last year.
- After our educational session in the school hall, we distributed the reading materials, the pads and the fruit juice to the students and handed over the bag of reuseable pad to the female staff who will take charge of distributing to the girls whenever there is a need for it. We know that sometimes the period comes as a surprise, and so this stock at the school is a back- up for the girls. The embarrassment the girls had faced in the past, can now get avoided.
- After moving out of the hall for photos it was time to visit the reservoir and confirm its functioning. We were glad that it was functioning very well, and the water was drinkable. I witnessed the proprietor of the school drinking it together with the students. The water is very fresh and clean, and so the girls can drink it during their menstruation period. It also avoids dehydration, and it is possible to wash the hands after using the toilet.

Conclusion: I wish to express my appreciation to IAW including the school administration of Akam by saying thanks to IAW for what you do to our girls every year. Akam school is so elated and very proud of you with hopes that this partnership will stay forever.

Thank you.

Report by Rebecca A. Juga, President of BAWUFAG