



# WATER AND PADS PROJECT 2025 REPORT



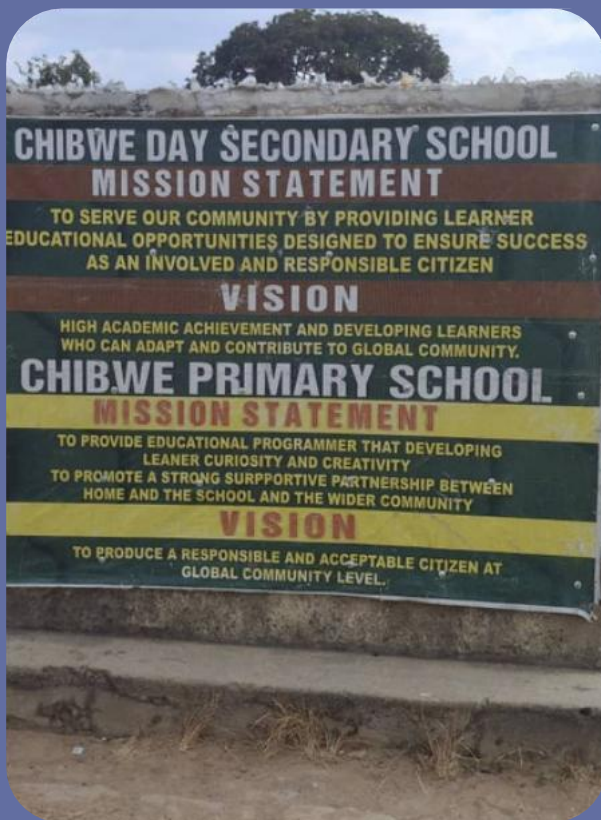
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Menstrual hygiene is not just about health it is about dignity, confidence and opportunity . For many girls managing their period can be overwhelming when they do not have access to sanitary products, clean water or even open conversations about what their bodies are going through. Some are forced to miss school while others carry the silent weight of stigma and shame. Yet, with the right support, girls can feel proud of who they are, remain in school and live without fear or embarrassment. Promoting menstrual hygiene is therefore about more than pads it is about giving girls knowledge, safe spaces and the assurance that their bodies are natural, valuable and worthy of care or respect. To end the month of July, the Zambia Alliance of Women (ZAW), with support from the International Alliance of Women, on 28th July visited Chibwe Day and Secondary School in Kapiri under the Water and Pads Project.

The visit aimed to promote menstrual hygiene, gender-based violence (GBV) prevention, and youth empowerment, as well as to distribute sanitary pads and educational materials focused on womanhood and self-care for girls.

# INTRODUCTION



The visit began with an introductory meeting with the school administration, during which the ZAW team presented the objectives of the Water and Pads Project and acknowledged the support of the International Alliance of Women. The awareness session engaged a total of 300 pupils from Grades 11 and 12, comprising 200 girls and 100 boys, ensuring that both girls who formed the majority and boys were informed, engaged, and empowered.

# ACTIVITIES CONDUCTED



## Awareness on World Period Day and Menstrual Hygiene

*The Executive Director, Ms. Edah Gondwe Chimya, addressed the pupils on the significance of World Period Day, observed annually on 28th May, and discussed the importance of proper menstrual hygiene. She encouraged the pupils, especially the girls, to take pride in their health and well-being.*



## Importance of Education and Abstinence

*The Programmes Manager, Mr. Ceasar Katebe, delivered an inspirational talk on the importance of education and the value of abstaining from sexual activity. He paid particular attention to encouraging male pupils to focus on their studies and to support a respectful and safe school environment.*



## Youth Engagement

*The Participatory Governance and Membership Development Lead, Ms. Deborah Mchulu, spoke from a youth perspective, inspiring pupils to pursue their dreams with determination, make positive life choices, and actively participate in their communities.*





# DISTRIBUTION OF PADS AND EDUCATIONAL MATERIALS

In line with the Water and Pads Project's commitment to improving menstrual hygiene and empowering girls, sanitary pads and books on womanhood and self-care were distributed. These books aim to guide girls on how to look after themselves physically, emotionally, and socially, fostering confidence and resilience.





# MENSTRUAL HEALTH AND GBV AWARENESS video Highlights

<https://www.facebook.com/share/r/14HDMZR9vMW/>

<https://www.facebook.com/share/r/16BCpT4AKg/>

<https://www.facebook.com/share/r/1BAc6c8rRD/>

<https://www.facebook.com/share/r/1KuVnBRAeC/>

<https://www.facebook.com/share/r/16jt4n4jz1/>

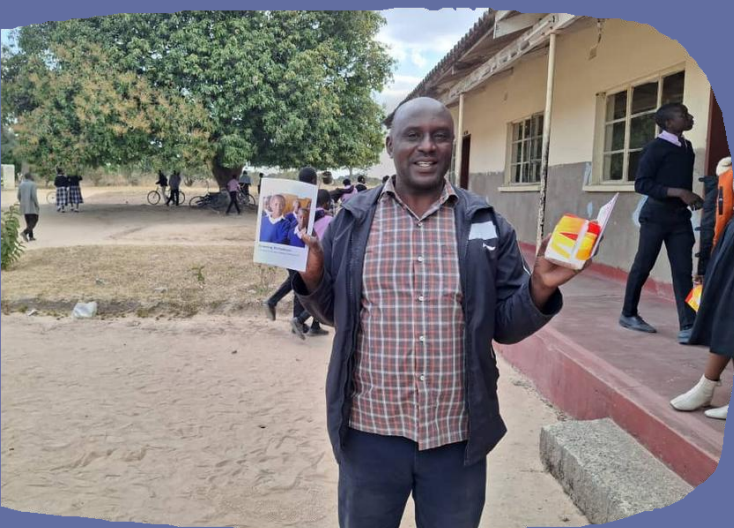
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# HIGHLIGHTS AND CHALLENGES

The visit was marked by several encouraging moments. Pupils, particularly the girls, expressed excitement at receiving sanitary pads and educational books, noting that such resources are rare and deeply appreciated. The open discussions on menstrual hygiene, gender-based violence, and the importance of education were well-received, with many pupils actively participating and sharing personal reflections. Teachers highlighted the value of ZAW's continued engagement, pointing out the positive influence such visits have on pupils' self-esteem and behaviour. However, the visit also brought to light pressing challenges. The most pressing among them was the lack of adequate sanitation facilities, no flush-able toilets, no bathrooms with running water and limited access to clean water.

These conditions were identified as key barriers to regular school attendance for girls. Pupils and staff alike voiced a strong need for a borehole and improved infrastructure to create a safe, hygienic, and supportive learning environment.



# CONCLUSION

In conclusion the visit to Chibwe Day Primary and Secondary School, supported by the International Alliance of women continues to open the realities of pupils and teachers, their hopes, their struggles the resilience they carry. It also continues to reveal the urgent needs that affect their well being such as access to clean water and proper sanitation. Even in the face of these challenges, the determination of the pupils to learn and the commitment of the teachers to guide them stood out as powerful highlights. ZAW remains deeply committed to standing with this community, ensuring that every child has the chance to grow up healthy, confident, and dignified. We are sincerely grateful to the International Alliance of Women for making this journey of hope and empowerment possible

