

# MAKE MENSTRUATION MATTER IN THE SDGS, IN YOUR COUNTRY AND IN YOUR PROGRAMMES!

GOOD MENSTRUAL HEALTH AND HYGIENE MANAGEMENT (MHM) REQUIRES THE FOLLOWING FACTORS:



Education



Toilets &  
Water/Soap



Menstrual  
Products



Disposal

MENSTRUATION MATTERS TO THE FOLLOWING GOALS:

Ensure healthy lives and promote well-being for all at all ages

Goal 3

3



In absence of affordable product, girls and women often use cloths in hidden spaces. of RTI (reproductive track infection) linked to poor MHM



Include menstrual health as a critical component of reproductive health and an important entry point for adolescent sexual and reproductive health

Achieve gender equality and empower all women and girls

Goal 5

5



Taboos and myths related to menstruation often portray women and girls as inferior to men and boys.



Ensure that women and girls can manage their menstruation with normalcy and in dignity. Breaking down taboos and build positive norms

Ensure availability and sustainability of water and sanitation by all

Goal 6

6



2.4  
billion

People still lack improved sanitation facilities. Women and girls are mostly affected by lack of private toilets



Women and girls need adequate water and sanitation facilities including safe and culturally appropriate disposal of menstrual products at home and in public places.



## Menstrual Hygiene management

Simavi believes that improving menstrual health is a vital step to a healthy life for women and girls around the world. Part of the solution is to address cultural beliefs that form barriers to open discussion and social norms that lead to unhealthy practices and restrictions during menstruation. Practical solutions are to provide information and create access to clean water and sanitation and hygiene facilities, such as toilets and sanitary pads. In its programmes Simavi combines WASH and SRHR approaches to realise structural improvements in menstrual health of girls and women.

Read more on:

<http://simavi.org/long-read/menstrual-hygiene-management/>

Simavi realises structural improvement to the health conditions of people in marginalised communities in Africa and Asia. We focus on two areas that are vital for people to be able to lead a healthy life: water, sanitation, hygiene (WASH) and sexual and reproductive health and rights (SRHR).