

Lesson Plan 5: Roles and Responsibilities for MHM**1 hr 20 minutes****Lesson Description**

The focus of this lesson is to highlight the roles and responsibilities of teachers, family and friends in effective menstrual hygiene management.

Learning Outcomes

At the end of this session participants will be able to:



1. Determine challenges faced by women and girls during menstruation and the ways to address them
2. Explain the roles and responsibilities of teachers, family and friends for menstrual hygiene management

Materials

- News print paper
- Tape
- Markers
- Meta cards
- Power point

Preparation

- Prepare flip chart with lesson description or learning outcomes
- Write issues faced during menstruation on newsprint paper
- Prepare charts written with the roles and responsibilities for MHM
- Prepare poster images or PowerPoint images
- Prepare Power Point of roles and responsibilities of teachers, family and friends for MHM

Introduction**5 minutes**

1. Ask the male participants if they have ever helped their mother and sisters during times they were menstruating.
2. Ask female participants if they got help from others during menstruation.
3. If yes, what kind of help they did they do?
4. Present the learning outcomes.

Challenges faced during Menstruation**30 minutes**

1. Ask participants: "Does anyone have a sanitary pad right at the moment?"
 - a. Possible answers: Yes / No.
2. Ask participants: "Is there pad available in school?"
3. "What will you do if you menstruate during school hours?"
4. Are there proper facilities for safe water and a hand washing station?"

5. Ask participants to write in meta-cards, “What can be the challenges faced by girls during menstruation due to lack of proper WASH facilities?”
6. Provide a meta cards to each participants.

Expected answers: difficulties on changing pad (not enough space at toilet), problem on flushing, cleaning blood, washing hands, disposing pads, fear of staining on the toilet pan

Trainers note:

- *inadequate preparations for young girls not yet experiencing menstrual hygiene,*
 - *Lack of sanitary protection materials*
 - *leading to embarrassment and stress due to leakage and smell*
 - *Lack of menstrual hygiene-friendly facilities*
 - *lack of or inadequate water to clean and wash the body,*
 - *so unable to change materials and wash, leading to absence from school or work*
 - *Fear of using the latrine*
 - *due to staining or lack of privacy or unsafe location*
 - *no private space and wash rooms and*
 - *inappropriate facilities for disposal of materials for those who have used pads*
7. Inform participants that if these are the problems being faced during menstruation, there must be solutions to it as well.
 8. Inform participants that for the solution participants will be doing a group work. For this participants will be divided into 4 groups. In their groups, participants are to discuss and write the points to address the issues/ challenges being faced during menstruation.
 9. Divide participants into 4 groups and provide a newsprint paper and markers to each group. Provide 5 to 7 minutes for discussion.
 10. As groups, finish their work, ask a group to present and after their presentation, ask other groups to add other points missing and discussing further.

Role and Responsibilities on MHM

25 minutes



1. After the solution, tell the participants that all the solution, it might not be addressed by a single entity. Many entities will have to fulfill their roles and responsibilities to manage menstrual hygiene.
2. Inform participants, now they are going to explore the roles and responsibilities of teachers, family and friends in Menstrual Hygiene Management
3. Divide the participants into 3 groups.
4. Create three stations and place news print paper and markers at each station.
 - a. Ask the participants (group) to visit the station (Group 1 to station 1, group 2 to station 2, and group 3 to station 3) and write the role and responsibilities of Teachers, Family and Friends respectively by each group.
5. A time of 10 minutes is provided to complete the task.
6. After 10 minutes, tell the participants to move to the other group (clockwise) and review the points written by the previous group.

7. If the previous group has missed any information, the new group can add in it. Only two minutes time is assigned for the task. The process is continued until the groups have visited all the stations.
8. Summarizing the points from participants, present the roles and responsibilities written on news print.

Trainer's Note:**Role of teachers**

They have a vital role in sensitizing boys and girls, instructing skills and ensuring they have access to basic water, sanitation and hygiene facilities.

- He/ She should provide detailed information on menstruation, the menstrual cycle and about menstrual hygiene management
- Creating a comfortable environment to share things about menstruation
- Control on the unacceptable behavior of the student (boys) e.g. bullying, security management
- User-friendly toilets with the availability of safe water and sanitation materials such as toilet cleaners, brushes, soap with sufficient space.
- Availability of a hand washing station
- Availability of sanitary pads in school.
- Availability of incinerators for safe disposal of sanitary pads
- Good counseling
- Regular cleaning or emptying of the dustbins

Role of Family

- Provide prior education and information related to menstruation
- Experience sharing
- Good counseling
- Proper care and attention
- Making a suitable/comfortable environment to share problems
- Correct information avoiding the myths and taboos
- Rest time should be given
- Providing information about proper use of sanitary napkins/pads and personal hygiene
- Availability of water, soap, sanitary napkins/pads, and other essential material in homes

Role of friends especially males

- Supportive and no bullying and teasing
- They can help to manage things (water, soap, sanitary pads, incinerators, dustbins, etc.) in school

- Be the peer to share the problem
- Psychological support

Commitment after orientation Program**10 minutes**

1. Divide the participants according to their level i.e. girls, boys and teachers.
2. Provide news print and markers to each group and ask them to write what they will practice instantly for menstrual hygiene management.
3. Provide 5 minutes for the discussion and after the time groups to present. Add more if any points are missing.
4. Ask them to share on large group.

Trainer note:**Commitments after orientation on school**

- Advocate for the construction of a pad incinerator.
- Availability of hand washing station with soap, water, and towel, etc.
- Availability of sanitary pads in school if the girls menstruate in school premises.
- Management of a sick room.
- Conducting awareness programs frequently.
- Designate the responsible person for maintenance of toilet and cleaning dustbins to incinerate on a timely basis

Trainers note:**Facilities should be available in school for the management of menstrual hygiene.**

- Child, Gender and handicapped friendly toilets
- Safe disposal place for incineration
- Availability of water and soap
- Management of sanitary pads
- Effective Teaching and Learning regarding menstruation and hygiene
- Safe disposal of used pads and clothes. No drain and flush practice of pads and clothes

Review**10 minutes**

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1. Prepare a paper or Meta card containing the words “teachers”, family” and “friends” respectively.
 2. Ask them, to select the paper randomly. Each and every participant should get a paper.
 3. Tell the participants to share the roles and responsibilities of the person whose word is in their hands.

4. Ask other participants to share role and responsibilities which is not shared by previous participants or if there is any new information.

Reflections on Lesson