



Protect Children's Rights Trust

Evaluation Report on the Impact Caused by Reusable Sanitary Pads Pilot Project Interventions on the Rural Girls' Education in Tanzania



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Various research studies have identified menstruation as one of the key barriers to girls' school attendance and attainment especially in rural communities in Tanzania. Menstrual has been identified as one of the leading causing to drop out of school most of rural girls despite of education being free for primary and secondary schools in Tanzania. To improve the situation, the Protect Children's Rights Trust (PCRT) initiated, developed and implemented the pilot project by providing free reusable sanitary pads, that was conducted at Kigarama Secondary School in Misenyi district and Kabugaro Secondary School in Bukoba rural district, Kagera region north western part of Tanzania (near Uganda boarder). This project was made possible by the financial support from PCRT's friends from South Wales and Northern Ireland in United Kingdom, Canada, Finland, Sweden, Spain and Tanzania with the aim of providing to rural school girls with reusable sanitary pads to increase attendance and retention of girls in schools. PCRT was able to raise 2,600,000 Tanzania Shillings (991.82 Euro).

With the money raised, reusable sanitary pads were bought and PCRT distributed free reusable sanitary pads to 203 rural secondary school girls of menstrual age 15-20 years. These sanitary pads are produced in Tanzania and are made of eco-friendly absorbent cotton material that can be used, washed and re-used for 12 months or more. Each girl received one package that contain 4 re-usable sanitary pads. Also PCRT conducted trainings to teachers on how to train pupils to practice safe hygiene management and train school girls on how to manage menstrual hygiene. Giving knowledge focused on menstrual health, to promote sexual reproductive health rights, life skills with attention on sexuality and gender specific HIV/AIDS prevention and initiating girls to have health clubs.

The pilot project was undertaken in June 2018. Assessment study to determine its impact was carried out in October 2018. As the project is on six months of implementation, the impact need to be evaluated. We carried the evaluation in December 2018. The study undertook to investigate the impact after intervention. The research tested whether the school attendance improved when girls were given (a) reusable sanitary pads, (b) knowledge focused on menstrual health, to promote sexual reproductive health rights, life skills with attention on sexuality and gender specific HIV/AIDS prevention, (c) initiating girls to have health clubs.

In summary the pilot project was instrumental, by starting using reusable sanitary pads, girls' attendance and their performance at school improves. There is a great positive impact in this short time of six months. So these girls are more likely to complete their high schooling. With a completed high school education girls have more of a chance of completing the higher learning institutions, have more chance of employment and break a cycle of poverty. Teen pregnancy and early marriages will decrease. PCRT also experienced a lot of learnings in this interventions except that due to financial constrains we can't extend the help more girls to wider areas, this would be a very good process to retain girls in school and we just recommend for continuous support so that girls remain and study at the same rate as boys in rural areas in Misenyi and Bukoba rural districts.