TOOL 7

MHM IN THE EMERGENCY PLAN OF ACTION

**Menstrual Hygiene Management (MHM) in Emergencies** / IFRC / Pilot version

OVERVIEW

This tool provides example outputs, indicators and targets for menstrual hygiene management related actions that may be included in the IFRC Emergency Plan of Action (EPoA)*[[1]](#footnote-1)*. Actions for all three essential components of MHM are included, as well as for RCRC hygiene promotion actions.

See ‘Integrating MHM into humanitarian programming’, Step 4 in the Guide for more information on which section of the EPoA different types of kits and activities should be under.

EXAMPLE OUTPUTS AND INDICATORS FOR RCRC MHM ACTIONS

An example specific **outcome** for MHM is: ‘Women and adolescent girls in [*specify country and/or location*] can privately, safely and hygienically manage their monthly menstruation from [specify time period].’

WRA = Women and girls of reproductive age (assess what ages are normal in local area)

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|  | **Output** | **Indicators** | **Target** |
| **MHM Component 1**  **Access to MHM materials and supportive items** | Women and adolescent girls have access to and use appropriate MHM materials | WRA that receive MHM materials / MHM or dignity kits | #, 100% |
| WRA reporting that MHM materials or kits received are appropriate and sufficient in quantity [for the timeframe planned and provided for] | 100% |
| WRA reporting being satisfaction with MHM materials or kits distributed | 100% |
| Schools who serve girls older than 10 years that provide contingency MHM supplies | 100% |
| WRA reporting that they felt safe and not embarrassed at distribution of MHM or dignity items | 100% |
| **MHM Component 2**  **Private, safe and appropriate WASH facilities** | Target population have daily access to safe water supply in sufficient quantity | Target population who have at least 15 liters / person / day of water available | 100% |
| Households who have at least 2 20 liter water storage containers | 100% |
| Target population have access to appropriate sanitation facilities (including latrines, bathing and drying areas, solid waste management) | Latrines, bathing areas and solid waste facilities that are designed after consultation with affected women, girls, boys and men (including those with disabilities) | 100% |
| Latrines, bathing areas and solid waste facilities that meet the minimum requirements for being ‘female-friendly’ | 100% |
| Households who live within 50 meters of a latrine/toilet facility | 100% |
| Communal latrines that are gender-segregated. | 100% (at least 50% female-only latrines) |
| WRA who report feeling safe to use communal latrine facilities during the day and night. | 100% |
| WRA who report hygienically washing and drying reusable menstrual cloth | 100% |
| WRA who report properly disposing of absorbent materials (sanitary napkins or menstrual cloth) | 100% |
| Handwashing facilities constructed | # |
| Functional handwashing facilities that have water and soap | 100% |
| Latrines, bathing areas and solid waste facilities that are regularly cleaned and maintained | 100% |
| Communal/institutional/school sanitation facilities that have handwashing facilities with water and soap | 100% |
| Communal/institutional/school sanitation facilities that have private waste disposal bins (or incineration facilities) for menstrual waste | 100% |
| Communal/institutional/school sanitation waste disposal bins/facilities that are emptied or collected daily / weekly [modify as appropriate] | 100% |
| **MHM Component 3 Information and knowledge on menstruation and hygiene** | Women, girls, boys and men have practical, clear information on menstruation and personal hygiene | WRA who received training on use, care, disposal and personal hygiene at time of distribution of MHM or dignity items | 100% |
| WRA who report restrictions during menstruation | % (reduction) |
| WRA who have received training on how to use MHM items (PDM) | 100% |
| Women, girls, men and boys who know that menstruation is a natural, normal process | 100% |
| Women, girls, men and boys that have a basic knowledge of the process of menstruation (e.g. can answer 2 – 4 questions on MHM correctly) | 100% |
| Local male and female health workers who have a basic knowledge of the process of menstruation | 100% |
| WRA that know how to hygienically manage monthly menstruation | 100% |
| WRA that know how to hygienically dispose of menstrual materials | 100% |
| **General** | Continuous assessment of situation and engagement with affected population is carried out | Feedback mechanism in place including responsible person for collecting, analysing, tracking and communicating mitigation | # and type, functioning |
| Feedback (including complaints and rumours) that are successfully mitigated | 100% |
| [MHM] actions are well coordinated between sectors and agencies | Relevant coordination / cluster meetings attended | # |
| MHM included in joint assessment or monitoring activities | # |
| **Generic Hygiene Promotion** | Hygiene promotion activities are conducted according to RCRC standards and guidelines. | Number of volunteers/staff trained | # |
| Hygiene promotion (HP) plan developed | Plan available |
| Households visited by volunteers (door-to-door visits) | # or % |
| People who attended group sessions held by volunteers | # |
| Radio spots/SMS messages/TV spots broadcast | # |
| People reporting satisfaction with RCRC response | # or 100% |
| MHM is included within National Society WASH or HP policy or guidelines | Yes |

1. Component 1 – 3 adapted from: Sommer, M., Schmitt, M., Clatworthy; Save the Children. [↑](#footnote-ref-1)