TOOL 13

CHECKLIST FOR MENSTRUAL HYGIENE IN HUMANITARIAN CONTEXTS

**Menstrual Hygiene Management (MHM) in Emergencies** / IFRC / Pilot version – July 2019

OVERVIEW

This checklist[[1]](#footnote-1) outlines broad key actions to ensure an effective and comprehensive MHM response in an emergency or humanitarian crises. Use it as a guide or as a tool to reflect on.

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|  |  | **✓** |
| 1 | Staff and volunteers (both male and female) have been trained on MHM, and have capacity and confidence to discuss MHM and identify practical actions to improve menstrual hygiene management for women and girls. |  |
| 2 | Staff and volunteers (both male and female) who are involved with MHM programming have been trained gender, age, disability, on how to communicate respectfully with persons with disabilities and older people and referral mechanisms for sexual and gender based violence disclosures. |  |
| 3 | Women and girls, including those with disabilities or from vulnerable/minority groups, are continuously consulted on their needs and preferences, the challenges they face, cultural and social norms and the WASH facilities/items/support provided. |  |
| 4 | Based on feedback collected from women, girls, boys and men, MHM related activities are revised or adapted as needed. |  |
| 5 | Data are disaggregated at least by sex, age and disability and other context-specific variables, to provide an understanding of and access to the most marginalized. |  |
| 6 | Menstrual hygiene management actions are well-coordinated both between sectors (e.g. WASH, PGI and health) and between actors (e.g. RCRC, UN, government etc.). |  |
| 7 | Women and adolescent girls have access to and use appropriate sanitary materials (based on their preferences and context). |  |
| 8 | MHM kits or dignity kits (which contain sanitary materials) include all the minimum items for menstrual hygiene – including items to support washing, drying and disposal. |  |
| 9 | Demonstration of use, care and disposal of menstrual hygiene items, and hygiene promotion linked with sexual and reproductive health is provided at the same time as distribution. |  |
| 10 | Latrines, bathing areas and solid waste management facilities are ‘MHM-friendly’ and meet the minimum requirements (including being gender-segregated and a proportion [target = 10%] accessible to those with disabilities) so that women and girls (including those with disabilities) have private, safe facilities that they feel comfortable using day and night to manage their menstruation. |  |
| 11 | Latrines, bathing areas and solid waste management facilities are regular cleaned and well-maintained, and people who handle menstrual waste have wear appropriate PPE. |  |
| 12 | Schools and institutions (e.g. health clinics) in emergency contexts have appropriate and MHM-friendly water, sanitation and hygiene facilities to help girls manage their menstruation. |  |
| 13 | Schoolteachers in emergency contexts have been trained to support girls with their menstruation. |  |
| 14 | Opportunities have been created in emergency contexts for adolescent girls and boys to learn about menstruation. |  |

1. *Adapted from Australian Red Cross MHM in Emergencies training package.* [↑](#footnote-ref-1)