The Regional Fit for School Programme in cooperation with the Sector Programme “Sustainable Sanitation” has developed a Menstrual Hygiene Management (MHM) in Schools concept, which is modular, culturally adaptable and consists of a primary and secondary intervention package.

### Primary Interventions
- **Access to information**: e.g. booklet, video, app
- **Female-friendly sanitation facilities**: gender-segregated, functional lighting, lockable from the inside, handwashing facilities with water & soap, cleaned daily, covered bins and methods of disposal available
- **Access to MHM supplies**: e.g. emergency supply of sanitary pads, reusable pads
- **Integration of MHM into existing monitoring systems of the education sector** (e.g. EMIS)

### Secondary Interventions
- **Pain relief medication available in schools**
- **Capacity building for teachers and school health personnel**
- **Identification of a focal teacher for MHM**
- **Getting male students and teachers involved**
- **Peer-to-peer education**: e.g. school clubs, girls clubs
- **Additional information, education and communication materials**
- **Waste management**

**Components of MHM Capacity Development in Schools**

- **Access to Information**
- **Female-friendly Sanitation Facilities**
- **Integration of MHM into Existing Monitoring Systems**
- **Access to MHM Supplies**
- **Primary Interventions**
- **Secondary Interventions**
“WHAT GETS MEASURED GETS DONE” MENSTRUAL HYGIENE MANAGEMENT

Direct and indirect MHM Indicators within the Sustainable Development Goals (SDGs) WASH in Schools Monitoring Framework to be measured in each school using the EMIS – Education Management Information System

WHO-UNICEF JOINT MONITORING PROGRAMME SERVICE LADDERS FOR MONITORING WASH IN SCHOOLS IN THE SDGs

<table>
<thead>
<tr>
<th><strong>DRINKING WATER</strong></th>
<th><strong>SANITATION</strong></th>
<th><strong>HYGIENE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>ADVANCED SERVICE</td>
<td>ADVANCED SERVICE</td>
<td>ADVANCED SERVICE</td>
</tr>
<tr>
<td>(to be defined at national level)</td>
<td>(to be defined at national level)</td>
<td>(to be defined at national level)</td>
</tr>
<tr>
<td>BASIC SERVICE</td>
<td>BASIC SERVICE</td>
<td>BASIC SERVICE</td>
</tr>
<tr>
<td>Drinking water from an improved source and water is available at the school at the time of the survey</td>
<td>Improved sanitation facilities at the school that are single-sex and usable (accessible, functional and private) at the time of the survey</td>
<td>Handwashing facilities with water and soap available at the school at the time of the survey</td>
</tr>
<tr>
<td>LIMITED SERVICE</td>
<td>LIMITED SERVICE</td>
<td>LIMITED SERVICE</td>
</tr>
<tr>
<td>NO SERVICE</td>
<td>NO SERVICE</td>
<td>NO SERVICE</td>
</tr>
</tbody>
</table>

TARGET 4.a: Build and upgrade education facilities that are child, disability and gender-sensitive and provide safe, non-violent, inclusive and effective learning environments for all.
INDICATOR 4.a.1: Proportion of schools with access to: (f) single-sex basic sanitation facilities; and (g) basic handwashing facilities (as per the WASH indicator definitions)

TARGET 6.2: By 2030, achieve access adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situations.
INDICATORS: See 4.a.1 for WASH in schools indicators

ADVANCED SERVICE
- Access to information
- Cleanliness of toilets
- Water & soap in cubicles
- Covered bins
- Disposal mechanisms
- Functional lighting
- Emergency MHM material

BASIC SERVICE
- Sanitation facilities
  - Gender-segregated
  - Usable:
    - Accessible
    - Functional
    - Private
  - Handwashing facilities with water & soap

FEATURES OF A CLEAN AND FEMALE FRIENDLY TOILET

- Lighting & ventilation
- IEC materials (sticker)
- Water for flushing and washing
- Toilet
- Toilet brush with holder
- Drainage
- Uneven floor
- Single-sex
- Door with inner lock
- Cleaning schedule
- Handwashing facility with running water and soap
- Toilet brush with holder

1 Trash bin with cover

www.fitforschool.international // www.susana.org