

REPORT ON POST INTERNATIONAL MENSTRUAL HEALTH AND HYGIENE MANAGEMENT DAY CELEBRATIONS

PREPARED BY

KIGOZI SIMON PETER
PUBLIC RELATIONS OFFICER
YOUTH CAPACITY BUILDING NETWORK (YCBN)
3RD JUNE 2026



Contents

ACTIVITY TITLE	3
DATE OF ACTIVITY	3
VENUE/LOCATION.....	3
IMPLEMENTING ORGANIZATIONS	3
YCBN PARTICIPATION AND ROLE	3
OBJECTIVES.....	4
TARGET BENEFICIARIES.....	5
NUMBER OF PARTICIPANTS.....	5
ACTIVITY CONDUCTED	5
KEY ACHIEVEMENTS	5
CHALLENGES ENCOUNTERED.....	6
LESSONS LEARNED.....	6
RECOMMENDATIONS	6
CONCLUSION	7

ACTIVITY TITLE

Post International Menstrual Health and Hygiene Management Day Celebrations



DATE OF ACTIVITY

29th May 2026

VENUE/LOCATION

Kira Secondary School

IMPLEMENTING ORGANIZATIONS

1. Transcend Africa Foundation
2. Members of the Wezesha Girls Network
3. Youth Capacity Building Network (YCBN)

YCBN PARTICIPATION AND ROLE

The Youth Capacity Building Network (YCBN) played an active and strategic role in the implementation of the activity.



YCBN was responsible for:

1. Mobilizing students and coordinating participation
2. Facilitating awareness sessions on menstrual health and hygiene management
3. Leading practical demonstrations on liquid soap production
4. Supporting training on reusable sanitary pad production
5. Engaging both male and female students to break menstrual stigma
6. Providing documentation and reporting support
7. Strengthening partnerships among stakeholders

Through this engagement, YCBN reinforced its commitment to youth empowerment and health education.

OBJECTIVES

1. To Break stigma surrounding menstruation
2. To Combat period poverty
3. Promote hygiene facilities
4. Advocate policy integration
5. Raise awareness on menstrual hygiene

TARGET BENEFICIARIES

Students of Kira Secondary School



NUMBER OF PARTICIPANTS

325 participants

ACTIVITY CONDUCTED

1. Liquid soap production demonstration
2. Menstrual hygiene education sessions
3. Reusable sanitary pad training
4. Interactive discussions

KEY ACHIEVEMENTS

1. Students learned soap making skills
2. Girls gained reusable pad production skills
3. Boys supported menstrual health advocacy
4. Increased awareness and reduced stigma
5. Strengthened partnerships

CHALLENGES ENCOUNTERED

1. Limited materials
2. High participant numbers
3. Time constraints
4. Persistent stigma

LESSONS LEARNED



1. Youth-led groups are effective
2. Practical training improves learning
3. Male involvement reduces stigma
4. Partnerships enhance impact

RECOMMENDATIONS

1. Support youth-led organizations

2. Increase training materials
3. Integrate MHM in schools
4. Expand outreach
5. Follow-up mentorship

CONCLUSION

The activity strengthened collaboration among partners and significantly improved awareness and skills in menstrual health management.

