



World Vision India

Adolescent girls in India- basic facts

Demographic profile:

- 225 million Adolescents – 47% girls

Health & Nutrition Status

- 56% of Adolescent Girls (AGs) are anemic
- 47% undernourished with low BMI
- 30% AGs give birth to first child
- 41% maternal deaths take place in 15-24 yrs

Education and Socio-cultural indicators

- 21% of AGs no access to education
- Drop out rate (I-X) : 57.29%
- 50% of AGs marry before age of 18 years

*Source: Presentation made by Ministry of Women and Child Development, GOI, on SABLA



Knowledge and practices related to menstruation

Awareness

- Only 13% girls aware of menstruation before menarche
- 56% of girls- both in and out of school – did not have any information about menstruation before onset of menarche
- 66% girls knew “nothing” about menstruation prior to starting.

Use of materials

- 75% of girls did not have any idea about what material to use to absorb the flow; Majority of girls (75%) use cloth.
- 27% of girls out of school did not use any material at all
- 85% use cloth during menses, only 16% used SN. • 89% of the respondents use cloth as absorbents, 2% respondents use pieces of cotton, 7% use sanitary napkin, 2% use ash.

Hygiene and access to products

- 41% of adolescents hide the cloth in the room, 22% hide it in the roof, 11% share the cloth with others

*Source: Presentation made by Ministry of Women and Child Development, GOI, on SABLA

ADOLESCENT HEALTH PROGRAMS IN INDIA

1. National Iron + Initiative:

The weekly Iron and Folic acid supplementation (WIFS) program covers adolescents enrolled in class VI-XII of government, government aided and municipal schools as well as out of school girls.

2. Adolescent Friendly Health services:

The adolescent friendly health services address reproductive and sexual health concerns of adolescents, both married and unmarried through information and counselling and those related to nutrition and mental health



3. Scheme for promotion of menstrual hygiene among adolescent girls (10-19 years) in rural India

This scheme aims to increase awareness among adolescent girls on menstrual hygiene, increase access to and use of high quality sanitary napkins to adolescent girls in rural areas and ensure safe disposal of sanitary napkins in an environment friendly manner. Under this scheme sanitary napkins (NRHM brand 'Free day') are being sold to adolescent girls at Rs. 6/- for a pack of 6 napkins in the village by the ASHA worker.



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World Vision India programme for promotion of Menstrual Hygiene combines health education for adolescent girls, providing a regular supply of sanitary napkins and enabling other sanitation measures such as access to water and toilets in schools and in the community through convergence with other programmes.

Session 1: My body and Development

Objectives:

1. To increase the knowledge of participants on physical, psychological, emotional changes during adolescence
2. To increase the knowledge on sexual growth and respond to their personal concerns related to it
3. To enable the children to understand that our bodies belong to God and that we must treat them with respect and protect them from harm to an extent possible.



Session 2 : Menstruation and Hygiene for Adolescent Girls.

Objectives:

1. At the end of the session adolescent girls will be aware of the physiology of menstruation
2. Adolescent girls are aware of the hygiene and sanitation that needs to be ensured during menstrual period



Session 2 : Menstruation and Hygiene for Adolescent Girls.

How to use Sanitary Pads

- Place a cloth, Pad, cotton or tissue on your underwear.
- Never insert the material inside your vagina.
- Change the cloth, pad, cotton or tissue every two to six hours or more frequently if you think that the blood flow is getting heavy.

How to dispose the used cloth/pad

- If you are re-using a cloth, put it into a plastic bag until you can wash it with hot water and soap and then dry it in the sunshine or iron it.
- If you are using a pad, tissue or cotton, or want to dispose of your cloth, wrap it in paper to make a clean package and put it in the bin so it can be burnt later

How to Clean during menstrual period

- Every day (Morning and evening if possible) wash your genitals with soap and water.
- Keep unused cloths and pads clean (Wrapped in tissue or plastic bag) for further use.
- Pat the area dry with a cloth, and put a fresh cloth/pad, cotton or tissue on your underwear.

How to manage the stomach pain

- You can put a bottle with hot water on your stomach area when you are resting.
- Try to keep your body active.
- If pain continues regularly in every cycle, visit the Doctor or a health facility.



Session 3 : Healthy Eating and Prevention of Anaemia

Objective:

1. At the end of the session, children will be aware of the need for eating healthy foods
2. Children are aware of the importance of Iron rich foods and the consumption of IFA tablets.



Session 4: Hand Wash and Sanitation

Holistic package

- Hygiene and behaviour change communication strategy.)
- Hygiene Education for girls about personal hygiene,
- Social Support mechanisms in schools
- Communication materials and approaches.
- Advocacy for: gender segregated toilet and washing facilities in schools, inclusion of incinerators as a part of toilet designs,
- Technical support to both the national flagship programmes- - expand the reach to all schools, - I
- Improve access to sanitary napkins, - strengthen the focus on adolescent hygiene component in the programmes



Session 5: Gender and inequality

Objective

1. Children understand the inequality between boys and girls in the community Children are equipped to have a comprehensive idea on gender inequality and its impact on well being.
2. Children are aware on how to prevent early marriage.

