

# Redefining menstrual education

## Team members

*Gitu Mbugua*

*Ivy Waiyuyu*

*Jackline Wanjiku*

*Jacqueline Kinya*

*Lewis Wachiuri*

*Omar Abdirashid*



# Problem statement: Addressing Menstrual Health Education Disparities

GCGO: Women empowerment and education  
A lack of accessible and comprehensive menstrual hygiene education widens social and health disparities, particularly affecting young girls in underserved areas.





#### Name:

Sarah Njeri

#### Age:

32 years old

#### Occupation:

Community Health worker

#### Location:

Murang'a, Kenya

### User Description:

Sarah Njeri is a 32-year-old community health worker based in a rural area in Kenya. She is passionate about improving the health and well-being of her community, especially focusing on the education and empowerment of young girls.

### Personal Characteristics:

- Passionate
- Solution-oriented

### Goals:

- To find an easy-to-use learning app or platform
- To teach more girls about their menstrual health

### Needs:

- Comprehensive educative offerings on menstrual health and hygiene.

**Sarah has a deep understanding of the challenges faced by girls in her community, including the stigma surrounding menstrual health.**

### Hobbies and Interests:

- Community work
- Cycling

### Challenges:

- Increase in complex emerging online applications
- Lack of available, up-to-date learnings apps or websites.

### Sources of Info:

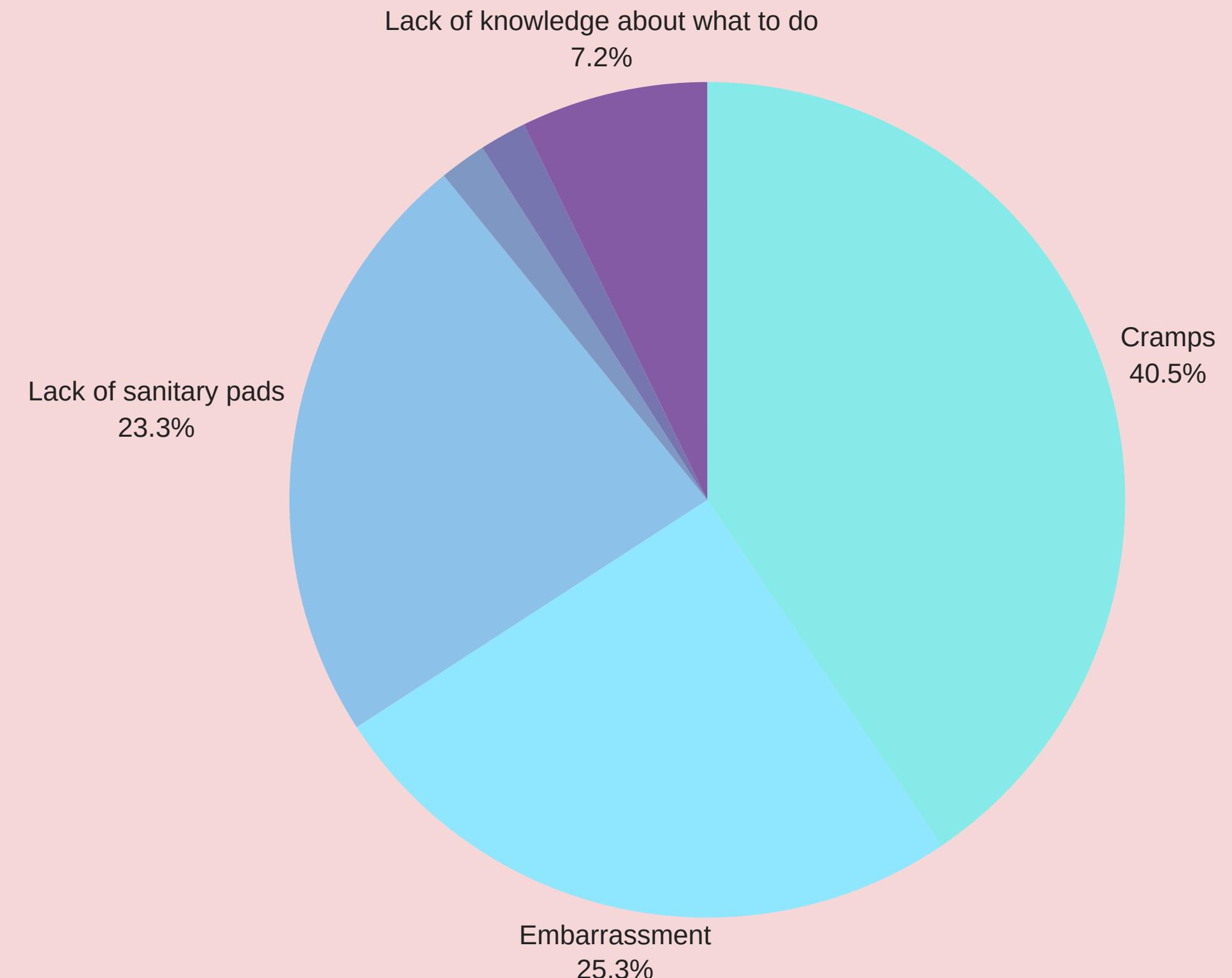
- News
- Online media

- The need for puberty and menstruation education in poorer and more rural areas including the NorthEastern and Rift Valley provinces is dire. A UNICEF study in Garissa, in the North Eastern Province, found that 64% of girls self-reported their knowledge of puberty as fair or poor.
- Although the Kenyan government mandates puberty education in schools, the curriculum focuses primarily on the biological rather than psycho-social changes including the hygienic use and disposal of sanitary pads

In Kenya, the median age for menarche is 14.4 years of age. Within the population of menstruating girls, 87.7% receive information on menstruation from their mothers and 15.5% from their teachers. However, the majority of conversations between parents and daughters focuses on avoiding teenage pregnancy, so little attention is given to menstruation (MOH 2020).

# PERCENTAGE OF WHY GIRLS MISSED SCHOOL

- CRAMPS
- EMBARRASSMENT
- LACK OF SANITARY TOWELS
- LACK OF TOILETS FOR GIRLS
- LACK OF PLACE TO LEAVE SANITARY PADS AT SCHOOL
- LACK OF KNOWLEDGE ABOUT WHAT TO DO



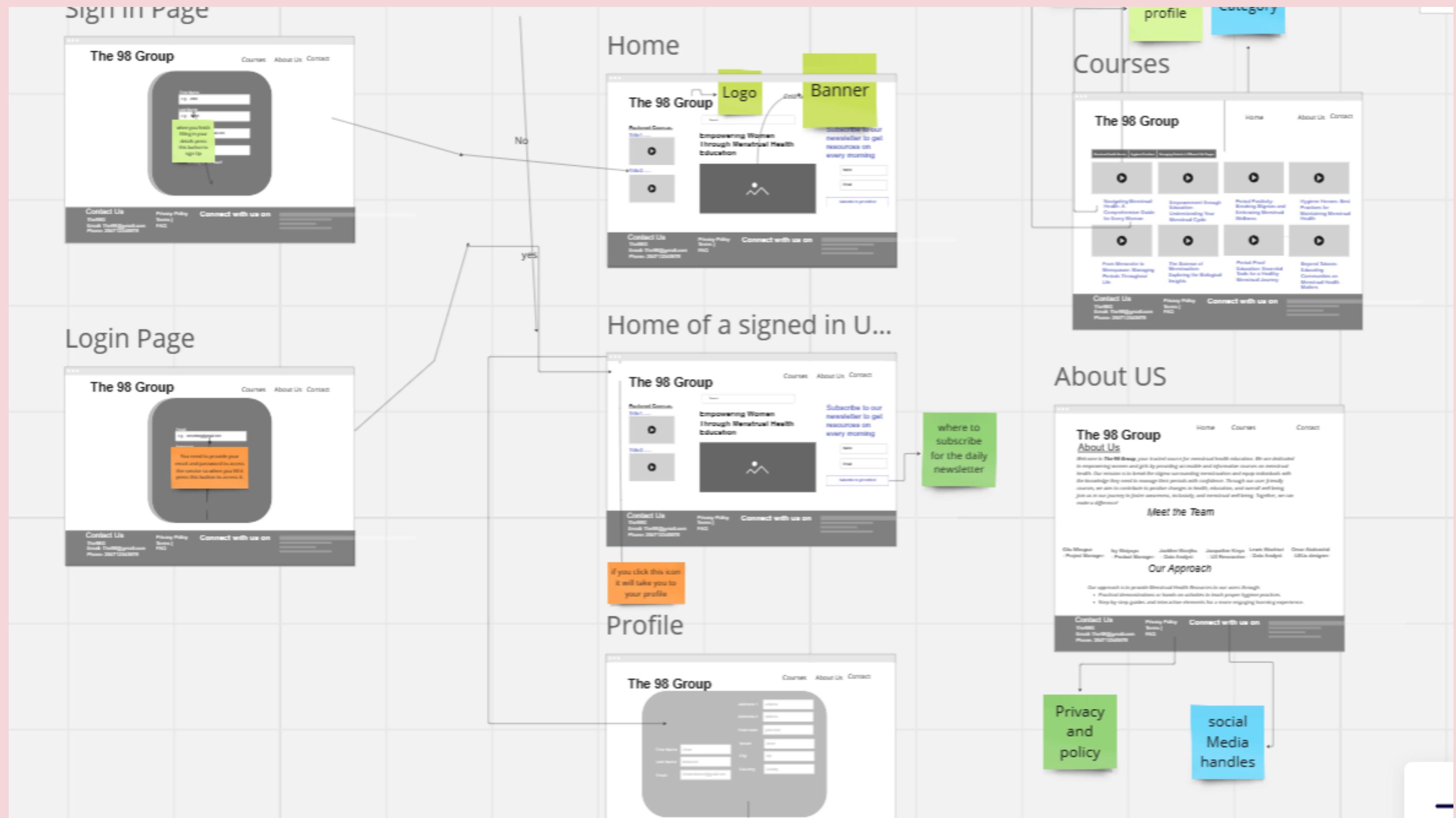
## OUR RATIONALE

## PROPOSED SOLUTION

Our objective is to build an interactive online platform aimed at promoting menstrual health education.

A web platform allows scalable access to crucial information, overcoming geographical barriers and providing interactive learning experiences.

# WIREFRAMES



# NEEDS AND PAINPOINTS

---

---

USERS PROPOSED ADDING  
QUICK INSTRUCTIONS FOR  
SEAMLESS NAVIGATION

WE PLAN TO INCLUDE SIMPLE  
INSTRUCTIONS WITHIN THE  
WIREFRAME FOR A  
STRAIGHTFORWARD USER  
EXPERIENCE THAT IS NOT  
OVERLY COMPLICATED.

# Some of the practical solutions we plan to adopt in the future include:

- EXPERT INTERVIEWS OR WEBINARS: INCORPORATE SECTIONS FEATURING EXPERT INTERVIEWS, WEBINARS, OR PODCASTS DISCUSSING MENSTRUAL HEALTH.
- PERIOD TRACKER INTEGRATION.
- CONTINUAL EDUCATION MODULES: DEVELOP MODULES OR COURSES THAT OFFER CONTINUAL EDUCATION ON MENSTRUAL HYGIENE, CATERING TO DIFFERENT AGE GROUPS OR STAGES OF LIFE.
- CUSTOMIZABLE LEARNING PATHS: ALLOW USERS TO CREATE PERSONALIZED LEARNING PATHS BASED ON THEIR INTERESTS OR KNOWLEDGE LEVELS.
- INTERACTIVE QUIZZES AND ASSESSMENTS: INTRODUCE INTERACTIVE QUIZZES OR ASSESSMENTS WITHIN THE WIREFRAME TO REINFORCE LEARNING.

The envisioned solutions aim to establish an all-encompassing educational platform for menstrual health. Incorporating expert knowledge and tailored learning experiences, our objective is to empower users with informed choices and proactive health practices, ultimately enhancing overall well-being.

# Thank you!

