



WaterAid/Pakistan

# HerWASH: Empowering women and girls through education and leadership

## HerWASH: Project Summary

HerWASH is a 4-year project being implemented in Burkina Faso, Liberia, Sierra Leone, and Pakistan with a concentrated focus on keeping young women and girls in school. The project integrates the construction and rehabilitation of water, sanitation, and hygiene infrastructure with quality, gender-responsive, and age-appropriate menstrual hygiene education.

## HerWASH in action:

Misbah, pictured above, lives in a small village in District Thatta, Pakistan and is a HerWASH menstrual hygiene management (MHM) Community Champion. Her work as a Community Champion has included participation in two multiday workshops focused on MHM education, the reproductive cycle, leadership skills, and entrepreneurship. The training enables her to effectively teach and inspire her community.

Misbah is now empowered to be a local educator and entrepreneur. She teaches women and girls in her community the importance of good MHM, while supporting and encouraging them to dismantle harmful myths associated with menstruation. With this information, women and girls no longer feel they need to miss school or work while menstruating.

Through the trainings, Misbah became aware of the impact that a lack of access to appropriate menstrual materials has on good MHM. In response, Misbah used her newly gained entrepreneurial knowledge to create a small business making and selling low-cost sanitary products. She has also begun offering courses to adolescent girls on how to make their own cost-effective sanitary napkins.



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**Left: Misbah shows the different household materials she uses to make reusable menstrual pads that she sells at a low-cost to community members through her small business.**

**Right: Misbah leads an MHM workshop with women from her community.**

