

# Empowering girls through hygiene



## HerWASH: Project Summary

HerWASH is a four-year project in Pakistan, Burkina Faso, Liberia, and Sierra Leone. The program combines age-appropriate and gender-responsive, high-quality menstrual health and hygiene (MHH) education with the construction and rehabilitation of water, sanitation, and hygiene (WASH) infrastructure to advance the rights and health of women and girls.

## HerWASH in action:

Elizabeth is a student and a member of the health club at her school in Kailahun, Sierra Leone. At the health club, she learns about hygiene, including MHH, and shares the knowledge with other students. Every Friday at their morning assembly, Elizabeth participates in drama performances designed to educate her classmates about health topics such as menstrual health.

Before joining the health club, Elizabeth believed it was taboo to talk about periods. In addition, she was advised not to dry the clothes she wore during her periods in public. Since joining the health club, Elizabeth has learned that drying all her clothes, including those she wore during her period, is necessary to kill germs. Elizabeth has also become more confident in talking about periods and sharing hygiene information with her peers.

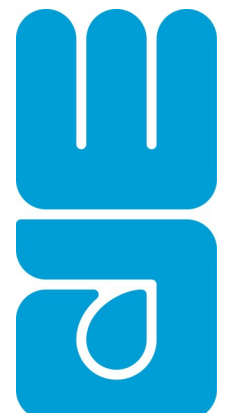
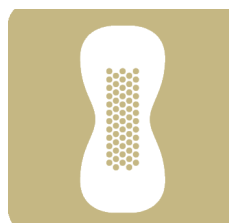
HerWASH also constructed bathroom facilities, and gender-sensitive toilets and installed a water pump at Elizabeth's school to support girls and teachers manage their menstruation privately and hygienically. Following the construction of the facilities, school attendance rates for girls have significantly increased.

"Prior to the coming of the project, we had no changing room for girls. Students who were having their periods missed classes, or changed in surrounding bushes or toilets of neighbors close to the school.

The new gender-sensitive toilets has helped to boost the confidence of girls as they have the opportunity of attending to themselves with no interaction from the boys." - Elizabeth



WaterAid/Wahheed Awonuga



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