

1 out of 10 girls (9-17 years old) in poor communities miss up to 5 days of school each month due to period poverty. These girls eventually drop out of school completely, in most cases, resulting in early pregnancies and marriages.

Girls use pad alternatives including pieces of old clothes, mattresses, leaves, cow dung, and share the same panties and materials with their mothers and other girl siblings.

The use of unsanitary and untraditional methods of collection, often used as pad alternatives due to lack of money, can lead to serious menstrual-related infections including, Toxic Shock Syndrome.

Poor MHM leads to low self-esteem, emotional distress, bullying, and heightened anxiety, all of which have proven to have an adverse impact on school performance that even impairs job and classroom performance and concentration levels.

Most households are headed by fathers, who often do not prioritize period essentials and lack awareness of the physical and emotional distress associated with menstruation. This often leaves girls desperate and look outside the household for solutions.

Girls are manipulated into having unprotected sex by men who promise them sanitary towels. This exposes girls to HPV, HIV/AIDS, and other sexually transmitted diseases that can lead to life-threatening conditions.

There is a lot of negative stigma. Society teases and shames girls when an incident occurs, making girls feel ashamed and dirty. And, in many communities, they are not allowed in holy places as they are deemed unclean during their periods.

There is a deficiency in gender sensitivity. Toilet facilities often lack privacy or menstrual friendly accessories such as disposal bins, making it difficult for girls to feel comfortable during their periods.