

Parents have been urged to provide early education on sexual and reproductive health as well as support girls improve menstrual hygiene.

The call was made at an event to mark the menstrual hygiene day which falls on May 28, at Nyawera Secondary School in Kayonza District students from 12 schools had convened for the campaign.



The event attended by officials from the Ministry of Health, Kayonza District, SHE Project as well as Miss Rwanda 2018, Liliane Iradukunda. The day featured sessions of interactive activities on different topics regarding menstruation, drama from Urunana and open discussions about the subject.

Miss Iradukunda discussed about how girls become timid during the first time of their menstruation period because they lack knowledge on the subject. She said that this affects them greatly and they fear to tell their parents or anyone else which leads them to skip school.

She urged educators and parents to support young girls especially those who have never encountered it by educating them because it's a normal thing.



John Uwayezu, the head of Sustainable Health Enterprises (SHE), a firm that leads a campaign on menstrual hygiene and owns a factory which makes sanitary pads said that it is incomprehensible that there are still girls and women who skip school or work because menstruation.

During the event, female students spoke about some of the challenges that impede their quest for menstrual hygiene.

The Mayor of Kayonza District, Jean Claude Murenzi observed that it is important to break the silence around menstruation by supporting girls and women to improve hygiene.

Murenzi emphasized on hygiene and sanitation during menstruation but also in people's daily lives. He said that it is important for everyone to improve their hygiene which will ensure a healthy life.

Discussions during the event also tackled lack of accurate information regarding menstrual hygiene by boys, this was blamed on insufficient sexual and reproductive health education at schools and homes.

Menstrual hygiene day falls on May 28 intended to raise awareness on menstruation and menstrual hygiene.