



RESOURCE

Menstrual hygiene matters: A resource for improving menstrual hygiene around the world

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Description / Abstract

'Menstrual hygiene matters' is an essential resource for improving menstrual hygiene for women and girls in low- and middle-income countries.

To manage menstruation hygienically and with dignity, it is essential that women and girls have access to clean water, decent toilets and good hygiene; but it's currently a neglected issue.

The nine modules and tools in Menstrual hygiene matters cover key aspects of menstrual hygiene in different settings, including communities, schools and emergencies.

This comprehensive resource:

- Brings together examples of good menstrual hygiene practice from around the world
- Provides guidance on building competence and confidence to break the silence surrounding the issue
- Encourages increased engagement in advocacy on menstrual hygiene

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