

# Research Briefs by RWSSP-WN

## Theme: Menstruation

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### Menstruation and WASH

RURAL WATER SUPPLY AND SANITATION  
PROJECT IN WESTERN NEPAL PHASE II  
Western and Mid-Western Nepal



Brochure on menstruation aimed at the community-level stakeholders, such as Water and Sanitation Users Committees, schools, health workers and Municipality WASH Unit staff.

[Click here for thematic leaflets](#)

*In this issue:* On occasion of the International Menstruation Day 28th May 2018, RWSSP-WN launched a series of study briefs that stemmed from the Brief 2-2018 Menstruation, WASH and RWSSP-WN - Position Paper.

### Menstruation, WASH and RWSSP-WN -

RWSSP-WN II is committed to create an environment in which all community members, including the socially excluded, disadvantaged castes, ethnic and religious minorities, have equitable opportunities to pursue their right to water and sanitation, *whether menstruating or not!* This Brief shows how the topic was integrated into the Project while there was only 1.5 years of the Project remaining.

Click here for the [RWSSP-WN Brief 2-2018 Menstruation](#),

#menstruationmatters  
#NoMoreLimits  
#mhd2018

### There are toilets but are they used?

Out of all 932 respondents, all who had toilets, 33% gave examples of various reasons for not using the toilet always. This was the case even if over the past seven days these respondents did not go for open defecation. Out of all reasons, 16% stated that they themselves (or if the respondent was a man, the women in their household), do not use the toilet during menstruation.

Click here for the [RWSSP-WN Brief 9-2018 Charpi Chha – there are toilets but are they used?](#)

### Menstruation & 55 Female Community Health Volunteers

Do those who should know, know? What do they believe, what are their attitudes to menstruation? Total 53 Female Community Health Volunteers and two men (Municipality WASH Unit staff and a community health worker) replied the survey. It was evident that knowledge was not 100% and that even health professional face taboos.

Click here for the [RWSSP-WN Brief 5-2018 Menstruation & 55 Female Community Health Volunteers](#)

## Menstruation & 664 Students

This Brief presents the findings from a survey made among students in between 13 and 17 years old. Total 664 students responded (338 girls and 326 boys) whose teachers were also interviewed (Brief 7-2018) in five districts. There is still need to raise public debate at schools on what is truly harmful and what is not, based on what specific beliefs and practices exist. Locality but also ethnic group-wise results are very diverse. There cannot be one-fit-for-all-schools solution.

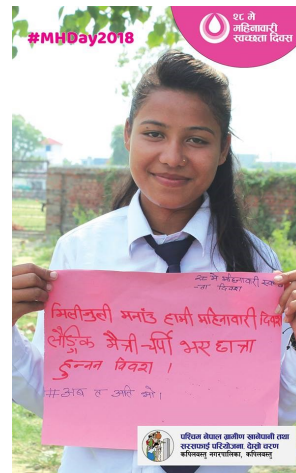
## Menstruation & 48 Teachers

This survey was responded by 48 teachers (35 men and 13 women) whose students were also interviewed (Brief 6-2018). The conclusion was that there are still very basic gaps in the knowledge, in both students and teachers. Although menstruation is included in the school curricula, we should not assume that it is covered in practice. This Brief made some suggestions for creative pedagogic ways to make students to learn. It is not only about biology but also about making it easy to talk about.

## Menstruation & 755 Adult women

This Brief focuses on adult women. A total of 755 women answered the survey. The study found that virtually all women, from all ethnic/social/caste/religious groups, are facing some level of menstruation-related discrimination. Out of this sample, 79% were defined as 'doers' in terms of always using the toilet, also when menstruating.

Click here for the [RWSSP-WN Brief 6-2018 Menstruation & 664 Students](#)



Click here for the [RWSSP-WN Brief 7-2018 Menstruation & 48 Teachers](#)



Re-usable pad design workshop with students, health volunteers and teachers together, aiming to improve the existing designs while also having creative time & opportunity to talk and make questions about menstruation.

Click here for the [RWSSP-WN Brief 8-2018 Menstruation & 755 Women](#)

FCG



Ministry for Foreign Affairs of Finland

Rural Water Supply and Sanitation Project in Western Nepal Phase II was a bilateral development cooperation project funded by the governments of Nepal and Finland, and implemented through local governments and users' groups under the Department of Local Infrastructure at the Ministry of Federal Affairs and General Administration. RWSSP-WN II worked in 14 districts in Gandaki Province and Province 5 of Western and Mid-Western development regions in Nepal. During the final year the Project was implemented by 50 Municipalities and their M-WASH Units.

The Technical Assistance consultant for the Project was FCG International Ltd (Finnish Consulting Group) [www.fcg.fi](http://www.fcg.fi)

Phase I: 08/2008—08/2013 Phase II: 09/2013—08/2019 Facebook: [/rwsspwn](#) Instagram: [/water for life nepal](#)

This Research Brief series disseminates the findings of work by Rural Water Supply and Sanitation Project in Western Nepal Phase II. They carry the names of the authors and should be cited accordingly. The findings, interpretations, and conclusions expressed are entirely those of the authors. They do not necessarily represent the view of the Government of Nepal or the Government of Finland who funded the work. Research Briefs are available online at [www.rwsspwn.org.np](http://www.rwsspwn.org.np)