



NO SHAME IN MENSTRUATION

*KBC Fellows observed World Menstrual Hygiene Day on
May 28, 2017*



Introduction

Kadam Badhate Chalo (KBC) is a youth-led programme to end VAWG, which is working in 30 locations in 14 states in India. It calls on young boys and girls to identify issues of VAWG in their communities and to collectively find solutions to them. In doing so, these young boys and girls turn into leaders, who influence their homes, communities, government, police, judiciary and other institutions to join them to bring about a change.

With the objective of breaking the silence surrounding menstruation and challenging the myths and taboos around it, Kadam Badhate Chalo (KBC) Fellows commemorated World Menstrual Hygiene Day in eight locations (**Sonipat, Panipat, Cholanpur, Banda, Chitrakoot, Najafgarh, Siliguri, Jhansi**) in India. During the past activities of KBC, the young girls and boys have expressed how myths and taboos around menstruation inhibit the mobility of girls and impose various diktats on their bodies, sexuality and freedom. Also, due to a lack of resources and information, women and girls are unaware about safe, healthy and hygienic menstruation practices , which is further reinforced by the silence and the shame surrounding menstruation.

Therefore, to break this silence, the KBC youth commemorated World Menstrual Hygiene Day by spreading awareness about it in their immediate communities. KBC fellows in all the locations took charge of organizing activities around menstruation to make their communities sensitive about the health and hygiene needs of menstruators. The planned activities also highlighted how the myths and the shame (related to menstruation) and lack of safe menstrual practices inhibit women and girls from going to work/school and deprive them from a life of dignity and well-being.

World Menstrual Day Highlights from 8 KBC Locations

Sonepat, Haryana



#DebunktheMyths - The KBC youth leaders from Rajpura Village in Sonipat celebrated the day by organizing an awareness session on myths and taboos surrounding menstruation, with the boys and girls from their community. They conducted the session through participatory method where they involved the participants in the discourse.

Panipat, Haryana



The KBC youth leaders from Namunda Village in Panipat also organized an awareness session with the women and girls from the community. They also organized sessions with the boys separately by keeping in mind the cultural significance. Participatory art based method has been the focus of conducting the sessions.

Cholapur, Uttar Pradesh



#NoShameinMenstruation – Cholapur KBC youth leaders did not hesitate in going public about the issue. They also organized awareness sessions with the young boys and girls, and the women in the community. The program happened in collaboration with Sahbhagi Shikshan Kendra (SSK).

Banda, Uttar Pradesh



The KBC youth leaders from Banda also did not hesitate in taking this issue to the streets and took out a rally with the women (mothers of the adolescents) from their community. Also, during their awareness session with the women, they discussed the various resources available within the community that can help women access menstrual health and hygiene. The program happened in collaboration with Akhil Bhartiya Samaj Sewa Sansthan (ABSSS).

Chitrakoot, Uttar Pradesh



The KBC youth leaders from Chitrakoot also organized an awareness session with women and girls from their community. The sessions happened in collaboration with Akhil Bhartiya Samaj Sewa Sansthan (ABSSS).

Najafgarh, Delhi



#MenstruationMatters for women and girls and also boys and men. Keeping up with the spirit of World Menstrual Hygiene Day, the KBC youth from Najafgarh organized an awareness session with women, girls and boys from their community. The session happened in collaboration with Samajik Badlav Trust (SBT).

Siliguri, West Bengal



The KBC youth leaders from Siliguri also celebrated Menstrual Hygiene day, where the youth leaders organized a sensitization session for women and girls on safe and healthy menstrual practices. The program happened in collaboration with the Child in Need Institute (CINI).

Jhansi, Uttar Pradesh



Jhansi KBC youth leaders went a step ahead and included ASHA workers and Aaganwadi workers in their awareness session, along with women, girls and boys from the community. They also focused on debunking myths associated with menstruation and also sensitized them about hygienic menstrual practices.

The Program happened in collaboration with Margshree Charitable Trust (MCT).