



Report on the Free Menstrual Stigma Campaign Camp

Date: September 21, 2024

Location: Kagote

Participants: 102 (62 girls, a few boys, 40 parents)

Organizers: Health Advocates Frontline Team (HAFT-UG)



Introduction

On September 21, 2024, the Free Menstrual Stigma Campaign Camp was held in Kagote, fort portal, aimed at educating the community about menstrual health, training participants in making reusable menstrual pads, and addressing stigma surrounding menstruation. The event gathered 102 attendees, including 62 girls, a few boys, and 40 parents.

Objectives

The main objectives of the camp were to:

1. Provide training on the creation of reusable menstrual pads.
2. Raise awareness about menstrual health and hygiene.
3. Reduce stigma associated with menstruation through open discussions.

Activities

The camp featured several engaging activities:

- Reusable Pad Workshop: Led by main educators Ongom Joseph, Mukibi Faruku, Marie, and Grace, participants learned to make reusable pads, focusing on sustainability and practicality.
- Health Education Sessions: Facilitators Baluku Patric and Kizito provided vital information on menstrual health, including hygiene practices and the physiological aspects of menstruation.
- Interactive Discussions: Open forums allowed participants to share experiences and discuss the stigma surrounding menstruation, fostering a supportive environment.

Outcomes

The camp achieved significant outcomes, including:

- Empowerment of participants with skills to create reusable pads, promoting self-sufficiency.
- Increased awareness of menstrual health issues, encouraging healthier practices among community members.
- A noticeable reduction in stigma, as participants engaged in frank discussions about menstruation.

Feedback

Participants expressed appreciation for the informative workshops and discussions. Many highlighted the importance of breaking the silence around menstruation, and parents felt better equipped to support their children.

Conclusion

The Free Menstrual Stigma Campaign Camp was a successful initiative that provided the community with essential knowledge and practical skills related to menstrual health. By addressing stigma and promoting reusable products, the camp contributed to building a more informed and supportive community.

Future events are recommended to maintain this momentum and ensure continued education on menstrual health.

Acknowledgments

Special thanks to the Health Advocates Frontline Team (HAFT-UG), educators, and facilitators for their dedication to making this camp a success. Together, we can continue to empower individuals and break the stigma surrounding menstruation.

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