

WASH NEWS

WASH ROTARY ACTION GROUP

Joint Newsletter with Menstrual Health and Hygiene



Rotary



ROTARY ACTION GROUP
MENSTRUAL HEALTH
AND HYGIENE
Break The Silence

Many of our WASH in Schools projects place an emphasis on providing facilities that encourage girls to stay in school when they are having their period. When girls stay in school longer, they become better educated, get better jobs, get married later, have fewer children, earn more over their lifetime, and become empowered.

May 28 is Menstrual Hygiene Day (www.menstrualhygieneday.org). It is the tenth year of highlighting the importance of good menstrual hygiene management. This month seemed like a good time to team up with Rotary Action Group for Menstrual Health and Hygiene (www.ragmhh.org).

End Period Injustice Now A Call to Action for Rotary Members

Imagine a world where no woman or girl is held back by her period. Unfortunately, this is far from reality for over 500 million women and girls globally who lack access to safe, affordable menstrual products. Period poverty is not just a health issue—it's a barrier to education, economic opportunity, and dignity. **End Period Injustice Now**, is on a mission to change this by creating a sustainable, scalable blueprint that communities worldwide can adopt. Together, we can ensure that menstruation is no longer a source of inequality but a driver of empowerment.



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G Stitches

This initiative was aimed at making a difference in the lives of young people. It may have seemed like a dream at first, but today it has become a reality that will inspire even more significant aspirations.

While the gratitude expressed by the participants cannot be fully captured in words, it can be imagined through the response of one participant:

"I feel fully empowered by this program today and will always be grateful to the sponsors who have made a meaningful impact on my life."

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Jobs, Education, & Health

A community health centre in Malawi focuses on providing HIV testing and counselling. They found that when educating young girls about HIV, they also had an opportunity to teach them about menstrual hygiene.

Read how a Rotary Club of Brussels Rotarian, has developed a project to train young women in how to make washable sanitary kits, which has benefited thousands of young women.

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Small Steps to Empowering Young Women

Prior to last year, girls attending the Abukloi Secondary School in Rumbek, South Sudan were missing an aggregate of 1,000 school days each month due to lack of access to menstrual hygiene products. Today, absenteeism is nearly zero. This is due to introducing a student-driven program that produces reusable feminine products and liquid soap for the school and community.

Read how members of the Rotary Club of Ithaca have introduced the principles of Gender Equity, WASH, and the Sustainable Development Goals into schools in northern Uganda and South Sudan, and have formed partnerships to launch youth community service projects that are changing the lives of young women and men.

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My Pad, My Confidence

A chance meeting at the Singapore Convention has led to a program in five locations in Uganda that are not only empowering young women, but also providing them with essential menstrual hygiene products.

We place a lot of emphasis on Global Grant projects, but this Club-to-Club project for under \$5,000 is having a significant impact on young women in these communities.

What Nancy and Doreen have accomplished in a short time is inspiring. Read what they have done and why Doreen says, "We are already seeing a significant transformation—these girls are now more likely to stay in school, no longer hindered by the lack of menstrual products."

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Break the Silence

by Sharmila Gopalan, Chair and Founder, RAGMHH

Four years ago, the Rotary Action Group for Menstrual Health & Hygiene (RAGMHH) was established (<https://www.ragmhh.org/>).

Their key objectives are to:

- Increase understanding of period poverty
- Open dialogue on male-centric taboos
- Promote sustainable and cost-effective menstrual products

RAGMHH Board Chair, Sharmila Gopalan, promotes early education on menstruation for both boys and girls, both at home and in school. Only through increased awareness and encouraging healthy habits can the stigma associated with menstrual periods be reduced.

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Calendar of Events

1-3 May 2025 - Dist 5960 - Make Peace Visible Conference
15-17 May - Uniendo America Project Fair (Panama)
28 May 2025 - World Menstrual Hygiene Day
21 Jun 2025 - **World Water Summit 17, Calgary**
21 Jun 2025 - **WASH Ambassador Meet & Greet - Calgary**
21-25 Jun - **Rotary Convention - Calgary**
28 Jun - **WASH-RAG Annual Meeting (Virtual)**
24 - 28 Aug - World Water Week (Stockholm)
15 Oct 2025 - Global Handwashing Day
24 Oct 2025 - World Polio Day
19 Nov 2025 - World Toilet Day

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WASH-RAG reserves the right to edit stories for length and content. By submitting a story you give us permission to use and make public your contact information including but not limited to your email or club's website.

The WASH Rotary Action Group is pleased to consider partnerships with any corporate supporter. Due to the unique attributes of water sources and water provision, accepting corporate support does not imply an endorsement of any water technology. Rotarians, Rotary Clubs, and Rotary partners must evaluate any technology to determine if it is the best solution for the conditions where the program will be implemented. The WASH Rotary Action Group can provide guidance about where different technologies work best, but Rotarians and Rotary clubs must decide how to implement their program.

This Rotary Action Group is recognized and operates in accordance with Rotary International policy, but is not an agency or controlled by, Rotary International. To learn more please contact the WASH Rotary Action Group by email at info@washrag.org Thank you.

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