



<b>Title of Capacity Development Workshop:</b>	<b>Menstrual Hygiene Management Curriculum for School Girls Trainer of Trainers Workshop</b>
<b>Contact details</b>	
Name of proposing organization/s	AFRIPads
<b>Practical requirements</b>	
<b>Timing</b>	Monday Half Day afternoon
<b>Minimum/ Maximum number of participants</b>	3-30
<b>Facilities preferred</b>	Room able to hold maximum amount of participants, Projector for a powerpoint presentation
<b>Staff details</b>	
<b>Names, qualifications and brief description of experience of staff delivering the workshop.</b>	<p>Catherine Massite: Catherine is the Partnerships Associate at AFRIPads Kenya and has worked with dozens of partners across Kenya to integrate AFRIPads into their WASH programming. Catherine has been trained by Womena Uganda to be a trainer of the curriculum and has facilitated trainings with multiple partners on the curriculum.</p> <p>Liz McNeil: Liz is a Business Development Executive at AFRIPads and has worked in the menstrual health field for the past three years. She has been trained to be a trainer of the curriculum and will support Catherine in the delivery of the workshop.</p>
<b>Course details</b>	
<b>Aims:</b>	AFRIPads will deliver a trainer of trainers course on our new three hour long curriculum on menstrual hygiene management for school girls. The curriculum includes critical information including an overview of female anatomy, the menstrual cycle, myths and taboos around menstruation and how to be happy and healthy while on your period. Menstrual hygiene is a critical part of WASH programming. AFRIPads developed the curriculum in response to demand from our partners on the ground for more education tools for a school setting. Course participants will leave the course with the knowledge, materials and techniques necessary to both deliver the curriculum themselves and to train others on how to deliver the curriculum.

<b>Intended audience</b>	The workshop is suitable to anybody interested in delivering programming on menstrual hygiene management, especially in a school or youth setting. No prior knowledge on menstrual health is needed to participate in the workshop.
<b>Intended Learning Outcomes/Objectives:</b>	<ol style="list-style-type: none"> <li>1. Build robust foundation of knowledge on menstrual hygiene management including the menstrual cycle and challenges faced by school girls specifically during menstruation</li> <li>2. Learn important training skills such as how to create a safe space and facilitate equal participation on sensitive topics</li> <li>3. Learn how to integrate visual and group learning tools into training sessions</li> </ol>
<b>Format and Content of Workshop</b>	<p>The workshop will last two and half hours and will provide a high level content overview of the curriculum as well as proposed teaching mechanisms to deliver the curriculum. The workshop leaders will go through each section of content in plenary and then small group work will be done to practice the teaching techniques for each content section. The emphasis of the workshop will be on how to deliver the training and best practices for teaching such as creating a safe space and drawing diverse participation. Each participant will be given a training handbook for independent content review after the session.</p> <p>Content Sections Include:</p> <ol style="list-style-type: none"> <li>1. introduction to Girl Talk (30 min): Setting expectations, ground rules and creating a safe environment</li> <li>2. Happy and healthy during my period (1 hour) : Introduction to the reproductive system, menstrual cycle, period tracker, period puzzle and period myths &amp; facts</li> <li>3. MHM Product use and care (30 min): How to use and care MHM products including reusable sanitary pads</li> <li>4. Energizers (30 min): Period relate energizers to use throughout the curriculum delivery</li> </ol>
<b>Materials to be circulated in advance or after the workshop.</b>	<p>The session will be guided by a slide show that includes both details about the curriculum and also tips on training skills.</p> <p>Each participant will be giving a training handbook that has that includes the content for the entire training as well as digital access to flip chart and visual materials for them to use in trainings within their own programs.</p>
<b>Means of assessment and feedback to students:</b>	Each participant will be given a digital copy of a feedback form they can hand out to the beneficiaries of their specific programs so they can monitor the effectiveness of the training themselves in the future.
<b>Mechanism and means of course evaluation:</b>	At the end of the workshop, each participant will be asked to fill out a standard feedback form to test for knowledge transfer and also collect feedback to improve trainings in the future.