



### Awareness

- Young girls often grow up with limited knowledge of menstruation because their mothers and other women shy away from discussing the issue with them (UKAID)
- 10% of the girls in India believe menstruation is a disease (UKAID)
- Only 13% of the girls are aware of menstruation before their first period (UnicefMHHM)
- 56% of the girls –in and out of school- did not receive any information about menstruation (UnicefMHHM)
- 66% of the Indian girls do not know anything about menstruation before their first period (UnicefMHHM)
- 87% of the women and girls are completely unaware about menstruation and do not have any knowledge about the purpose of menstruation as a biological process (UnicefMHHM)
- For 23% of the girls in rural areas of India, having their period is one of the reasons to quit school, with irreversible effects for their personal development, economical status and eventually their health

### Use of materials

- 28% of the students in India do not go to school during their period, due to lack of facilities and materials (Unicef)
- In India the majority of Women in rural areas are using reusable cloths to absorb menstrual blood (WaterAid)
- For the absorption of menstrual blood, 89 per cent use cloth, 2 per cent cotton wool, 7 per cent sanitary pads and 2 per cent ash (WaterAid)
- Of the women using cloth as absorbents, half of them use the same cloth for more than a month (WaterAid)
- 75% of the girls do not have any idea about what material to use to absorb the flow (UnicefMHHM)
- 75% of the girls use cotton cloths during their period (UnicefMHHM)
- 27% of the girls in schools do not use any material at all (UnicefMHHM)
- Only 16% of the girls use sanitary napkins (UnicefMHHM)

### Hygiene and access to products

- 43%-88% percent of girls in urban India use reusable cloth, yet they are often washed without soap or clean water. Only 12% of schools have soap available (Unicef)
- In India 14% of the girls report to suffer from menstrual infections (WaterAid)
- 52% of the female population is of reproductive age and most of them are menstruating every month. The majority of them have no access to clean and safe sanitary products (SSWM)
- Lack of facilities and appropriate sanitary products can push menstruating girls out of school (SSWM)
- 60% of girls in India only change their menstrual cloths once a day (UKAID)
- High costs and unavailability of sanitary pads is the prime reason for women and girls in India not to use sanitary pads (WaterAid)
- Poor menstrual hygiene not only affects physical health, but also social mental well-being, thus is a violation of the human right to health (MenstrualHygieneDay.org)
- In rural India, many women and girls use unsanitary materials such as old rags, husks, dried leaves, grass, ash, sand or newspapers because they do not have access to affordable, hygienic and safe products and facilities (MenstrualHygieneDay.org)
- Shops in own villages or the environment often do not have sanitary pads for sale, because there is no demand for it (UnicefMHHM)
- 41% of adolescents hide their cloth in the room, 22% in the roof and 11% share the cloth with others (UnicefMHHM)

#### Sources:

WaterAid, 2009: menstrual hygiene in South Asia; UKAid 2012: Menstrual Hygiene Matters; Unicef 2012: menstrual hygiene – manage it well; MenstrualHygieneDay.org, 2015; SSWM: menstrual hygiene management webpage