

GHANA EDUCATION SERVICE

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HEADQUARTERS
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Republic of Ghana

PRESS RELEASE

COMMEMORATION OF 2021 MENSTRUAL HYGIENE (MH) DAY

Menstrual Hygiene (MH) Day, which falls on 28th May every year is a global advocacy platform used to promote good Menstrual Hygiene Management (MHM) practices and raise awareness of the challenges women and girls face during menstruation.

The time to break the silence has started as well as awareness raising and change of negative social norms surrounding menstrual hygiene around the world including Ghana. By this, women and girls can feel empowered to manage their periods safely, hygienically, with confidence and without embarrassment. We should live in a world where no woman or girl is limited by something as natural and normal as Menstruation.

Menstrual hygiene education, reliable handwashing facilities, clean and accessible toilets and appropriate changing rooms are among important factors which enable girls to attend and complete school. This helps meet the targets of Sustainable Development Goal 4, ensuring inclusive and equitable quality education, and SDG6, ensuring availability and sustainable management of water and sanitation.

To create a world where menstruation is just a normal fact of life, we need more action and investment in Menstrual Health and Hygiene (MHH) education, so that by 2030, every woman or girl would have had basic knowledge about menstruation and should be able to afford the type of sanitary product she prefers.

As a country, it is time we prioritise the following:

- Provision of equitable toilet facilities which are gender friendly with changing rooms in **all** schools and government offices
- Easy accessibility of menstrual hygiene products by reducing or removing tax on menstrual products.
- Provision of good quality water for drinking and promoting hygiene
- Encouraging the production of bio-degradable disposable sanitary pads

The Management of Ghana Education Service (GES) is committed to ensuring that the school environment provides the needed enabling environment to make menstruation an amazing experience for girls. Together we can make sure all girls and boys are educated about menstruation. Everyone has a role to play; parents, teachers, government at national and decentralised levels to support girls and women.

The Ghana Education Service would like to call on all relevant stakeholders and the general public to partner it to celebrate this year's event on the theme **'MORE ACTION AND INVESTMENT IN MENSTRUAL HEALTH AND HYGIENE NOW'**. We need to step up action and investment in menstrual health and hygiene now!

For: Head of PR Unit
GES Headquarters

A handwritten signature in black ink, appearing to be 'A. A. A.', written over a horizontal line.