

Restoring Confidence Through Community Support

My Body, My Future – Menstrual Health & Reproductive Health Awareness

Funded by the Youth Empowerment Fund (YEF) through Global Youth Mobilization (GYM)



Figure 1. Senior Women Teacher engaging parents on menstrual myths & hygiene during a dialogue meeting

Context

In many communities across Eastern Uganda, menstruation remains surrounded by silence, stigma, and misinformation. For many adolescent girls, the lack of accurate information and supportive environments can lead to embarrassment, reduced confidence, and interruptions to their education. Parents and teachers often feel ill-equipped to discuss menstrual health, leaving girls to navigate these challenges alone.



Figure 2. A father inquiring how best they would talk to their girl children on matters of menstrual hygiene, and Parents listening attentively during awareness session:



Figure 3. Facilitator engaging teachers and parents during a discussion circle at Nalufenya Primary School.

Intervention

Through the My Body, My Future initiative, GRiD worked with parents, teachers, school leaders, faith leaders, and adolescents to create safe spaces for learning and dialogue. Across five schools in Pallisa District, the project delivered menstrual health and reproductive health awareness sessions, encouraged open conversations between parents and daughters, and strengthened the role of schools and communities in supporting girls. More than 800 participants were reached through community dialogues, school engagements, and awareness activities designed to challenge myths and reduce stigma.



Figure 4. Parents and teachers during Q&A; girls smiling after session.

Result

As a result, participating schools reported greater openness among girls to seek support and discuss menstrual health challenges. Parents, including fathers, demonstrated increased willingness to engage in conversations that had previously been avoided. Teachers reported improved confidence among girls and stronger support systems within schools. More than 300 parents and guardians were sensitised, while 89 young people participated in reproductive health awareness activities. The initiative helped lay the foundation for improved attendance, increased confidence, and more supportive learning environments for adolescent girls.

Impact Highlight

Increased confidence among girls, stronger parental engagement, and more supportive school environments were observed across participating schools following community dialogue and menstrual health awareness activities.

Supporting Indicators

- 801 participants reached
- 402 parents, teachers, and guardians sensitised
- 394 pupils trained on reusable pad making
- 89 youth reached with reproductive health awareness
- 5 schools engaged
- 3 faith institutions involved

Community Voice

“We no longer whisper about menstruation. We talk, we teach, and we stand with our daughters.”

— Parent participant, Pallisa District

By strengthening awareness and support systems around adolescent girls, communities are becoming better equipped to protect learning continuity, dignity, and long-term educational outcomes.