**Abstract:**

Many girls coming from poverty-straining homes has menstrual hygiene management challenges in schools and communities due to limited access to resources to acquire sanitary pads and proper information on menstrual hygiene management causing absenteeism from school, reduced academic performance, and social exclusion.

GC Theatre Pulse is now making reusable sanitary pads as product to support and also Raise fund for the *Empowering Adolescent Girls project*. Currently we are fundraising to support 1000 adolescent girls in Gulu city with 2000 free reusable sanitary pads, aiming at empowering adolescent Girls in schools and communities.

However, this project focuses on addressing menstrual hygiene management by providing comprehensive solutions such as sensitizing:

* Adolescent girls and boys,
* Providing free reusable sanitary pads to needy girls,
* Performing thematic edutainment drama.

We aim to empower adolescent girls and boy to prevent health risks, dropping out of school, and social stigma. We ensure that their menstrual health is taken care of to enable them participate fully in education and community activity at any time.

**Project Objectives:**

* Provide free reusable sanitary pads to unprivileged girls in schools and communities.
* Develop and disseminate menstrual hygiene management educational materials.
* Increase awareness and knowledge on menstrual hygiene management among girls, boys, parents, and teachers using live stage drama, film, and SBCC services.

**Our Activities:**

* Making reusable sanitary pads
* Developing, rehearsing and performing thematic live stage drama and films.
* Conduct a needs assessment to identify schools and communities facing menstrual hygiene management challenges.
* Organize awareness campaigns in schools and communities, utilizing media, community gatherings, and peer-to-peer engagement.
* Conduct training sessions on proper usage of the reusable sanitary pads to ensure hygiene and environmental sustainability.

**Sanitary Product Provision:**

* Collaborate with the sponsors/donors/partners to provide free reusable sanitary pads, small washing buckets and teach them on how to make homemade washing detergent for washing the reusable sanitary pads to the unprivileged girls in schools and communities.
* Collaborate with local suppliers and organizations to ensure availability and affordable of reusable sanitary pads.
* Establish distribution channels to extend reusable sanitary pads closer to schools and communities.

**Project Implementation:**

* **Project Timeline:** GC Theatre Pulse started implementing the Empowering Adolescent Girls project on the 14th/February/2024 and still on going with the expectation for it to run for at least 5 years as it grows to cover Acholi sub-region. The timeline is subject to adjustments based on local contexts and specific project requirements.
* **Budget and Resources:** An estimated budget of UGX 25,000,000 is required to successfully support 1000 adolescent girls with free 2000 reusable sanitary pads. The budget covers awareness campaigns, reusable sanitary pads materials and making, Transportation, capacity building activities, monitoring and evaluation, and project management costs.
* **Monitoring and Evaluation:** A robust monitoring and evaluation framework is being established to track the progress, effectiveness, and impact of the project. Regular assessments are conducted to measure changes in knowledge, and behaviors. The feedback from beneficiaries, stakeholders, and project staffs will bring about adjustments and improvements throughout the project duration.

**Sustainability and Scale-up:**

To ensure the long-term impact and sustainability of the project, the following strategies will be employed:

* Foster partnerships and ensure quality in service and production for continued support, Donation, and resource mobilization.
* Document best practices and lessons learned to facilitate replication and scale-up in other schools and communities.

**Conclusion:**

Menstrual hygiene management is a fundamental aspect of gender equality, health, and education. By implementing comprehensive interventions in schools and communities, we can address the challenges faced by girls and pave way for more inclusive and empowered society. Therefore; we seek support and collaboration from donors, partners, and stakeholders to realize the objectives of this project and create a positive impact on the lives of girls and women.