

ADOLESCENT GIRLS AND BOYS CHALLENGING GENDER STEREOTYPES AND TRAINING OTHERS ON MENSTRUAL HYGIENE MANAGEMENT

Children engaging and supporting their peers, including reaching the most vulnerable

Asia and the Pacific: India

Breakthrough India as part of its Adolescent Empowerment Programme is aimed at ending gender based discrimination and violence faced by young girls, by engaging with children and adolescents (11 to 18 years old) in the state of Uttar Pradesh. The programme builds self-confidence and agency, by initiating inter-generational dialogues at the family and community levels. To affect positive change, adolescent girls have been able to influence their own families on their right to education. They have also reached out to village health workers and Anganwadi workers (a different type of healthcare workers) to improve girls' conditions by training girls and women on how to make sanitary cloths.

According to Breakthrough India, there has been a considerable increase in inter-generational dialogues where adolescent boys and girls have negotiated their choice and aspirations through conversations, rather than confrontation. Specifically, 21% more girls (15-18 years) have been able to influence the decisions regarding their education, and consequently study for longer periods of time. Also, adolescent girls have reported that health services in the respective villages have improved considerably.

Education around menstrual hygiene management has not been limited to girls: boys have also been trained on the issue, including on making re-usable sanitary pad. One boy, after going through the training went home and spoke about this training with the women and girls of his neighborhood, inviting them to learn on how to make sanitary pads , challenging gender stereotypes.

Breakthrough India

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