

TOOL 7

MHM IN THE EMERGENCY PLAN OF ACTION

Menstrual Hygiene Management (MHM) in Emergencies / IFRC / Pilot version

OVERVIEW

This tool provides example outputs, indicators and targets for menstrual hygiene management related actions that may be included in the IFRC Emergency Plan of Action (EPoA)¹. Actions for all three essential components of MHM are included, as well as for RCRC hygiene promotion actions.

See 'Integrating MHM into humanitarian programming', Step 4 in the Guide for more information on which section of the EPoA different types of kits and activities should be under.

EXAMPLE OUTPUTS AND INDICATORS FOR RCRC MHM ACTIONS

An example specific **outcome** for MHM is: 'Women and adolescent girls in [*specify country and/or location*] can privately, safely and hygienically manage their monthly menstruation from [*specify time period*].'

WRA = Women and girls of reproductive age (assess what ages are normal in local area)

	Output	Indicators	Target
MHM Component 1 Access to MHM	Women and adolescent girls have access to and use appropriate MHM materials	WRA that receive MHM materials / MHM or dignity kits	#, 100%
		WRA reporting that MHM materials or kits received are appropriate and sufficient in quantity [for the timeframe planned and provided for]	100%
		WRA reporting being satisfaction with MHM materials or kits distributed	100%
		Schools who serve girls older than 10 years that provide contingency MHM supplies	100%

¹ Component 1 – 3 adapted from: Sommer, M., Schmitt, M., Clatworthy; Save the Children.

		WRA reporting that they felt safe and not embarrassed at distribution of MHM or dignity items	100%
MHM Component 2 Private, safe and appropriate WASH facilities	Target population have daily access to safe water supply in sufficient quantity	Target population who have at least 15 liters / person / day of water available	100%
		Households who have at least 2 20 liter water storage containers	100%
	Target population have access to appropriate sanitation facilities (including latrines, bathing and drying areas, solid waste management)	Latrines, bathing areas and solid waste facilities that are designed after consultation with affected women, girls, boys and men (including those with disabilities)	100%
		Latrines, bathing areas and solid waste facilities that meet the minimum requirements for being 'female-friendly'	100%
		Households who live within 50 meters of a latrine/toilet facility	100%
		Communal latrines that are gender-segregated.	100% (at least 50% female-only latrines)
		WRA who report feeling safe to use communal latrine facilities during the day and night.	100%
		WRA who report hygienically washing and drying reusable menstrual cloth	100%
		WRA who report properly disposing of absorbent materials (sanitary napkins or menstrual cloth)	100%
		Handwashing facilities constructed	#
		Functional handwashing facilities that have water and soap	100%
		Latrines, bathing areas and solid waste facilities that are regularly cleaned and maintained	100%
		Communal/institutional/school sanitation facilities that have handwashing facilities with water and soap	100%
		Communal/institutional/school sanitation facilities that have private waste disposal bins (or incineration facilities) for menstrual waste	100%
		Communal/institutional/school sanitation waste disposal bins/facilities that are emptied or collected daily / weekly [modify as appropriate]	100%

MHM Component 3 Information and knowledge on menstruation and hygiene	Women, girls, boys and men have practical, clear information on menstruation and personal hygiene	WRA who received training on use, care, disposal and personal hygiene at time of distribution of MHM or dignity items	100%
		WRA who report restrictions during menstruation	% (reduction)
		WRA who have received training on how to use MHM items (PDM)	100%
		Women, girls, men and boys who know that menstruation is a natural, normal process	100%
		Women, girls, men and boys that have a basic knowledge of the process of menstruation (e.g. can answer 2 – 4 questions on MHM correctly)	100%
		Local male and female health workers who have a basic knowledge of the process of menstruation	100%
		WRA that know how to hygienically manage monthly menstruation	100%
		WRA that know how to hygienically dispose of menstrual materials	100%
General	Continuous assessment of situation and engagement with affected population is carried out	Feedback mechanism in place including responsible person for collecting, analysing, tracking and communicating mitigation	# and type, functioning
		Feedback (including complaints and rumours) that are successfully mitigated	100%
	[MHM] actions are well coordinated between sectors and agencies	Relevant coordination / cluster meetings attended	#
		MHM included in joint assessment or monitoring activities	#
Generic Hygiene Promotion	Hygiene promotion activities are conducted according to RCRC standards and guidelines.	Number of volunteers/staff trained	#
		Hygiene promotion (HP) plan developed	Plan available
		Households visited by volunteers (door-to-door visits)	# or %
		People who attended group sessions held by volunteers	#
		Radio spots/SMS messages/TV spots broadcast	#
		People reporting satisfaction with RCRC response	# or 100%
		MHM is included within National Society WASH or HP policy or guidelines	Yes