

# Completion Report

## Countering Stigmas Surrounding Women's Menstrual Hygiene Among LaSalle Schoolgirls

Lasallian Women of Hope  
1 La Salle Global  
Flagship Project



Prepared by  
La Salle International  
Foundation



# LASALLIAN WOMEN OF HOPE (LWH)

The mission of Lasallian Women of Hope (LWH) is to ensure girls and women enjoy full access to their Lasallian education. LWH began in June 2016 as a small project providing grassroots female empowerment while developing sustainable solutions to mitigate obstacles impeding educational access.

Through its grants, LWH delivers creative, effective, and durable solutions to educational inequities for girls and women throughout the Lasallian global educational community.

**For more information about  
LWH, contact:**

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<https://lasallian.info/lasallian-women-of-hope/>





## PROJECT LOCATION: Pakistan

### General Information

- **Project Name:** Countering Stigmas Surrounding Women's Menstrual Hygiene Among La Salle Schoolgirls
- **Beneficiary / Responsible Organization:** La Salle Brothers Pakistan
- **Project implementation period:** September 1, 2025, to December 15, 2025
  - Start date: September 15, 2025
  - Actual completion date: December 15, 2025
- **Reporting Period:** September 1, 2025 to December 31, 2025
- **Total Funded Amount:** USD 3457

### Description of Activities Conducted

#### Identification and Selection of Participants:

During the implementation phase, careful consideration was given to the age appropriateness and sensitivity of the subject matter. Not all girls enrolled in the two target schools were invited to participate in the awareness sessions. Instead, participation was limited to schoolgirls aged 11 and above, regardless of class or grade level.

This approach was adopted to ensure that information on menstrual hygiene and its management was shared with girls at an appropriate developmental stage to understand and benefit from the sessions. Excluding younger children helped maintain cultural sensitivity while safeguarding very young minds from information that may have been premature for their age. The selection process thus ensured both relevance of content and ethical responsibility in project implementation.

### **Planning and Coordination:**

Following the identification of participants (with the school's help), coordination meetings were held with school administrations and relevant teaching staff. These meetings aimed to secure permission, finalize session schedules, and identify appropriate venues within the schools to ensure privacy and comfort for the participants. Special emphasis was placed on conducting the sessions in a safe, supportive, and girl-friendly environment. Therefore, conducting the sessions outside the schools' premises was never an option.

### **Selection of the main facilitators:**

The next phase of the project was the selection of the main facilitator of the training. One lady health practitioner (Gynecologist-Obstetrician) was hired for the job. Other sessions, which were not part of the original plan, were safeguarding sessions with De La Salle Brothers, District Safeguarding Officer (DSO, District of ANZPPNG), Mr. Claire Pirola.



### **Awareness and Education Sessions:**

Structured awareness sessions on menstrual hygiene and its management were conducted for the selected girls. The sessions covered key topics such as:

- Understanding menstruation as a natural biological process
- Menstrual hygiene practices and personal care
- Use, disposal, and safe handling of sanitary materials
- Addressing common myths, misconceptions, and fears related to menstruation

The sessions were delivered using age-appropriate language and interactive methods, including discussions and question-and-answer segments, to encourage participation and build the girls' confidence.



### **Distribution of Menstrual Hygiene Materials:**

As a practical support component of the project, menstrual hygiene materials were distributed to the participants. These primarily included sanitary pads and undergarments, ensuring that girls had access to essential resources required to practice what they learned during the sessions. Distribution was carried out discreetly to respect the dignity and privacy of the beneficiaries.

Further, sanitary stations were established in the schools for girls to have easy access to such materials on their designated days, should they encounter them during their time in their respective schools.

- **Any changes to the original plan (with explanations):**

- No changes were made to the original proposal except for conducting two sessions with our District Safeguarding Officer (DSO), Mr. Claire Pirola. As stated above, these sessions were not part of the original plan, but since she visited Pakistan, the project implementation phase was still going on, so we arranged a couple of sessions with her, one in each both the target schools.

### **Achieved Results:**

The project successfully achieved its intended objectives by increasing awareness, improving knowledge, and supporting healthy menstrual hygiene practices among schoolgirls aged 11–18 years.

Firstly, the awareness sessions significantly improved participants' understanding of menstruation as a natural and normal biological process, not as a generational curse and curse of being a woman (a prevalent folk thought in societies like Pakistan). Many girls who initially viewed menstruation with fear, confusion, or shame demonstrated increased confidence and openness by the end of the sessions. Misconceptions and myths related to menstrual health were addressed, helping reduce stigma and embarrassment associated with the topic.

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Secondly, the project enhanced practical knowledge related to menstrual hygiene management. Participants gained clear guidance on the correct use, care, and disposal of sanitary materials, as well as the importance of personal hygiene during menstruation. This knowledge equips the girls to manage their menstrual health better and reduce the risk of infections and related health issues.

Thirdly, the distribution of menstrual hygiene materials, primarily sanitary pads and undergarments, enabled participants to apply the learning from the sessions immediately. Access to these essential items helped address material barriers that often prevent girls from practicing proper menstrual hygiene, particularly in low-resource settings. Further, it gave our schoolgirls the opportunity to experience sanitary pads. We were informed that most of them had never used a proper hygiene pad before, nor had they used undergarments regularly.

Fourthly, the project contributed to creating a more supportive and enabling environment within the schools. By providing a safe space for discussion, the sessions encouraged open dialogue and normalized conversations around menstruation. The teachers also reported having increased comfort among students in discussing menstrual health concerns when needed, as this issue is always considered taboo for conversations.





Overall, the project positively impacted the knowledge, attitudes, and practices of the participating girls, contributing to improved menstrual hygiene awareness, dignity, and well-being. The outcomes demonstrate that age-appropriate education combined with material support is an effective approach to addressing menstrual health challenges among adolescent schoolgirls.

## Financial Management

### Summary of expenses incurred during the period:

\*Receipts available upon request

	La Salle Foundation	Application NGO	TOTAL
<b>Materials and Supplies</b>	<b>\$2,752.96</b>	<b>\$0.00</b>	<b>\$2,752.96</b>
Material for distribution	\$2,466.29		\$2,466.29
Future Supplies	\$286.67		\$286.67
<b>Meals</b>	<b>\$526.61</b>	<b>\$0.00</b>	<b>\$526.61</b>
Food & Refreshments	\$526.61		\$526.61
<b>Travel, accomodation &amp; per diems</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Technical &amp; professional services</b>	<b>\$177.43</b>	<b>\$0.00</b>	<b>177.43</b>
Honorariums - Health Professionals	\$177.43		\$177.43
<b>Revolving Funds</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Field Operatinh Costs</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>Others</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>\$0.00</b>
<b>TOTAL EXPENDITURE</b>	<b>\$3,457.00</b>	<b>\$0.00</b>	<b>\$3,457.00</b>

### **Purchase of material:**

- Sanitary Pads: PKR. 332,000
- Undergarments: PKR. 363,000

### **Honorarium to the Lady Health Professional (two sessions - two people)**

- PKR. 30,000+20,000/-

### **Food and Refreshment for Participants:**

- PKR. 148,400

### **Summary:**

- 1LG/LSWH Grant: **\$3,457**
- Total Expenditures: **\$3,457**
- Balance: **\$0**

## **Challenges and Solutions**

### **Difficulties encountered:**

One of the major challenges in project implementation was maintaining a safe, supportive, and girl-friendly environment. This requirement meant that conducting sessions outside school premises was not considered a viable option. Additionally, ensuring that menstrual hygiene education was delivered in an age-appropriate and culturally sensitive manner. This was addressed by limiting participation to school girls aged 11 and above.

### **Corrective Actions:**

To address concerns related to privacy, dignity, and access to menstrual hygiene materials, distribution was carried out discreetly. In addition, sanitary stations were established within the schools to ensure girls had reliable access to supplies when needed during the school day.



## Impact

### Number and description of beneficiaries reached:

	Girls < 18 years	Boys < 18 years	Women	Men
<b>Direct</b>	269	-	47	-
<b>Indirect</b>	-	-	-	-
<b>TOTAL</b>	269		47	

### About the profile of the beneficiaries of the project (relevant information about age, economic, cultural, social, and demographic characteristics):

- Sant Singh Wala:** The school is located in a populated area of the city, and due to the quality education at La Salle School, Sant Singh Wala, the number of students has been increasing every year. Most of the Christian girls of the area discontinue their studies after completing primary education because there is not even a single secondary school for girls in this locality. Students who wish to pursue further education are forced to travel a significant distance to reach a Govt high school. Though education at government schools is free, the cost of travel is higher than the fee they pay at La Salle, Sant Singh Wala. Furthermore, for girls, typically but not necessarily, one family member must drop them off and pick them up from school. Such monetary and non-monetary challenges are complex for a working-class family to handle, which is already involved in a low-paying private job. In such situations, the only workable solution observed over the years is to make the girls sit at home or engage them in work alongside their parents or elder siblings. This is not an uncommon sight in the locality: teenage and minor girls going with their mothers to work as domestic workers.



- **Gokhuwal School:** The La Salle girls' high school, Gokhuwal, is located in Lyallpur Colony No. 1 (adjacent to SMD Home housing society), Gokhuwal, Faisalabad, on the outskirts of the central city. Though some expensive housing societies surround the Lyallpur Colony of Gokhuwal, accoutred with state-of-the-art facilities, the school's area has another story to tell. Like all the regions/colonies around the big housing societies, the village of Gokhuwal has limited access to basic facilities. It is hard to find easy-to-walk streets in this area because even the roads are not built by the authorities. The people of the region are mostly uneducated. Men are usually engaged in low-paying jobs as laborers, working in factories or as janitors in the government and private sectors. At the same time, women work as domestic staff in the houses of the surrounding housing societies.

**About the selection criteria:**

The only selection criteria for this project were that the girls had to be from our school and 11 years of age or older.

**Degree of involvement and participation of local beneficiaries in the different phases of project implementation:**

Throughout the project implementation phase: identification of the girls to the distribution of material, everything was done by the local staff of the schools who also happen to be local direct beneficiaries.