



Menstrual Health Hygiene Management

NIGERIA SUMMIT 2025
MHHM

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Menstrual Health Hygiene Management

NIGERIA SUMMIT 2025
MHHM

Empowering Lives

Breaking Barriers

Building Dignity



26TH JUNE 2025

Introductory Note from Organizing Committee

A Well-Informed Adolescent Initiative (AWA Initiative)

At A Well-Informed Adolescent Initiative (AWA Initiative), we believe that advancing menstrual health is fundamental to achieving gender equality, safeguarding human dignity, and empowering young people—especially adolescent girls—to reach their full potential.

Since our founding in 2018, we have worked at the intersection of adolescent sexual and reproductive health, gender rights, and youth development. From classrooms to community halls, our mission has always been rooted in equipping young people with the knowledge, tools, and voice to make informed decisions about their health and futures. Menstrual health has been central to this work.

The Nigeria Menstrual Health and Hygiene Management (MHHM) Summit 2025 represents a bold step forward, first of its kind—a space for collaboration, policy shaping, innovation, and inclusive dialogue. It is a call to dismantle stigma, drive sustainable solutions, and invest in the wellbeing of every menstruating person in Nigeria.

We extend our heartfelt appreciation to our co-conveners—Wonder Woman Nigeria and Alora Reusable Pads—who believed in this vision and worked tirelessly to bring it to life. We also deeply appreciate the strategic leadership of the Federal Ministry of Women Affairs for serving as Chief Host of this national milestone, and to our sponsoring and technical partners whose support has made this historic gathering possible.

As co-conveners of this summit, we are honored to stand alongside partners from government, civil society, the private sector, and international agencies to co-create a future where no one is held back because of menstruation.

Let this summit be a turning point—for policy, for dignity, and for the lives of girls and women across our nation.

A Well-Informed Adolescent (AWA) Initiative

Co-Convenor, MHHM Nigeria Summit 2025

Wonder Woman Nigeria

As an organization committed to menstrual health and hygiene management advocacy, advancing gender equity, women and adolescent girls empowerment, and social justice, WonderWoman Nigeria is proud to serve as a co-convenor of the Menstrual Health and Hygiene Management (MHHM) Nigeria Summit 2025.

This summit represents a critical moment in our collective efforts to bring menstrual health to the forefront of national dialogue. For far too long, menstruation has been sidelined by stigma, silence, and structural neglect-affecting education, health outcomes, and economic opportunities for millions of girls and women across Nigeria.

Our vision at Wonder Woman Nigeria is one where every girl has access to the products, knowledge, and support she needs to manage her period with dignity. Through advocacy, grassroots outreach, and cross-sector collaboration, we work through our initiatives (the plastics for pads project & the little sister project) to ensure that menstrual health is seen as essential- not optional-in policy and development planning.

This inaugural summit is not just an event; it is the beginning of a sustained national movement. We are deeply grateful to the Federal Ministry of Women Affairs, our fellow conveners, our technical partners, and our sponsors for making this vision possible.

We look forward to the partnerships, innovations, and momentum that will emerge from this gathering-and to a future where no girl is left behind simply because of her biology.

Let's keep breaking barriers and building systems that work for every girl.

Wonder Woman Nigeria

Co-Convenor, MHHM Nigeria Summit 2025



CHIEF HOST



IMAAAN SULAIMAN-IBRAHIM, fsi
HONOURABLE MINISTER
FEDERAL MINISTRY OF WOMEN AFFAIRS



DR. MARYAM ISMAILA KESHINRO
PERMANENT SECRETARY
FEDERAL MINISTRY OF WOMEN AFFAIRS

Alora Reusable Pads

At Alora Reusable Pads, we are driven by a simple yet powerful mission: to make menstruation safe, dignified, and sustainable for every girl and woman no matter where she lives or what her income level is.

Since our inception, we have provided over 30,000 eco-friendly, reusable menstrual pads to women and girls in underserved communities across Nigeria. But our work goes beyond product manufacturing and distribution—we combine menstrual product access with education, advocacy, and policy engagement to fight period poverty and normalize conversations around menstrual health.

We understand that menstrual health is not just a hygiene issue—it is a human rights, education, gender, and environmental issue. That's why we are proud to co-convene the **Nigeria Menstrual Health and Hygiene Management (MHHM) Summit 2025**—a national platform to bring diverse voices together and shape long-lasting, systemic change.

This summit is a milestone for the menstrual health movement in Nigeria. It reflects years of grassroots effort, collective resilience, and a shared vision for a more inclusive future. We hope it sparks new commitments, stronger partnerships, and renewed momentum to make period dignity a reality for all.

Alora Reusable Pads

Co-Convener, **MHHM Nigeria Summit 2025**

Organizing Committee



Edith Augustine
Founder
Wonder Women Nigeria



Sarah Kuponiyi,
Founder/CEO
Alora Reusable Pads



Anne Dirkling
Vice President
Wonder Women Nigeria



Shakirah Alaga
Founder, KAM VERSE



Mrs Bassey Asuquo Mathias
Ag. Executive Director
A Well Informed Adolescent Initiative

Abstract Reviewer Committee

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College of Medicine, University of Ibadan and
University College Hospital, Ibadan, Nigeria And SAYPHIN

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Digital Transformations for Health Lab.

Mercy Bolaji, MPH
Technical Support Lead Stand With A Girl Initiative

Halimat Omowumi Olaniyan
Founder and Team Lead, AFAY Health Initiative

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University of Ibadan

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Chief Host:



Menstrual Health
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NIGERIA SUMMIT 2025
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Convener:

Empowering Lives

breaking barriers

Building Dignity



Technical and Sponsoring Partners

GIZ Nigeria & ECOWAS,

WaterAid Nigeria,

UNICEF

UN Women

UNFPA

Plan International Nigeria

Population Services International (PSI) Nigeria,

Education as a Vaccine

Stand with a Girl (SWAG)

Marie Stopes International (MSI) Nigeria

Big Family 360

KAM VERSE

Nigeria Health Watch

AFRIYAN

Femme Health Africa

SAYPHIN

12:00 PM – 12:40 PM	Presentations 1: Partners	<p>Presentations highlighting impactful case studies and local innovations in MHHM:</p> <ul style="list-style-type: none"> Plan International Nigeria UNICEF/ Fed. Ministry of Education PSI Nigeria Big Family 360 (Her Pride app) WaterAid Nigeria on User-Centered Design for WASH facilities/ Bauchi State experience
12:40 PM – 01:00 PM	Presentations 2: Academic Abstracts	Academic Abstract Presentations sharing research findings on menstrual health
1:00 PM – 1:10 PM	Ice Breaker	Femme Health Africa Foundation GIZ Poetry presentation
1:10 PM – 2:10 PM	Panel Session 2: Overcoming Barriers in MHHM	<p>A) Girls Focus Session (30 minutes) Moderator: Adek Bassey, AFRIYAN Topic: <i>Breaking Barriers: Menstruation and Disability: challenges for young girls and PWDs.</i> Panelists: Girls' representatives from communities, schools and states, including Rt. Hon. Progress Friday Umoh, Speaker, National Children Parliament</p> <p>B) Partners Focus Session (30 minutes) Moderator: Rahmah Idris Panelists: <ul style="list-style-type: none"> Jachike Ojukwu, UNFPA Aisha Adegbe, MSI reproductive choices Sarah Kuponiyi, Alora Reusable Pads Miss Ima, Femme Health Africa Foundation </p>
2:10 PM – 3:10 PM	Lunch	Lunch, networking and poster abstracts viewing
3:10 PM – 4:00 PM	Breakout Sessions	<p>1. WASH and MHHM Services in Health: Addressing MHHM challenges through the Health Sector Moderated by: UNICEF</p> <p>2. MHHM Advocacy/Tech Innovation: Digital, Knowledge-sharing, education strategies, and community outreach, Technical Innovations in Menstrual Health Hygiene Management. Moderated by: Big Family 360</p> <p>3. Menstrual Health Products and Access: Exploring sustainable menstrual product (both single and reusable options) solutions, local manufacturing, distribution strategies, and innovations to enhance access for women and girls in underserved communities. Moderated by: SWAG</p> <p>4. Let's Talk about Period Pains: Unpacking Period Pains and Reproductive Health Gaps (diagnosis, menstrual disorder e.g endometriosis, heavy bleedings etc.) Moderated by: MSI Reproductive Choices</p>
4:00 PM – 4:20 PM	Plenary presentations (5 minutes per topic)	Breakout Sessions Feedback by Representatives
4:20 PM – 4:30 PM	Closing Remarks	Director, Child Development Department - Mr. Ali Andrew Madugu.

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About Us

A Well-Informed Adolescent Initiative (AWA Initiative) is a youth-led nonprofit organization dedicated to advancing the health, rights, and empowerment of adolescents and young people in Nigeria.

We work across six core thematic areas:

1. Adolescent Sexual and Reproductive Health & Rights (ASRHR)
2. Gender Equality and Women's Empowerment
3. Youth Leadership and Civic Participation
4. Menstrual Health and Hygiene
5. Climate and Environmental Justice
6. Education and Life Skills

Since 2018, we've delivered life-changing interventions in schools, underserved communities, and national policy spaces — reaching over 15,000 adolescents with comprehensive sexuality education, menstrual health literacy, and advocacy skills.

At AWA Initiative, we believe that knowledge is not just power — it's protection, progress, and possibility.

A WELL-INFORMED ADOLESCENT INITIATIVE



Contact Us

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 Social Media : @awainitiative



WONDERWOMAN NIGERIA

WonderWoman Nigeria is a women-led nonprofit organization working to improve the lives of girls and women through practical, community-rooted interventions in health, gender, and sustainable development.

We believe that equity is achieved not through talk alone, but through consistent work at every level, from classrooms and homes to policy tables and national platforms.



GBV SUPPORT & POLICY ADVOCACY

We link environmental well-being to women's health and opportunity. Through clean-up campaigns, menstrual waste awareness, and training in eco-friendly practices, we help communities stay clean while equipping women with skills for economic independence. Our vocational training programs focus on areas like tailoring, pad production, recycling, and entrepreneurship.



MENSTRUAL EQUITY & DIGNITY

Through our implementations, the Plastics for Pads Project and The Little Sister Project, we distribute reusable and eco-friendly menstrual hygiene kits in schools, rural communities and IDP camps across 4 states and 32 communities to women and girls, while addressing plastic pollution at the same time. Hygiene education sessions and mentorship programs seek to train the girls in underserved communities in managing their periods with confidence and dignity.



ENVIRONMENTAL SANITATION & LIVELIHOOD SKILLS

We work to prevent gender-based violence and support survivors through access to information, safe spaces, and referral services. We also advocate for gender-sensitive laws and programs by engaging policymakers, law enforcement agencies and community leaders in meaningful dialogues that seeks to drive sustainable change.

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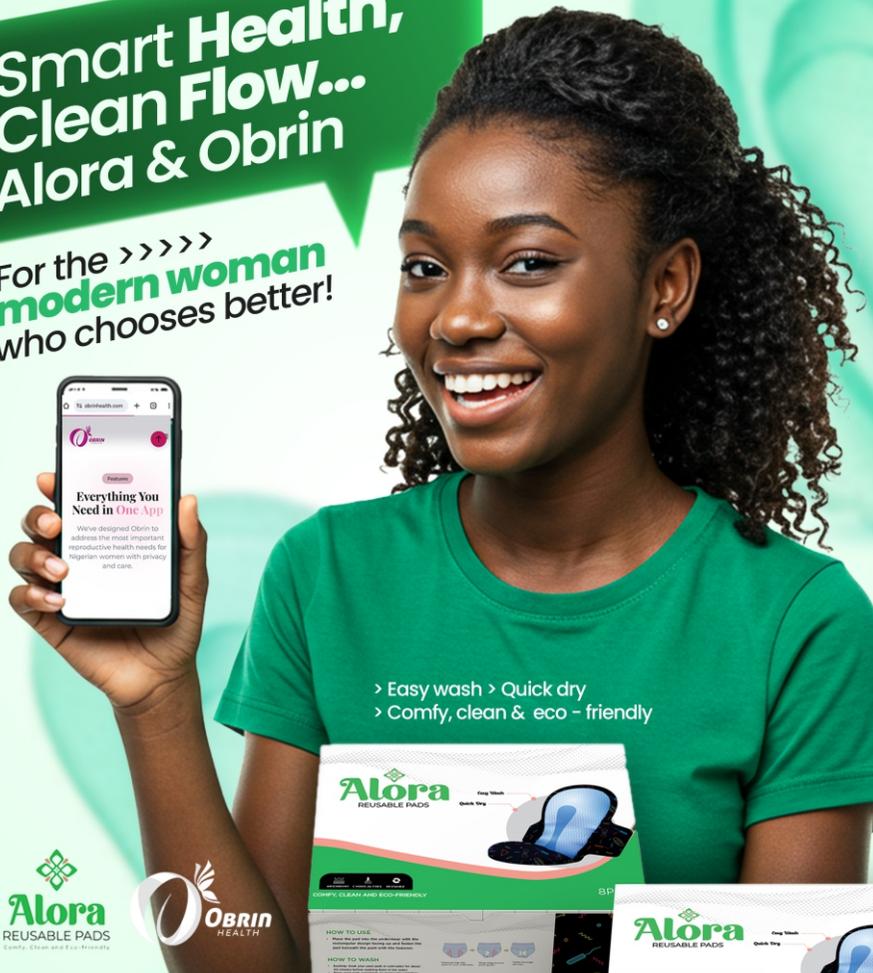
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Menstrual Health Training Manual: A National Tool for Empowerment and Education Understanding and Supporting Menstrual Health

Promoting menstrual health (MH) is critical to breaking the stigma surrounding menstruation and fostering inclusive, informed, and supportive communities. The Menstrual Health Training Manual is a practical, inclusive resource designed to equip trainers with the tools to deliver comprehensive and culturally appropriate MH education. It empowers diverse audiences to address barriers, dispel harmful myths, and create stigma-free environments for all menstruating individuals.

National Adoption and Development

The Menstrual Health Training Manual and Guide were officially launched by the Honourable Minister of Women Affairs, Imaan Sulaiman-Ibrahim, fsi, and have been adopted as national reference materials. Developed by PSI Nigeria in collaboration with the Federal Ministry of Women Affairs (FMoWA), relevant line ministries, civil society partners, and young women, these resources are tailored to Nigeria's unique cultural and social context. They serve as key tools for advocacy, education, and improved menstrual health and hygiene management (MHHM). The manual is intended for a wide range of stakeholders, including government agencies, educators, healthcare providers, NGOs, and community-based advocates. It is available through the Federal Ministry of Women Affairs.

Structure and Content Overview

The manual is structured into six comprehensive modules, each incorporating interactive activities, case studies, quizzes, and practical exercises to enhance learning and participant engagement:

- **Module 1: Adolescent Health and Development**
Introduces key concepts of adolescence and puberty, creating a safe space for participants to explore personal experiences and prepare for deeper discussions on menstrual health.
- **Module 2: Understanding Menstruation**
Offers an in-depth overview of menstruation, including the anatomy of the female reproductive system, the menstrual cycle, tracking methods, mental health implications, and managing menstrual discomfort.
- **Module 3: Menstrual Health and Hygiene Management**
Focuses on effective MHM practices that promote well-being, dignity, and continued education. Topics include hygiene management, product options, and identifying and addressing abnormal menstrual patterns.
- **Module 4: Communicating About Menstruation**
Builds participants' capacity to speak openly and respectfully about menstruation, fostering dialogue across genders and promoting male engagement as allies and advocates.
- **Module 5: Addressing Myths and Misconceptions**
Examines cultural beliefs, social norms, and misinformation that perpetuate stigma. The module provides tools to challenge these narratives and promote accurate, empowering messages.
- **Module 6: Safeguarding in MH Programming**
Emphasizes child protection and the "Do No Harm" approach. It equips implementers with knowledge to identify risks, ensure safety, and create inclusive spaces for girls to access information and support without fear.

Continuous Learning and Feedback

Users of this manual are encouraged to provide feedback directly to FMoWA and PSI Nigeria. Contributions and experiences will help refine the manual, ensuring it remains relevant, effective, and responsive to the evolving needs of girls, women, and communities across Nigeria.

Contact Information

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