

# Water, gender and distress: social equity in the post-MDG landscape

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# NO RELIEF: STRESS, DISTRESS, & SANITATION

Prepared by:

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*Anger*                      *Fear*                      *Discomfort*                      *Anxiety*  
*Frustration*  
*Worry*                      *Bother*                      *Concern*                      *Threat*  
*Stress*

# Psychosocial Stress

- Results from a perceived threat and lack of resources to successfully manage that threat
- Can result in long-term psychological impacts, suppressed immune system, overall poor quality of life
- Stressors can be acute, chronic, and/or cumulative across the life course
- Gendered differences in stress, attributed to management of life events based on gender

# What is sanitation?

Sanitation includes a range of behaviors and practices



Defecation  
Urination



Anal  
cleansing



Bathing  
or  
Ritual  
Cleansing



Menstrual  
mgmnt

# What is sanitation?

Sanitation includes a range of behaviors and practices

Require  
water



Anal  
cleansing

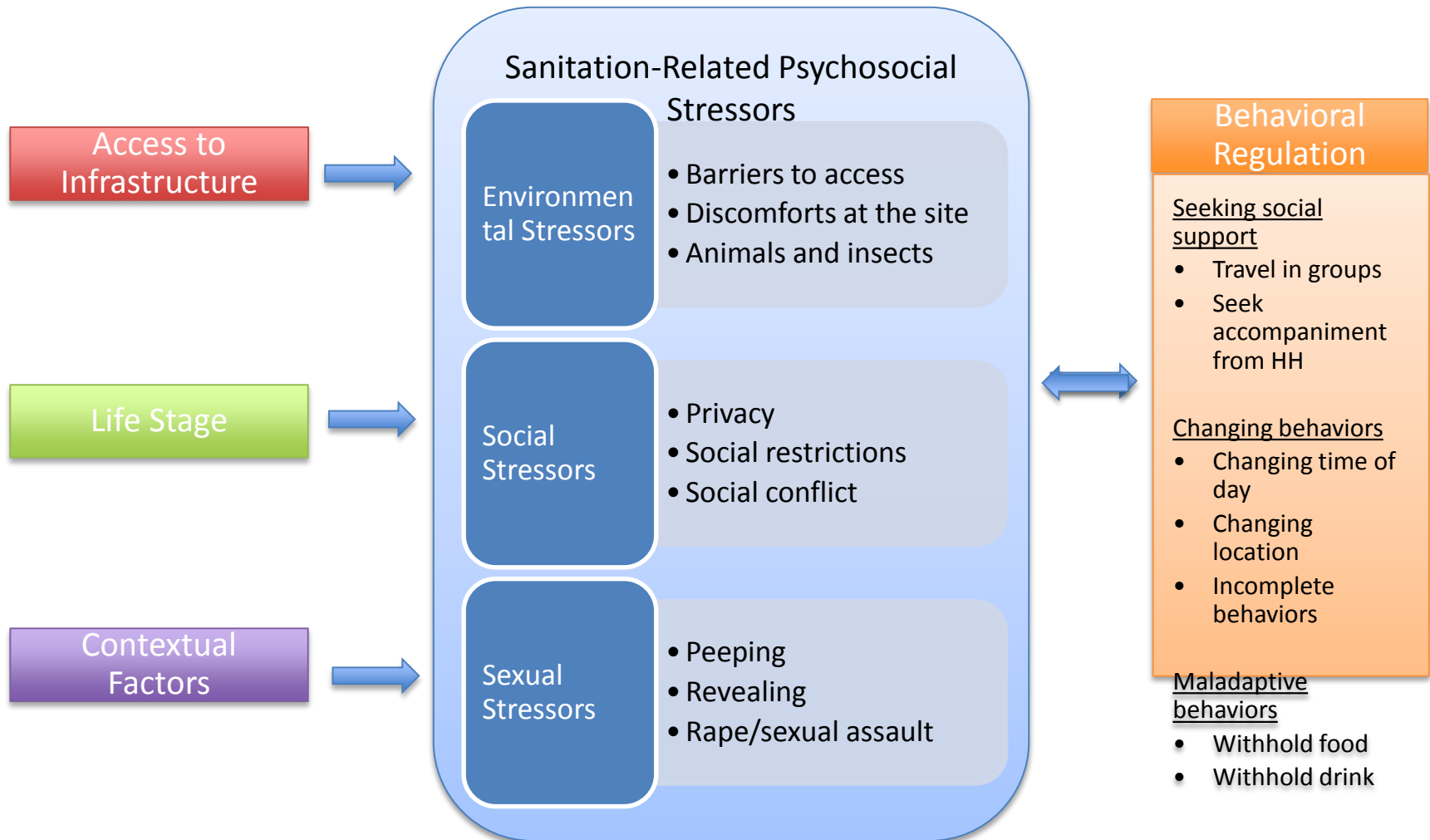


Bathing  
or  
Ritual  
Cleansing



Menstrual  
mgmnt

# Dynamic Vulnerabilities



# Dynamic Vulnerabilities: Infrastructure

Infrastructure can reduce -- but also modify – stress and vulnerabilities

## Open defecation

- Greatest stress and vulnerability
- Behavior still occurred when infrastructure present

## Private latrines

- Disrepair, poor conditions – stress of maintaining facilities
- Constrained water access limits use and useability
- Restrictions on activities at the household level

## Shared facilities

- Only minor improvement over open defecation
- Social tensions, risk of violence





# Dynamic Vulnerabilities: Life Stage

Women's needs and experiences change across the life course

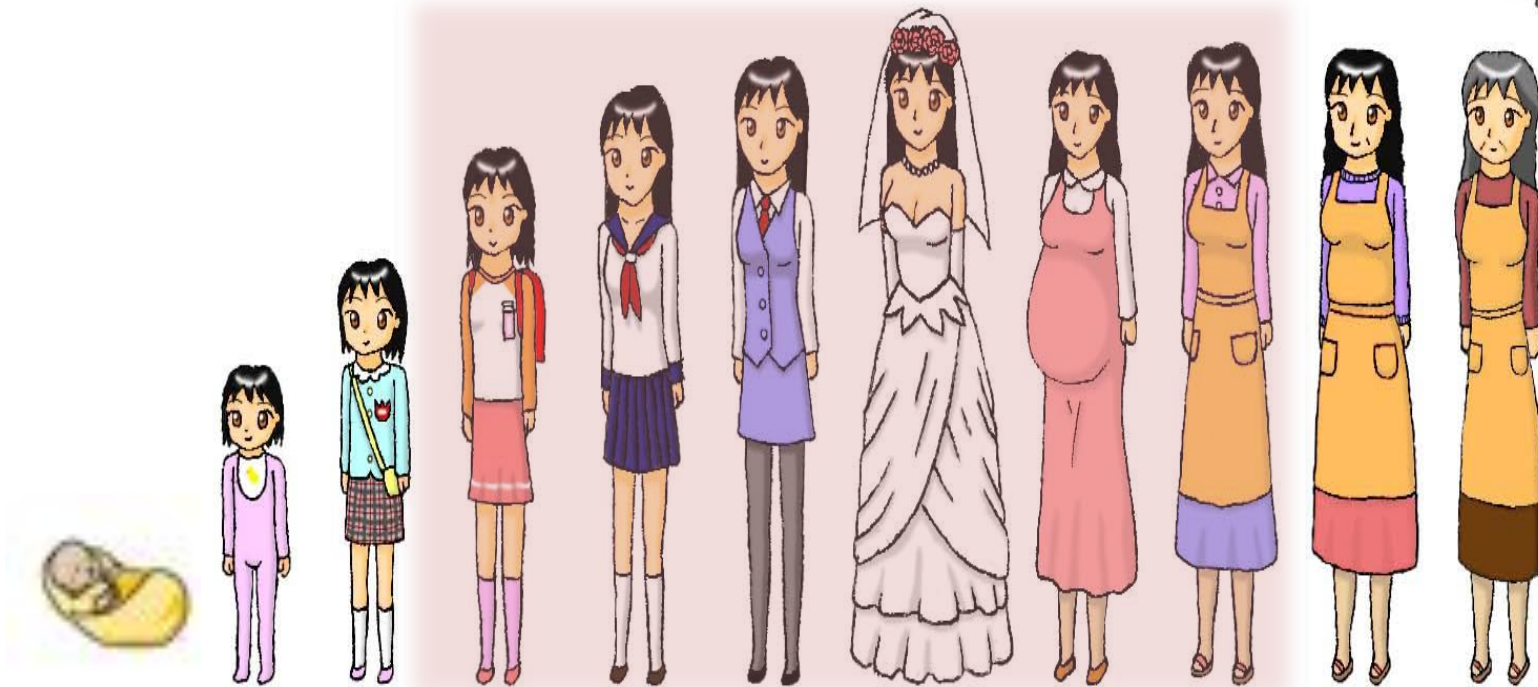
Menarche

Newly married

Pregnancy

Matriarchy

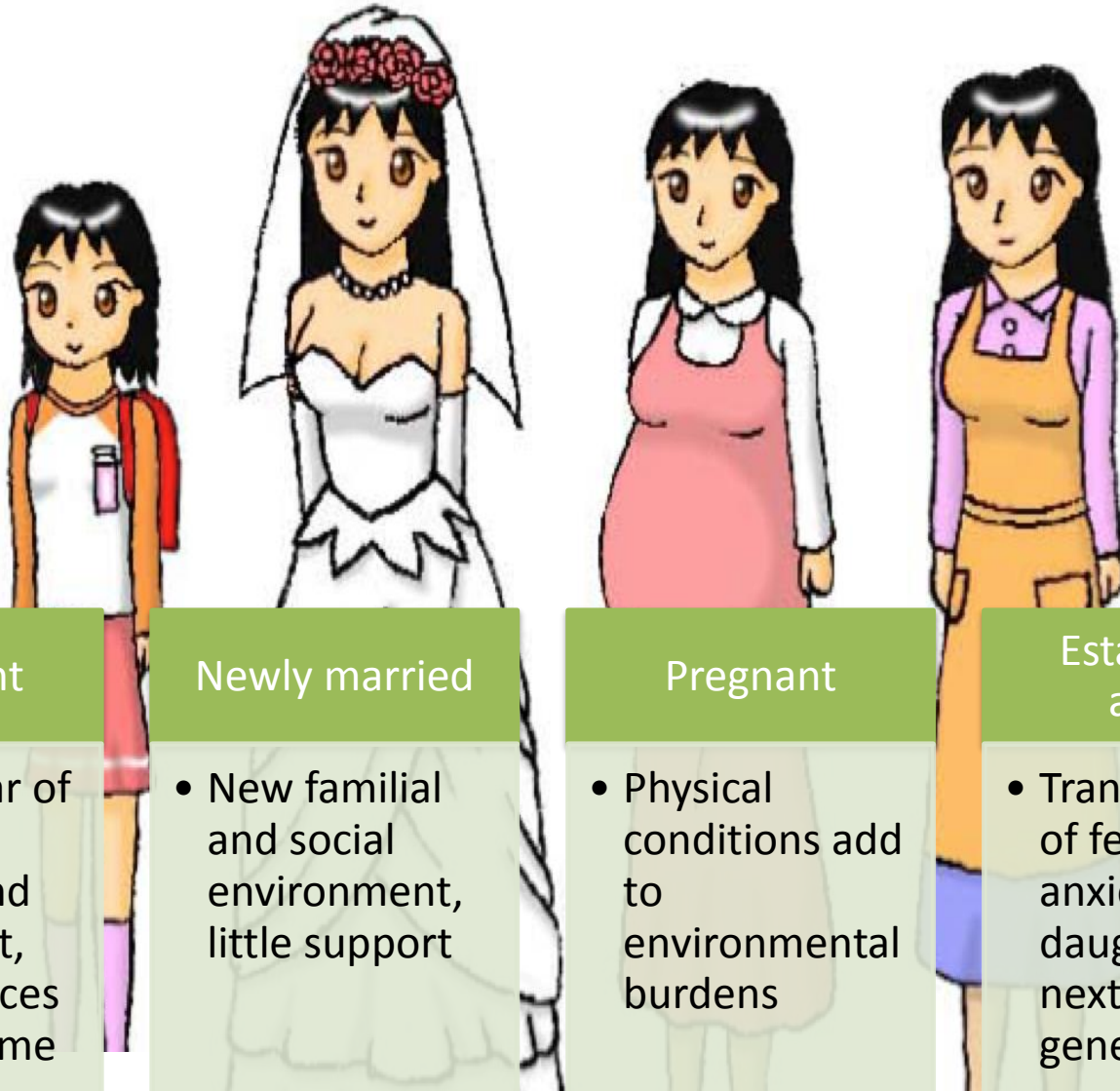
mogmog





# Dynamic Vulnerabilities: Life Stage

Women's needs and experiences change across the life course



## Adolescent

- Greater fear of sexual violence and harassment, consequences last a life time

## Newly married

- New familial and social environment, little support

## Pregnant

- Physical conditions add to environmental burdens

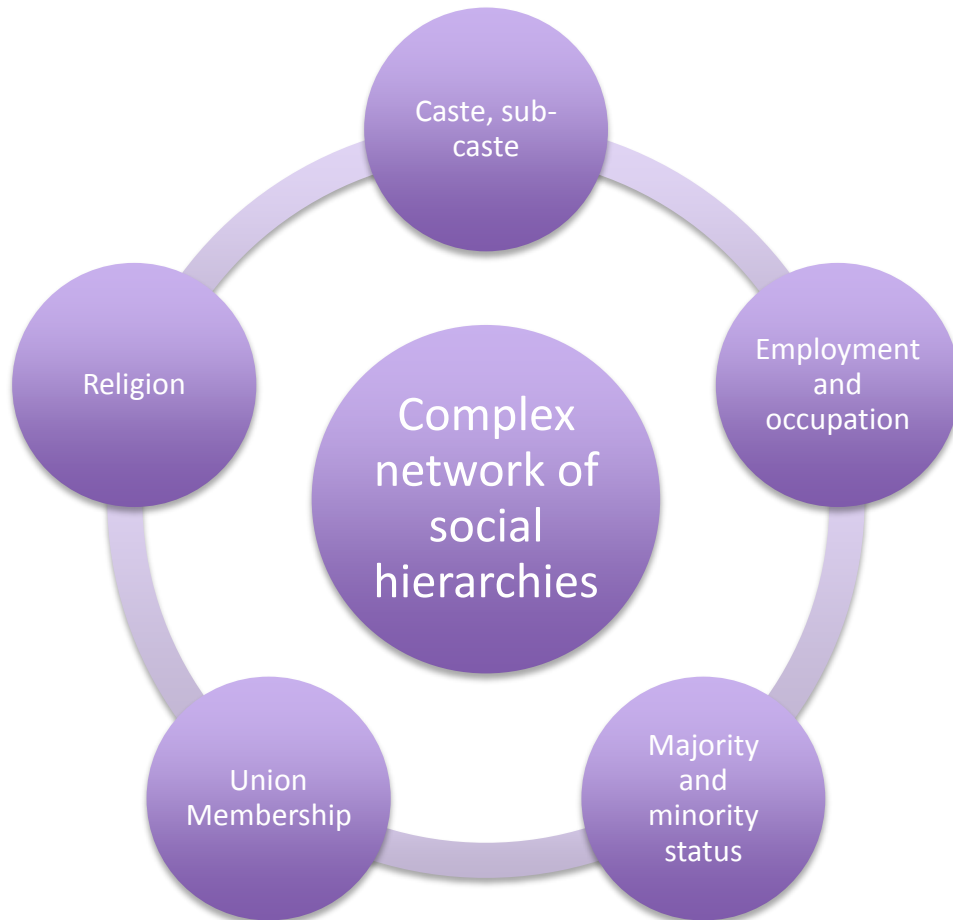
## Established adults

- Transference of fears and anxieties to daughters and next generation

# Dynamic Vulnerabilities: Contextual Factors

Caste, class, geography and other contextual factors impact vulnerabilities

- Geographic setting results in specific sources of stress
  - Rural: environmental stressors, social restrictions
  - Urban: sexual violence, social tensions
- Caste and class create specific social dynamics that can impact stress and vulnerability



# Psychosocial Stress and Sanitation:

- Nascent field of study, recognition that impacts of sanitation extend far beyond infectious disease
- More work is needed to understand the unique needs and experiences of women outside of reproductive period
- Practical perspective, we need more planning and recognition of both the behaviors and potential stressors that impact women's lives in order to more fully realize development aims

Women and girls **menstruate!**  
How to make WASH policy and  
practice more effective



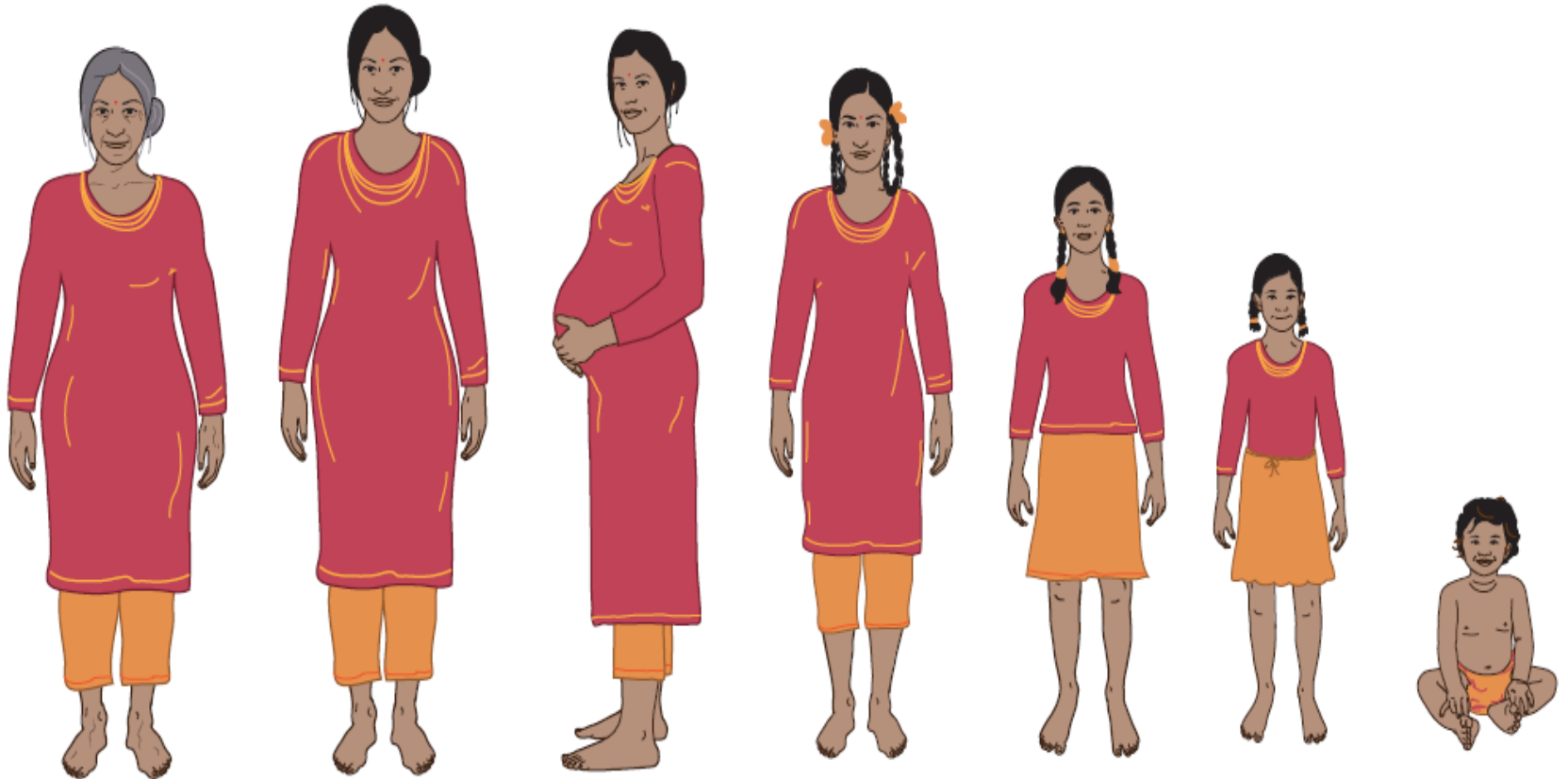
Columbia University  
MAILMAN SCHOOL  
OF PUBLIC HEALTH



EMORY  
UNIVERSITY



# WASH Policy & Practice largely ignores the human & female lifecycle





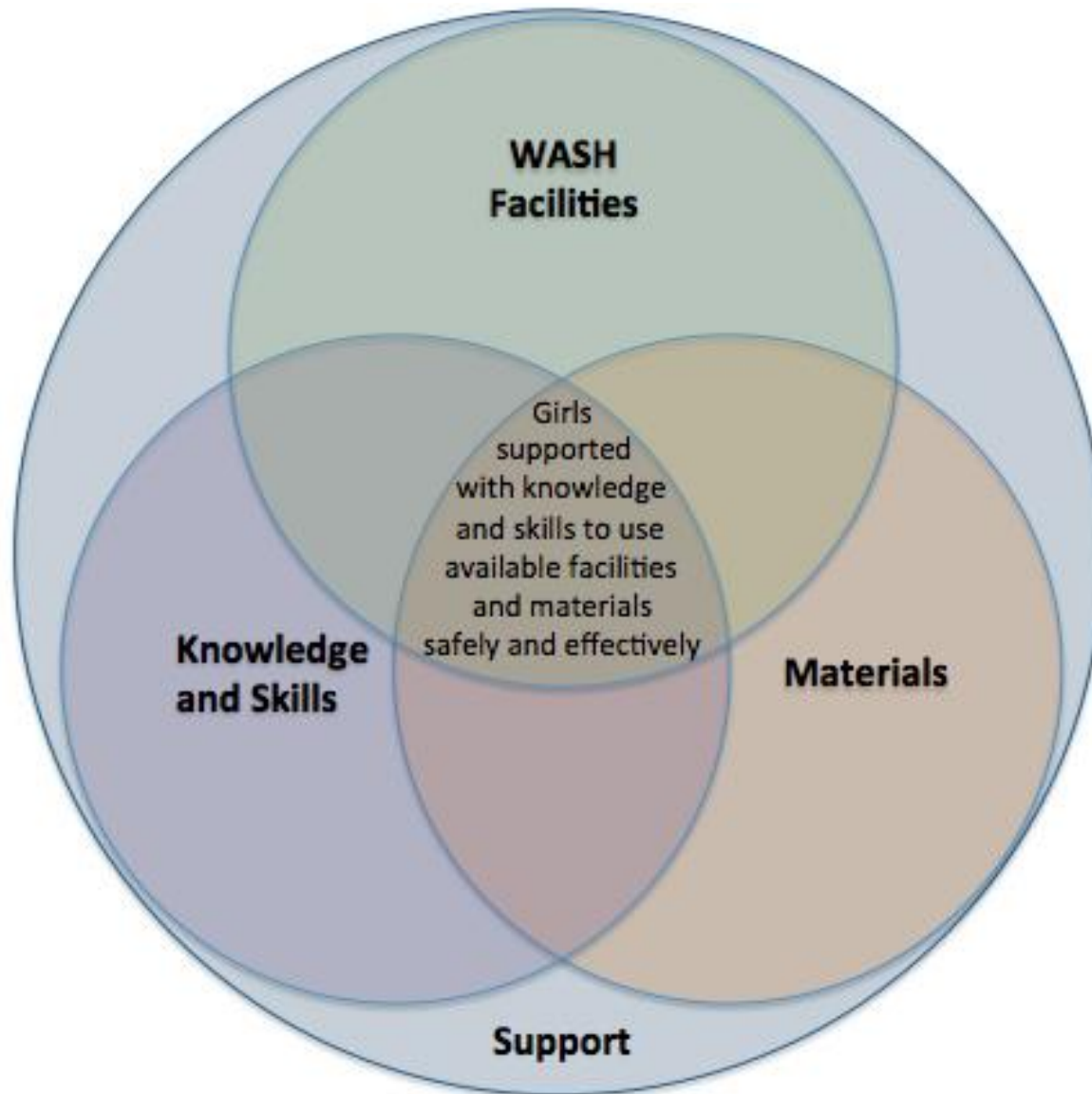




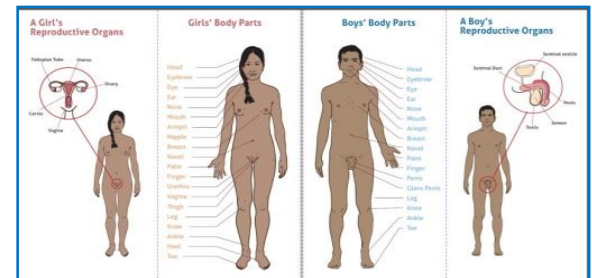
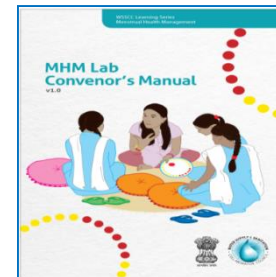
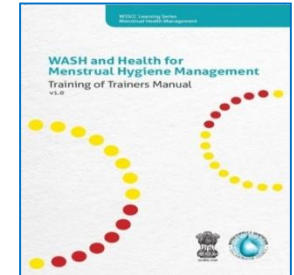
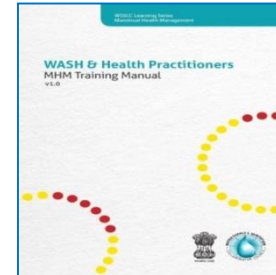
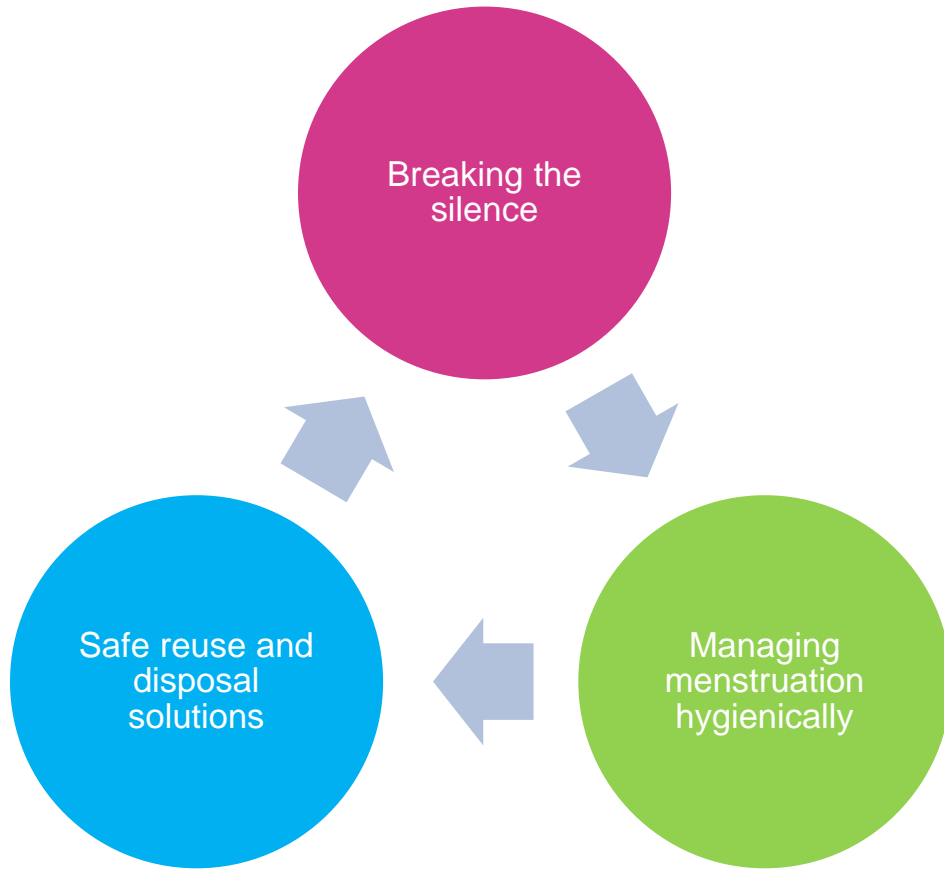




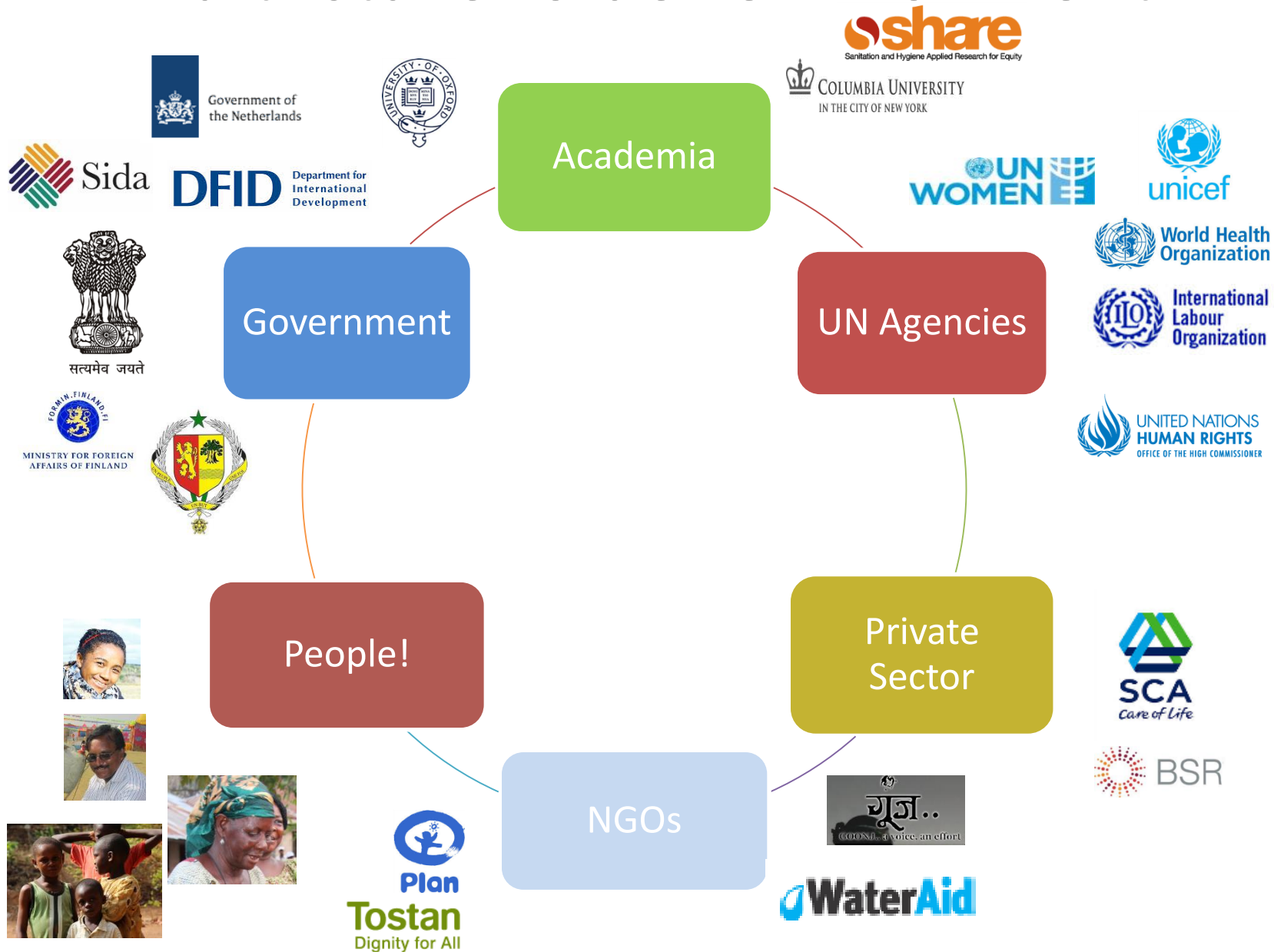
# How can we achieve gender-sensitive WASH policy and practice?



# A holistic approach



# A multi-stakeholder environment



**OFFICE MEMORANDUM**

**Subject:** Modification in Nirmal Bharat Abhiya (NBA) Guidelines including activities related to Menstrual Hygiene Management (MHM) as a permissible activity.

The Nirmal Bharat Abhiyan (NBA) Guidelines are hereby modified so as to include provision of activities related Menstrual Hygiene Management (MHM). Paragraphs 5.2.2 and 5.9.1 have been amended and new Paragraph 5.2.9 added to the Guidelines as described below:

Sl. No.	Existing Provisions in NBA guidelines	Modified Provisions in NBA guidelines (modifications shown in Bold and Underlined)
1	Para 5.2.2 A National communication strategy frame work has been developed by Government of India giving emphasis on Inter Personal Communication (IPC) at the grassroots level. The states are to evolve their own strategy using folk media, mass media and also outdoor media like wall painting, hoarding etc. The IEC should focus on health and hygiene practices and environmental sanitation aspects.	Para 5.2.2 A National communication strategy frame work has been developed by Government of India giving emphasis on Inter Personal Communication (IPC) at the grassroots level. The states are to evolve their own strategy using folk media, mass media and also outdoor media like wall painting, hoarding etc. The IEC should focus on health and hygiene practices <u>such as washing hands with soap and water at critical times, proper menstrual hygiene</u> and environmental sanitation aspects.
2	Para 5.2.9 New para to be added	<u>Para 5.2.9 Girls and women have hygiene and sanitation needs linked to their menstrual cycle. Funds available for IEC may be used to raise awareness information and skills on menstrual hygiene</u>

		<u>management. IEC plans should include this component for raising awareness among all stakeholders.</u>
Para 5.9.1 The objective of NBA is to bring about improvement in the general quality of life in rural areas. Solid and Liquid Waste Management (SLWM) is one of the key components to address this. SLWM is to be taken up in project mode for each Gram Panchayat (GP) with financial assistance capped for a GP on number of household basis to enable all GPs to implement sustainable SLWM projects. Under component, activities like compost pits, vermin composting, common and individual biogas plants, low cost drainage, soakage channels/pits, reuse of waste water and system for collection, segregation and disposal of household garbage etc can be taken up. Projects should be approved by State Scheme Sanctioning Committee (SSSC). Assistance of professional agencies/NGOs may be sought to be develop/test/implement such projects. Projects will be prioritized in identified GPs targeted for Nirmal status and those that have already been awarded Nirmal Gram Puraskar (NGP). SLWM can also be implemented by dovetailing funds from other Rural Development Programmes like MNREGS etc.	Para 5.9.1 The objective of NBA is to bring about improvement in the general quality of life in rural areas. Solid and Liquid Waste Management (SLWM) is one of the key components to address this. SLWM is to be taken up in project mode for each Gram Panchayat (GP) with financial assistance capped for a GP on number of household basis to enable all GPs to implement sustainable SLWM projects. Under component, activities like compost pits, vermin composting, common and individual biogas plants, low cost drainage, soakage channels/pits, reuse of waste water and system for collection, segregation and disposal of household garbage, <u>setting up incinerators in schools, in Women's community Sanitary Complexes, in Primary Health Centre, or in any other suitable place in the village</u> etc can be taken up. Projects should be approved by State Scheme Sanctioning Committee (SSSC). Assistance of professional agencies/NGOs may be sought to be develop/test/implement such projects. Projects will be prioritized in identified GPs targeted for Nirmal status and those that have already been awarded Nirmal Gram Puraskar (NGP). SLWM can also be implemented by dovetailing funds from other Rural Development Programmes like MNREGS etc. <u>Funds allocated for solid and liquid waste management may be used to implement safe disposal solutions for menstrual waste (used sanitary cloths and pads including collection mechanisms. These may include appropriate technology options such as composting and incinerators or other socially acceptable and environmentally safe options.</u>	

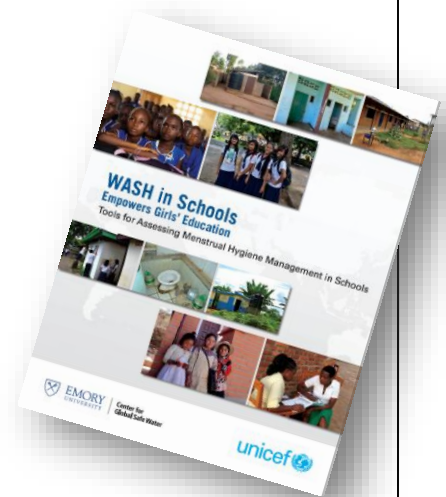


# Public toilets are being transformed in Senegal



# WASH in Schools for Girls Research Project Summary

- **Grant from Canada Foreign Affairs, Trade and Development (DFATD)**
  - Formative research on MHM in 14 countries, to develop tools and recommendations for incorporating MHM in WASH in Schools (WinS) national programming.
  - Strengthening evidence-based advocacy and action for MHM.
- **The project duration is 30 months**
  - April 2014 to October 2016
- **Global partners are:**
  - Emory University: Implementing partner
  - Columbia University: Quality assurance partner



# Formative research in 14 countries





# Outcomes and Outputs

#	Anticipated Outcomes	Outputs
1	Increased understanding of current MHM practices and barriers girls face in schools	✓ Formative Research on MHM
2	Increased incorporation of gender sensitive MHM into existing national WinS programme	✓ Basic packages disseminated to schools
3	Increased Leadership of Ministries of Education in the area of MHM (national level)	✓ Ministries of Education and Health (or any other relevant Ministry) lead on MHM
4	Increased capacity on MHM research and programming (global level)	✓ Prioritizing MHM in WASH in Schools programming



## More information

### Contact us!



Murat Sahin: [msahin@unicef.org](mailto:msahin@unicef.org)



[www.twitter.com/washinschools](http://www.twitter.com/washinschools)



<http://www.unicef.org/wash/schools>



<https://www.yammer.com/washinschoolsnetwork/>

## SAVE THE DATE: 22<sup>nd</sup> October

The poster features two photographs at the top: one showing hands being washed in a sink, and another showing a person reading a book. Below the photos is a blue banner with the date 'OCTOBER 22, 2015' and the title '4TH ANNUAL Virtual Menstrual Hygiene Management in WASH in Schools Conference'. The main text area has a white background with a blue header 'SAVE THE DATE' and a pink sub-header 'Encouraging Countries to Champion MHM Through Evidence and Advocacy'. The body text describes the conference's focus on fostering champions for MHM in WinS agendas and mentions submission details for mid-June and mid-August 2015. A small 'WASH in Schools' logo is visible in the bottom left corner of the poster.

OCTOBER 22, 2015

4TH ANNUAL  
Virtual Menstrual Hygiene  
Management in WASH in  
Schools Conference

SAVE THE DATE

Encouraging Countries to  
Champion MHM Through  
Evidence and Advocacy

The 4th Annual Virtual Menstrual Hygiene Management (MHM) in WASH in Schools (WinS) Conference will foster champions at all levels to move forward the MHM in WinS agenda.

This year's submissions may include, for example, the sharing of lessons learned through advocacy conducted at the national level; research findings from studies conducted on the impact of MHM interventions in schools; or efforts to build stakeholder buy-in, and the use of evidence for policy and programming.

Details for submissions will be sent out in mid-June, with abstracts due in mid-August 2015.

For more information, please contact [mhminny@gmail.com](mailto:mhminny@gmail.com).



Foreign Affairs, Trade and  
Development Canada

Affaires étrangères, Commerce  
et Développement Canada



Columbia University  
MAILMAN SCHOOL  
OF PUBLIC HEALTH

UNGEI!  
United Nations Girls'  
Education Initiative



EMORY  
UNIVERSITY

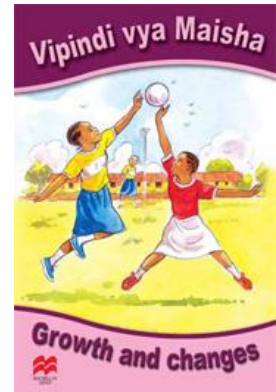
Center for  
Global Safe Water



# Research into Practice

## Girl's Puberty Book

- Originally developed in Tanzania
- Stakeholder building
- Participatory research with adolescent girls
  - **menstrual stories written by local adolescent girls**
- Approved by the Ministry of Education
- Included in the gov't's new WASH strategy for schools



~ Over 420,000 copies distributed to date ~



## What are the physical changes that take place in girls?

A girl's breasts start to grow and her hips get rounder. Hair starts to grow under her arms. Hair grows between her legs. She starts to menstruate (have periods or her "M.P." monthly period).



## Ni mabadiliko gani mwilini mwa msichana?

Maziwa ya msichana huanza kukua na mifupa ya nyonga zake hutanuka. Nywele huanza kuota kwenye makwapa yake na nywele nyingine huota sehemu zake za siri.

Na hapo msichana huvunja ungo na kuanza kupata hedhi. Huanza kuingia kwenye siku zake (kuingia mwezini, kupata "M.P.").

## What is menstruation?

Menstruation means that a girl's body is growing up, and is preparing for the future when she might get pregnant and have a baby.

During menstruation, the lining of the uterus comes out along with blood through the vagina. Bleeding usually lasts 4-7 days (but can last longer) and usually happens every month.

Monthly bleeding is not something to be scared of, because it is perfectly normal.



## Hedhi ni nini?

Kuvunja ungo na kuanza kupata hedhi (siku zake) ni dalili kwamba mwili wa msichana umekua na unajiaandaa kwa miaka ya baadaye ambapo anaweza kupata mimba na kuzaa mtoto.

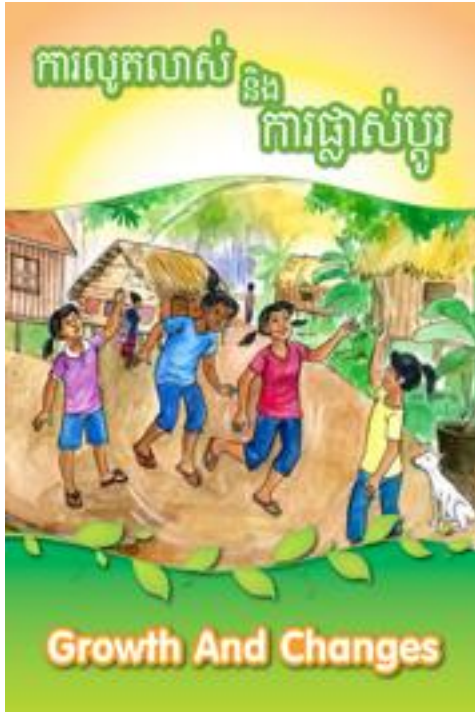
Wakti wa hedhi, kuta za nyumba ya uzazi (uterasi) hubomoka na kutoka nje pamoja na damu kupitia uke wake.

Kutokwa damu hudumu kwa siku 4 – 7 (japo yaweza kuendelea zaidi) kwa kawaida hutokea kila mwezi.

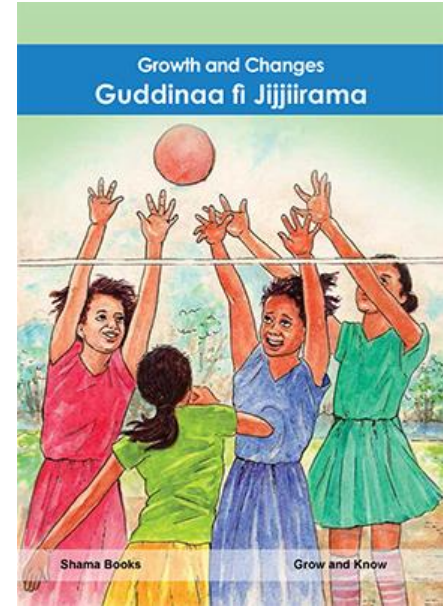
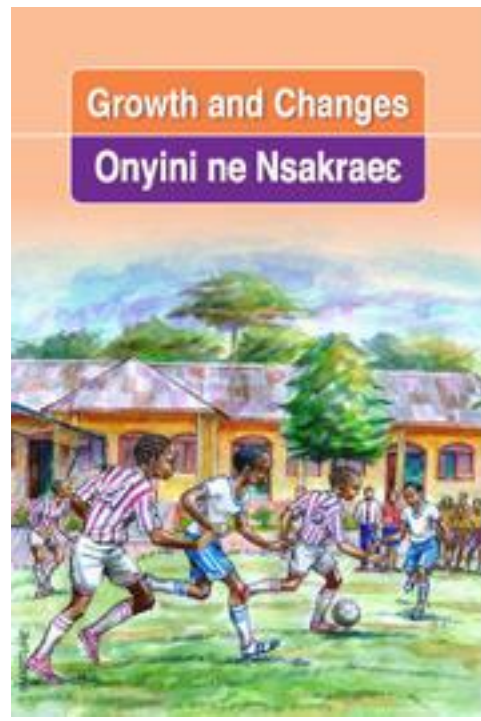
Usiwe na wasi wasi unapotokwa damu kila mwezi maana ni jambo la kawaida, ndio maumbile ya kila msichana.

# Adapted to Ghana, Cambodia, Ethiopia

<http://www.growandknow.org/>



All approved by  
Ministry of  
Education

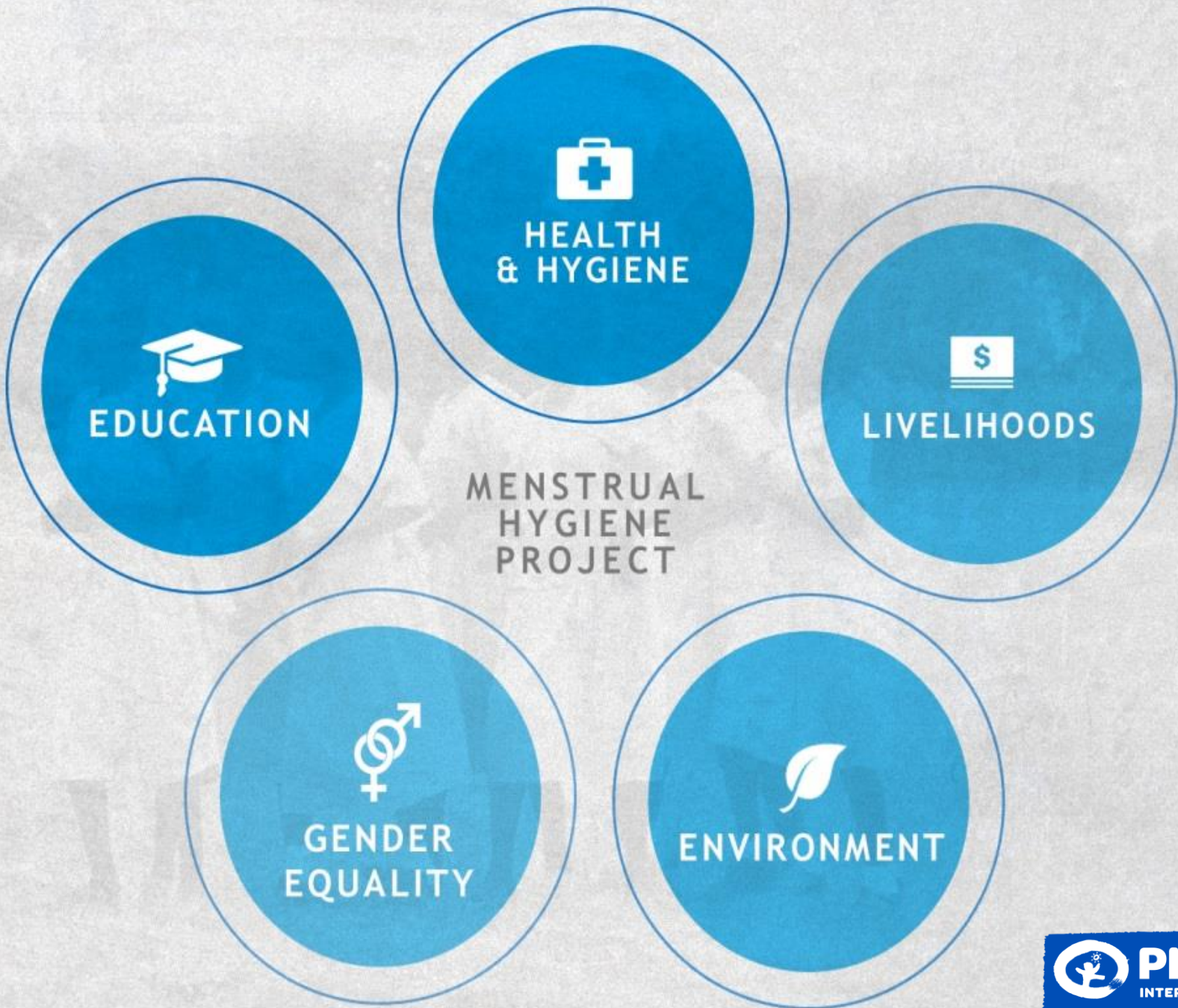


All available for  
download on  
mobile device  
(e-readers,  
phones)



**MENSTRUATION IS  
NORMAL FOR GIRLS**

















Panty Pad



## SDGS & WASH: **MHM** is more than Goal 6!

Ending poverty and eliminating inequalities so that everyone has access to basic services with dignity and safety is only possible if we do not leave women and girls behind.



# **VIOLENCE GENDER & WASH**

**Addressing the impacts of gender-based violence  
Transforming gender relations  
Informing WASH policy and practice**



Contributors: Sweta Patnaik, Jane Wilbur, Sue Cavill, Juliet Willetts

# Violence can be against WASH staff, women, girls, men and boys in relation to WASH...

*Rape including gang rape of women fetching water from river beds or collecting firewood*  
(Darfur, Médecins sans Frontières)

*Domestic disputes and beating, fighting in the water queue (between women too); accusations of water theft from neighbours – related to water scarcity*  
(Ethiopia, Stephenson et al, Social Science and Medicine)

Women or minority staff may be bullied, ignored or pro-actively undermined in their daily work – *which may increase if they raise problems or issues being faced*



# A response to the need to do things differently - the Toolkit



Toolkit authors: Sarah House, Suzanne Ferron, Dr Marni Sommer, Dr Sue Cavill





# Principles for good practice in reducing violence related to WASH

## Commitment and capacity

1. Institutionalise commitment

2. Build staff capacity

3. Make links across sectors

## Context and approach

4. Identify vulnerabilities to violence in each context

5. Adapt existing participatory tools

6. Pay attention to layers of vulnerability

## Design and implementation

7. Build self-esteem and link networks for peer support

8. Design and construct WASH facilities to reduce vulnerabilities

## Accountability

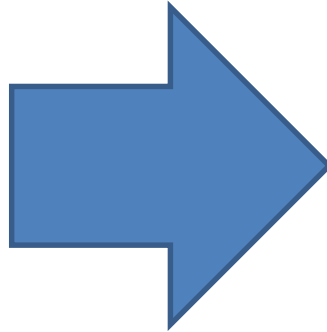
9. Ensure adequate information and feedback

10. Ensure transparency in targeting support to specific groups

# Wide adoption of the toolkit in India...

## Background

- Gol committed to integrating health in WASH and addressing violence against women
- Materials exist on addressing violence against women (VAW), but nothing on WASH and gender violence



## Response

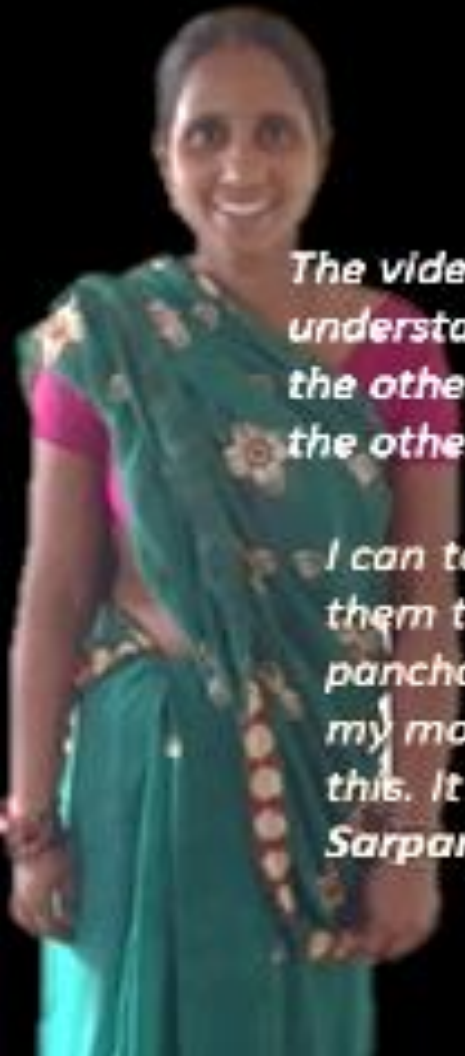
- Rolled out the toolkit to 20 NGOs
- Training provided to 500 Sarpanches (head-local government institutions) from 500 Gran Panchayats
- Covered 2500 villages, 20 districts and 5 states

# Toolkit video as a trigger for change...

*I am Sarpanch and every morning and evening I have to walk for an hour to get drinking water as the tube well nearest to my house is always breaking down*

*The videos are nice because I could understand the problems that are faced in the other states are not very different from the other women in my village*

*I can take these videos and show them to my husband, other panchayat staff who are men. I think my mother in law can help me with this. It is because of her that I am a Sarpanch.*





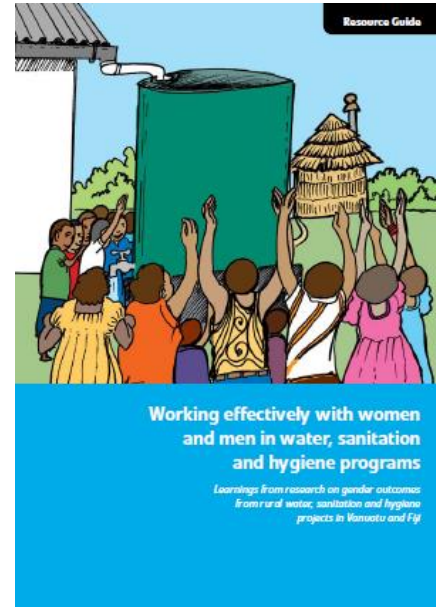
Experience sharing by a leading organisation from the protection and rights sector on how he used the toolkit  
<http://we.tl/qm4JQP3bJa>

# Share it...use it...

## VIOLENCE GENDER & WASH

### A PRACTITIONER'S TOOLKIT

Making water, sanitation and hygiene safer through improved programming and services



Another resource: Poster, Resource Guide, Facilitator Flash cards  
[www.genderinapacificwash.info](http://www.genderinapacificwash.info)

The practitioner's toolkit can be downloaded from: <http://violence-WASH.lboro.ac.uk>

# How can we achieve gender-sensitive WASH policy and practice? There are many possibilities...

