



FACT SHEET: MENSTRUATION SHOUTS PROJECT

Menstrual Health Challenges among adolescent girls during COVID-19 pandemic: Qualitative Study in Egypt and Kenya

Why it matters:

COVID19 response strategy does not pay attention to the needs of menstruating individuals, including adolescents. Adolescents face more challenges given the challenges existing because of their age group and the rapidly-growing characteristics; biological, physical, emotional, and psychological. In poor-settings and disadvantaged communities, existing challenges get amplified.

What do they need:

- Governmental and non-governmental attention to their menstrual needs
- Trusted sources for formal or informal sexuality education
- Financial compensation for the families who lost their jobs
- Massive societal change in behaviors, attitudes, and practices towards menstruating girls and women



Menstrual Health Challenges among adolescent girls during COVID-19 pandemic: Qualitative Study in Egypt and Kenya

FACT SHEET

Practices Old-fashioned habits returned among most of the girls as the usage of old clothes and unclean toilets.

Symptoms & Signs Pre-menstrual Syndrome symptoms and signs, particularly mood swings, were aggravated by the boredom associated with the stay-at-home measure.

Accessibility Decreased accessibility to purchasing stores as it became unsafe for girls to go out during curfew time even they are open 24h.

SGBV Emotional, verbal, and physical violence and mistrust acts are extensively practiced against adolescents who started to normalize these practices.

Social stigma Increase the fear of stigma and being discovered by going to the toilet to change the pad. In case of water cut, girls can not ask family members to get water for them.

Family Dynamics A weakening of the mother-daughter relationship due to economic pressure led to limited conversations around menstruation in specific and family bonds in general.

