



Reproductive Advocate Health Education (RAHE)-Ghana.

‘Alone We Can Do Little, Together We Can Do Much’.

Who We Are?

An Independent, Non-profit, Development Organization devoted to improving the quality of health services, general well being of people and communities through a right based and professional approach.

Vision

‘A society in which citizens are empowered to equitably access the whole spectrum of quality social services and national resources.’

<https://rheghana.webs.com/>



❑ RAHE GHANA is committed to the 10 global principles, encapsulated in the areas of human rights, labor, anti- corruption and transparency. thus the organization has A 'Participant Status' With the United Nation Global Compact Based In New York, USA.

❑ Following our obligation to Socio-economic Initiatives and values in Ghanaian communities, RAHE-GHANA has been awarded Special Consultative Status With The United Nations Economic And Social Council (ECOSOC).



PROGRAMS

- Public Health
- Education
- Youth Development
- Human Rights And Social Justice
- Child Rights
- Gender And Women Empowerment



IMPLEMENTED PROGRAMS



- The Menstrual Hygiene Management Project
- The Women Empowerment Program (WEP) Project
- Skills Training Project
- Action Mobilization Campaign for the SDGS
- Educational Sponsorship Program





ORGANIZATIONAL ACHIEVEMENTS

- ❑ Through our flagship menstrual hygiene management project earmarked for 8500 adolescent girls in the Awutu Senya East And Assin North Municipal, we are actively working to address barriers often faced by adolescent girls in the school environment by providing safe spaces for the girls to acquire the skills of sewing the reusable sanitary pads.
- ❑ We also sensitize them on resourceful knowledge and information on issues surrounding menstruation and the need to prevent premarital and unsafe sex.
- ❑ Under the Menstrual Hygiene Project we have set up menstrual facilities across 55 basic schools for girls to safely manage menstruation during school hours, thus leading to a more supportive school environment ready for girls to be educated, respected and heard.



- ❑ Trained over 364 women with vocational skills in Gari making, Oil Palm processing, Soap and Batik making
- ❑ Assisted about 115 children and young people in deprived and rural communities to complete junior secondary education through the timely provision of text books, school bags, shoes, stationeries and payment of educational bills



THE MENSTRUAL HYGIENE MANAGEMENT PROJECT



- Consists of 4 main components at the school and community level in order to address the following
- Lack of information on menstruation
- Lack of sanitary materials and facilities
- Low level of knowledge on menstrual health
- Myth, social stigma and negative gender norms about menstruation

Skills Training



- ❑ Interactive sessions on alternate methods for absorbing flow including (tampon, disposal sanitary pads, menstrual cup and the re usable sanitary pads)
- ❑ Pilot skills training program in sewing re-usable sanitary pads among the selected project beneficiaries.
- ❑ Girls are encouraged through project assignments to teach their peers, parents and close associates, (with a projected ratio of 1:3, about 3000 girls are to benefit indirectly from training about 1000 young women).
- ❑ Schools will be stocked with reusable sanitary pads for girls who are caught unaware in menstruation during school sessions.





Education

- ❑ Weekly lessons on menstrual hygiene management
- ❑ 1000 young women to receive information on selected topics in menstrual hygiene management.
- ❑ These lessons are facilitated by the school coordinators and female teachers
- ❑ Collaborative learning (debates, quiz, symposia, drama, sports , workshops, project assignments)
- ❑ Technology enhanced learning (Facebook, WhatsApp platforms, referral to online resources, teaching and learning materials, digital presentations, twitter, Instagram, snap chat)



Facilities

- Establish welfare counselling rooms in all the project schools. These centers will be
- Used by girls and female teachers who menstruate during school sessions
- Stocked with bed, pillow, wash materials, including, water, soap, towel, and re useable sanitary pads
- Manned by female teachers who will provide counseling and support to the adolescents girls who experience menstruation in school
- Used as changing and resting rooms for girls who experience menstrual pains and discomfort





A Project beneficiary admires items donated by RAHE-GHANA to stock the Welfare Counselling Rooms situated in all our project schools.



Community Mobilization

- ❑ Breaking social norms, stigma, negative perception and taboos
- ❑ Communal ownership and support for the menstrual hygiene project
- ❑ Build and strengthen relationships for project continuity
- ❑ Enhance and design new programs



THE MENSTRUAL HYGIENE MANAGEMENT PROJECT

Benefits

- ❑ Presents good entry point to improve menstrual hygiene management (MHM) among young women
- ❑ Provide the space to initiate education on menstrual health
- ❑ Pave the way towards actions to address the MHM challenges in schools and communities.
- ❑ Mobilize community support and co-create programs that aims at countering myth, social stigma and negative gender norms surrounding menstruation
- ❑ Enhance the confidence of young women and adolescents to fully participate in school and community life



Strategic Project Plan

❑ RAHE-GHANA is working towards UN Sustainable Development Goals (SDGs) 3,4,5,6 where about 1000 schools are earmarked to benefit from The Menstrual Hygiene Project By 2025

❑ Thus every year we will be working with 143 schools to help shape the lives of over 143,000 young women in basic schools and deprived communities

❑ Thanks to the generosity and care of The Netherlands Albert Schweitzer Funds, the Ghana Education Service, LDS Charities, Global Health Strategies and the France Embassy In Ghana 55 Schools have been covered by the Menstrual Hygiene Project

❑ We therefore humbly appeal to all relevant actors to support our noble Projects, through Partnerships, Grants, Donation And Technical Cooperation

Thank You.



Project Partners



For Further Enquiries, kindly Contact

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