

OUR TEENS, OUR FUTURE INITIATIVE POST-EVENT REPORT

World Menstrual Hygiene Day 2026

Together for a #PeriodFriendlyWorld

Our Lady of Apostles Girls' College, Akwanga, Nasarawa State | 28 May 2026

350 Students Reached	18 Staff Engaged	350+ Hygiene Distributed Kits	100% Sessions Delivered
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Executive Summary

On 28 May 2026, World Menstrual Hygiene Day, the Our Teens Our Future Initiative (OTOFI) hosted a landmark one-day event at Our Lady of Apostles Girls' College, Akwanga, Nasarawa State. The programme, themed Together for a #PeriodFriendlyWorld, brought menstrual health education, open dialogue, practical skills training, and essential hygiene supplies directly to adolescent girls who need them most.

The event exceeded its original targets. More than 270 students from JSS 1 to SS 3 participated across all eight programmed sessions. Every student received a menstrual hygiene kit. Teachers and school administrators attended a dedicated briefing on building a period-friendly school environment. Baseline data were collected to guide OTOFI's future programming at the school.

This report documents the event's activities, outputs, and early outcomes, and sets out the next steps for OTOFI's ongoing relationship with the school.

Background and Context

World Menstrual Hygiene Day is observed globally on 28 May each year. The date carries symbolic meaning: May is the fifth month, representing the average five-day period, and the 28th represents the average 28-day menstrual cycle. Since its founding in 2014 by WASH United, the movement has grown to more than 1,300 partner organizations across governments, UN agencies, NGOs, and the private sector.

In Nigeria, menstruation remains a significant but under-addressed barrier to girls' education and wellbeing. Research shows that 23% of Nigerian girls aged 15–24 have missed school due to menstruation. Studies report that fewer than half of girls receive any preparation before their first period, and many resort to using rags, torn fabrics, tissue paper, or cotton wool in the absence of affordable sanitary products.

Our Lady of Apostles Girls' College in Akwanga, Nasarawa State, where only 43% of in-school adolescents reported using proper menstrual materials, was selected as the site for OTOFI's inaugural Menstrual Hygiene Day event. The choice reflects OTOFI's commitment to begin where the silence is loudest and the need most acute.

Event Objectives

The event was designed to achieve six core objectives:

- Provide accurate, comprehensive, and age-appropriate education on menstruation, menstrual hygiene management, and reproductive health.
- Break the culture of silence, shame, and misinformation surrounding menstruation by creating a safe space for open conversation.
- Distribute menstrual hygiene kits — including sanitary pads and educational materials — to all participating students.
- Train students in practical menstrual hygiene management skills: product use, storage, disposal, and hygiene practices.
- Engage teachers and school administrators in understanding their role in creating a period-friendly school environment.
- Collect baseline data on students' menstrual health knowledge, practices, and challenges to inform OTOFI's ongoing programming.

Event Programme

The event ran as a structured one-day programme across eight sessions. All sessions were delivered as planned.

Session	Title	Duration	Status
1	Opening and Welcome	30 minutes	Completed
2	Menstrual Health Education	60 minutes	Completed
3	"Speak Without Shame" — Open Dialogue	45 minutes	Completed
4	Practical Demonstration	30 minutes	Completed
5	Distribution of Menstrual Hygiene Kits	30 minutes	Completed
6	Teachers' Briefing — Period-Friendly Schools	30 minutes	Completed

Session	Title	Duration	Status
7	Baseline Data Collection	Concurrent	Completed
8	Closing Ceremony	20 minutes	Completed

Session 1: Opening and Welcome

The School Principal formally opened the event and welcomed OTOFI's leadership and the attending health professionals. OTOFI provided an overview of the organization's mission and introduced the significance of World Menstrual Hygiene Day and the global #PeriodFriendlyWorld campaign to the assembled students and staff.

Session 2: Menstrual Health Education

A health professional, in partnership with OTOFI facilitators, delivered an interactive presentation covering the biology of menstruation, common myths and misconceptions, practical hygiene management guidance, pain management, and cycle tracking. Anonymous questions from students were addressed throughout the session. The session was well received, with high engagement; many students said it was the first time they had received structured information on menstruation.

Session 3: "Speak Without Shame" — Open Dialogue

A facilitated safe-space conversation allowed students to ask questions, share experiences, and voice concerns without fear of judgment. Anonymous written question cards were used for students who were not comfortable speaking aloud. Peer storytelling from senior students provided relatable, supportive narratives for younger students.

Session 4: Practical Demonstration

OTOFI facilitators demonstrated the correct use, folding, and disposal of sanitary pads, introduced reusable menstrual products and their environmental and cost benefits, and led a handwashing demonstration. Students practiced the steps and received tips for managing periods at school.

Session 5: Distribution of Menstrual Hygiene Kits

Each student received a menstrual hygiene kit containing sanitary pads and a printed menstrual health information card. Facilitators explained each item in the kit and provided guidance on where to access affordable products locally after the kits were used.

Session 6: Teachers' Briefing

A concurrent session was held for teachers and school administrators on creating a period-friendly school environment. Topics included responding to a student who starts her period unexpectedly, maintaining emergency supplies, ensuring private and clean facilities, and integrating menstrual health into school health education. A teacher's guide on menstrual health support in schools, developed by OTOFI, was distributed to all attending staff.

Session 7: Baseline Data Collection

An anonymous, age-appropriate questionnaire was administered before the main educational sessions to capture baseline data on menstrual health knowledge, current practices, access to products, information sources, school absenteeism, and psychosocial experiences. A post-session assessment using the same questions was administered at the close of the event. Data are currently being analyzed by OTOFI's MEL team.

Session 8: Closing Ceremony

The School Principal and OTOFI leadership gave closing remarks. Three students shared reflections on what they had learned. The event closed with a group photo and a collective #PeriodFriendlyWorld pledge moment. OTOFI announced its commitment to return for quarterly follow-up programming.

Participants

Participant Group	Target	Actual	Notes
Students (JSS 1 – SS 3)	200–300	350	Exceeded target; all received kits
Teachers and school staff	15–20	18	All attended the teachers' briefing
School administration	3–5	4	Principal and three senior administrators
Health professionals	2–3	2	Facilitated Sessions 2 and 3
OTOFI team and volunteers	8–10	9	Coordination, facilitation, documentation
Community stakeholders	5–10	6	Teachers

Key Outputs

- Over 300 adolescent girls received comprehensive, age-appropriate menstrual health education in a single programme day.
- 350 menstrual hygiene kits, each containing sanitary pads and kit were distributed, one per student.
- All planned sessions were delivered in full.
- 18 teachers and school staff attended the period-friendly school briefing and received OTOFI's kits.
- Baseline and post-event knowledge assessment questionnaires were administered to all participating students.
- Comprehensive event documentation, photographs, written session notes, and facilitator debriefs were completed on the day.

- OTOFI's working relationship with Our Lady of Apostles Girls' College was formally established.

Early Outcomes and Observations

Note on Data

Full analysis of the pre- and post-event questionnaire data is ongoing and will be published in a separate MEL report. The observations below are drawn from facilitator debriefs, session observations, and student feedback forms.

Early indicators from the event are strongly positive:

- Student engagement was high throughout all sessions. The open dialogue session (Session 3) drew a larger volume of anonymous written questions than anticipated, indicating that girls had unaddressed questions they had not previously felt safe voicing.
- Facilitators observed visible shifts in student confidence during the session — students who appeared uncomfortable at the outset of the programme were participating openly by the dialogue session.
- Peer storytelling from senior students was particularly well received. Younger students described it as the most memorable part of the event on feedback forms.
- Multiple students reported in feedback forms that this was the first time they had received structured, accurate information about menstruation from a professional.
- Teachers who attended the briefing session expressed interest in integrating menstrual health discussions into existing school health education activities and asked OTOFI for additional resources.
- Preliminary review of questionnaire responses suggests measurable knowledge gains between the pre- and post-event assessments, particularly on topics including cycle tracking, product options, and when to seek medical attention. Full data will be published upon analysis.

Challenges and Lessons Learned

Challenge	Response / Lesson
Initial shyness among younger students in open dialogue session	Anonymous card submissions created a safe alternative; future events should introduce this mechanism earlier.
Variable prior knowledge among students across year groups	Health facilitators adjusted pace and language in real time; future programmes should consider year-group-specific sessions.
Time pressure in the practical demonstration session	Session ran slightly over; future scheduling should build in a 10-minute buffer between sessions.

Challenge	Response / Lesson
Limited availability of school sanitation infrastructure for demonstration	Highlighted the urgent need for WASH facility advocacy as a priority next step.

Sustainability and Next Steps

This event is the first step in an ongoing relationship between OTOFI and Our Lady of Apostles Girls' College. The following actions are planned:

- Quarterly follow-up visits to the school to reinforce menstrual health education, replenish hygiene supplies, and conduct refresher sessions, commencing September 2026.
- Establishment of a Period Champions Club at the school: a peer-led group of trained senior students who will provide ongoing menstrual health support and education to younger peers.
- Engagement with the school's Parent-Teacher Association (PTA), subject to school permission to extend menstrual health conversations into the home environment.
- Advocacy with the Nasarawa State Ministry of Education and relevant local government authorities to improve WASH facilities in schools and integrate menstrual health into the school health curriculum.
- Publication of baseline data analysis and the post-event MEL report, to be shared with the school administration, partners, funders, and on OTOFI's public website.
- Replication of the model at additional schools in Nasarawa State and other states in Northern Nigeria in 2026–2027.

Monitoring and Evaluation

OTOFI applied its data-driven framework throughout the event:

M&E Stage	Activity	Status
Pre-event	Anonymous baseline questionnaire on menstrual health knowledge, practices, access, absenteeism, and psychosocial experience	Completed
During event	Attendance tracking, session observation, facilitator debriefs, photography and documentation	Completed
Post-event	Immediate post-event knowledge assessment (same instrument as baseline); student feedback forms	Completed — analysis ongoing
3-month follow-up	Brief follow-up survey during next school visit: knowledge retention, practice changes, kit use, absenteeism	Scheduled — September 2026

Findings from all stages will be compiled into a full MEL report and shared with the school, partners, funders, and the public.

Conclusion

Menstruation is a biological reality that half the world's population experiences. But whether a girl misses school because of it, or is shamed or supported, those are choices. They are choices made by families, schools, communities, governments, and organizations like OTOFI.

OTOFI's World Menstrual Hygiene Day 2026 event at Our Lady of Apostles Girls' College was small by design: one school, one day, one community. But it was built to grow. The data collected will inform the next intervention. The girls who walked away from this event knowing their bodies a little better, carrying a kit that gives them dignity, and hearing that menstruation is nothing to be ashamed of, they are the reason OTOFI exists.