

Youths Menstrual Hygiene Management Program

By:
Nexus Impacts Sustainability Brokerage Corp.

In Partner with:
Rural Development Partners

A sustainable impact report outlining the initiative for corporate investment.



Introduction.....	3
Problem Statement.....	3
Objectives.....	3
Stakeholders and Responsibilities.....	4
Contextual Challenges.....	5
Program Outline.....	7
YMHM Program Structure.....	7
Day 1: Introduction to Menstruation & Understanding Our Bodies.....	8
Hour 1: Breaking Taboos & Building Trust.....	8
Hour 2: Introduction to Menstruation.....	8
Hour 3: Menstrual Cycle & Personal Experience.....	9
Day 2: Hygiene & Well-being.....	10
Hour 1: Personal Hygiene During Menstruation.....	10
Hour 2 & 3: Beginning of Sewing Skills Workshop: Laying the Foundations:.....	11
Day 3: Introduction to Sexual Health & Consent.....	11
Hour 1: Understanding Sexual Health.....	11
Hour 2 & 3: Advancement in Sewing Skills.....	12
Day 4: Sewing Progress and Mastery.....	12
Hour 1, 2, & 3: Continuation of Sewing Skills Workshop.....	12
Day 5: Community, Empowerment, Moving Forward & Understanding Different Routes of Disease Transmission.....	13
Hour 1, 2, 3, & 4: Culmination of Sewing Skills Workshop and what's next.....	13
Hour 5: Community Support & Breaking the Silence & Routes of Transmission.....	13
Community Support.....	13
Routes of Transmission.....	14
Sewing Skills Training and Empowerment.....	15
Duration:.....	15
Learning Objectives:.....	15
Program Components and Resources:.....	15
Outcome and Sustainability:.....	16
Lasting Independence Strategies.....	16
Direct and Indirect Impacts.....	17
Beneficiary: Women and Young Girls.....	17
Direct Impacts:.....	17
Indirect Impacts:.....	18
Beneficiary: Young Boys and Men.....	19
Direct Impacts:.....	19
Indirect Impacts:.....	20
Beneficiary: Local Mothers' Groups.....	20
Direct Impacts:.....	20
Indirect Impacts:.....	21

Beneficiary: Community at Large.....	21
Direct Impacts:.....	21
Indirect Impacts:.....	21
KPI Measurement, Tracking, & Data Management.....	22
KPIs & Tracking.....	22
Reporting on the YMHM Program.....	24
Data Collection and Transfer to Nexus Impacts.....	26
Data Collection and Transfer Protocols.....	26
1. Roles and Responsibilities in Data Collection.....	26
2. Data Verification Protocols.....	26
3. Digital Data Transfer and Storage Mechanisms.....	26
4. Data Privacy and Security Protocols.....	27
Dollar-to-Impact Ratio.....	27
Figure 1-1.....	28
Figure 1-2.....	28
Risk Management.....	28
Nexus Impacts Service Fee.....	30
Material Cost Breakdown.....	31
Figure 2-1.....	31
Program Costs.....	31
Figure 3-1.....	32
Figure 3-2.....	32
Project Capacity.....	32
Current Stage.....	33
Beneficiary Needs.....	33
Operational Requirements.....	33
Conclusion.....	34

Introduction

The Youth's Menstrual Hygiene Management (YMHM) Program addresses the severe issue of period poverty in Malawi, Africa. Spearheaded by Rural Development Partners (RDP) with the support of Nexus Impacts (NI), the initiative's primary goal is to construct sustainable systems within school districts and local communities. This is achieved by not only educating young women and girls about menstrual hygiene and health but also imparting sewing skills tailored to produce reusable sanitary pads. The emphasis on sustainability is evident through the active involvement of local mother's groups. By establishing sewing clubs within schools, these groups are not just equipping the current generation with vital skills but also laying a foundation of self-reliance and support for the generations that follow.

Problem Statement

In numerous communities, especially in the rural sectors, young women and girls grapple with the challenges of managing menstrual hygiene, which yields a cascade of detrimental outcomes. These range from consistent school absenteeism, limited access to educational opportunities, confronting cultural stigmas, health adversities, and the amplification of gender inequalities. The absence of fundamental knowledge about menstruation combined with the inaccessibility to affordable and hygienic menstrual products aggravates these challenges. This, in turn, obstructs the academic trajectory of these girls and impairs their holistic well-being.

Objectives

Tackling period poverty and ensuring its long-term sustainable management demands a steadfast commitment. These three objectives, presented below, are the foundational pillars upon which this program is established. Their importance resonates deeply, illuminating both the strategic direction and the profound significance of each endeavor.

1. Independent Menstrual Management

- a. Objective: Empower women and girls with the knowledge and resources necessary for self-reliant menstrual management.
- b. Importance: Autonomous menstrual management upholds the dignity, safety, and well-being of women and girls. Such independence allows for unhindered participation in daily activities, minimizing the challenges posed by period poverty.

2. Women's Health Education

- a. Objective: Deliver specialized education on women's health, and address local taboos and stigmas.
- b. Importance: Armed with knowledge, women can make informed health decisions that directly enhance their quality of life, diminishing vulnerabilities associated with period poverty.

3. Community Involvement

- a. Objective: Implement sewing clubs and menstrual education networks in rural communities for lasting change.
- b. Importance: Active involvement of women in community dialogues bolsters their assertiveness and leadership capabilities. Communities that prioritize women's voices in decision-making are more inclined to create sustainable solutions to challenges like period poverty, promoting collective growth and equity.

By rooting the program in these pillars, a resilient framework emerges, ready to challenge systemic societal and economic barriers, and cultivate an environment conducive to both individual and community-wide advancement.

Stakeholders and Responsibilities

Women and Young Girls: As the main beneficiaries, women and young girls are pivotal to the program. They are expected to actively immerse themselves in the educational sessions and skill-building workshops spread over five days. By absorbing knowledge about female health and mastering the craft of creating reusable sanitary pads, they stand at the frontline in the battle against period poverty and the promotion of sustainable menstrual hygiene.

District Education Manager (DEM): The DEM is a cornerstone in the YMHM Program, partnering with RDP and NI to infuse menstrual hygiene education into Malawi's school curriculums. They offer crucial insights into schools most in need, guiding the program's expansion for maximal impact. By endorsing sewing clubs steered by local mother's groups, the DEM ensures students gain knowledge in menstrual health and the art of crafting reusable sanitary pads. Furthermore, their involvement guarantees the program's alignment with local legal and cultural provisions. This multifaceted role underscores the program's dedication to sustainability, skill empowerment, and community-centric solutions, all while respecting and adhering to Malawi's unique socio-cultural landscape.

Mothers Groups: These groups, consisting of female community members, are the backbone of the program. Collaborating closely with the RDP team, they mentor and instruct the participants, transferring skills and knowledge. Over time, as they acquire mastery over the program's content through their participation, they are anticipated to propagate this knowledge independently within their communities, and eventually teach the program.

Schools: Schools function as primary platforms for the YMHM Program's initiatives. While the establishment of sewing clubs is facilitated through YMHM, schools assume the critical role of managing these clubs, ensuring their smooth operation and continuity. In tandem with mother groups and the DEM, schools focus on integrating the program effectively, overseeing student participation, and addressing any logistical requirements, thereby ensuring the program's objectives align with the educational environment.

Communities: The communities of Ekwendeni, Enyezini, Ezondweni, Enthongeni, and Erukweni are instrumental in the success of the program. Their role extends from promoting menstrual health awareness to providing an inclusive environment for the participants, thereby dismantling stigmas associated with menstruation.

Rural Development Partners: RDP, in close collaboration with NI, plays a foundational role in the YMHM Program. Entrusted with managing the program's curriculum, they provide expert trainers and oversee the program's day-to-day operations. Their responsibility extends to meticulous monitoring and the relay of vital data back to NI, ensuring accurate tracking, informed adjustments and optimizations. RDP's partnership with the DEM is instrumental in seamlessly incorporating menstrual hygiene education into Malawi's school system. An intrinsic part of their role involves navigating Malawi's unique cultural and legal nuances, ensuring that the program not only brings about change but does so while respecting and integrating into the community's fabric.

Nexus Impacts: NI plays a pivotal role in verifying the authenticity of the YMHM Program both financially and operationally. Robust tracking, reporting, and data relay systems are established by NI to ensure transparent and consistent communication. Emphasis is placed on shaping the program's design for long-term sustainability, encompassing both direct and indirect impacts. Appropriate allocation of funds for operations and risk management is overseen by NI. A primary function of NI entails securing program funding through the development and maintenance of strategic partnerships.

Partnered Corporations: As external supporters, partnered corporations amplify the program's impact through financial backing and raising awareness. Their commitment to the cause ensures the program reaches its intended beneficiaries, offering them sustainable menstrual solutions.

Contextual Challenges

The rural areas of Malawi present distinctive challenges in contrast to the more affluent regions of the globe, especially in the realm of period poverty. Below is an exposition of these severe challenges in Malawi, Africa:

Lack of Access to Menstrual Hygiene Products: Economic constraints force women and girls into a dire predicament where they must prioritize basic sustenance over menstrual hygiene. This often results in them having to forgo purchasing adequate menstrual products.

Impact on Educational Opportunities: The absence of menstrual hygiene essentials and accommodating facilities in educational institutions means girls regularly miss out on school during their menstruation. Such absences, coupled with the accompanying shame, hamper their scholastic achievements and their long-term potential.

Health and Hygiene Concerns: With genuine menstrual products out of reach, women and girls often resort to makeshift solutions like old fabric or even foliage. This not only subjects them to physical discomfort but also exposes them to heightened risks of infections, affecting their holistic health.

Cultural Taboos and Stigma: The cultural milieu in many African settings suppresses open dialogue about menstruation. This pervasive silence, rooted in societal stigmas, thwarts the dissemination of essential menstrual information and hinders support mechanisms.

Limited Awareness and Information: A significant segment of women and girls remains deprived of inclusive menstrual health education, making them susceptible to misconceptions. This can escalate their anxiety, especially during their inaugural menstruation experience, and results in isolation and concealment.

Unavailability of Sustainable Alternatives: The potential of sustainable menstrual products remains untapped, largely due to awareness deficits. Without the requisite information and skills, the adoption of environmentally harmonious solutions remains a distant possibility, further intensifying ecological degradation.

Gender Inequality: The specter of gender inequality magnifies the tribulations related to period poverty. With imbalanced access to educational and economic avenues, women find themselves further ensnared in a relentless cycle of poverty.

Men's Limited Understanding of Women's Menstrual Health: Conversations about menstruation rarely involve the male demographic in rural Malawi. This communicative gap perpetuates a myriad of misconceptions and stigmas, often manifesting as unintentional insensitivity or dismissiveness.

Environmental and Community Impact: Inadequate waste management infrastructure accentuates environmental hazards due to the unchecked disposal of non-biodegradable menstrual products. This predicament not only harms the local ecosystem but also intensifies health hazards, including the risk of disease transmission of HIV, Hepatitis B, and more.

Social and Economic Vulnerability: Period poverty's ramifications are acutely felt within socially and economically marginalized sectors. These vulnerabilities hinder their journey towards empowerment and self-reliance.

Addressing these pressing challenges requires a combination of determination, understanding, and strategic intervention. Both RDP and NI are poised to provide transformative change by empowering women and girls through menstrual health instruction and fostering the craft of reusable pad creation. The gravity of the mission emerges from the very lived experiences of those battling period poverty. Committed to this cause, there is a vision of a future where menstrual health is not an impediment but a source of empowerment, affirming the dignity and potential of every woman and girl. The collective effort is centered on dispelling myths, fostering

inclusivity, and cultivating an environment where menstruation metamorphoses from a challenge to a celebrated facet of womanhood.

Program Outline

The Youths Menstrual Hygiene Management Program stands as a dedicated five-day endeavor, meticulously crafted to confront period poverty and champion menstrual health within Malawi, Africa. Concentrating its energies in regions prone to vulnerability, specifically Ekwendeni, Enyezini, Ezondweni, Enthongeni, and Erukweni, the initiative encompasses a vast network of sixty-five schools, and others just as desperate for support.

YMHM Program Structure

Day 1: Embracing Menstruation & Bodily Autonomy

- 2:00 pm - 5:00 pm: Educational Session: This segment is designed to demystify menstruation and its associated physiology. By cultivating an understanding of bodily changes, the aim is to alleviate fear, uncertainty, and misconceptions.

Day 2: Prioritizing Hygiene & Personal Wellness

- 2:00 pm - 3:00 pm: Educational Session: An immersive exploration into the significance of hygiene during menstruation, discussing best practices and preventive measures.
- 3:00 pm - 5:00 pm: Practical Workshop: Participants are introduced to sewing techniques, marking the initial steps in the crafting of reusable sanitary pads.

Day 3: Sexual Health Foundations & The Importance of Consent

- 2:00 pm - 3:00 pm: Educational Session: A deep dive into the realms of sexual health and the foundational principles of consent.
- 3:00 pm - 5:00 pm: Practical Workshop: Continuation of the sewing workshop, focusing on refinement and enhancement of skills.

Day 4: Perfecting the Craft

- 2:00 pm - 5:00 pm: Practical Workshop: A dedicated session that emphasizes mastering the sewing techniques, ensuring participants gain proficiency in crafting durable and effective reusable sanitary pads.

Day 5: Sustainable Empowerment & Grasping Disease Transmission Dynamics

- 12:00 pm - 4:00 pm: Practical Workshop: Final sewing session, allowing for any last-minute clarifications, adjustments, and fine-tuning of skills.
- 4:00 pm - 5:00 pm: Educational Session: An enlightening discourse on the ways diseases can spread, emphasizing the relevance of proper hygiene and the importance of communal vigilance in disease prevention.

Day 1: Introduction to Menstruation & Understanding Our Bodies

Hour 1: Breaking Taboos & Building Trust

1. Why are we here?
 - a. Explanation:
 - i. The session is designed to empower attendees with knowledge about menstruation.
 - ii. Understanding one's body is crucial for physical and emotional well-being.
 - b. Activity:
 - i. Initiate a "get-to-know-you" game. Trainers' choice.
2. Creating a safe and non-judgmental space
 - a. Explanation:
 - i. Every attendee's perspective and query is valid, regardless of their prior knowledge.
 - ii. The environment is meant to be one of learning, understanding, and mutual respect.
 - b. Activity:
 - i. Introduce the "question box," a tool for attendees to anonymously submit their queries or concerns. Emphasize that all questions will be addressed in a respectful and informative manner. This should be set up at the beginning of each day.
3. Sharing local myths and misconceptions about menstruation
 - a. Explanation:
 - i. Different communities harbor unique myths about menstruation.
 - ii. Addressing these misconceptions directly is essential to ensure accurate understanding.
 - b. Activity:
 - i. Facilitate an open forum where attendees can voice the myths or misconceptions they've heard or believe. As these are shared, trainers can provide clarifications and factual information, fostering a culture of openness and learning.

Hour 2: Introduction to Menstruation

1. The female reproductive system
 - a. Explanation:
 - i. Uterus (Definition): A muscular organ where a fetus grows during pregnancy.
 - ii. Ovaries (Definition): Organs that produce and release eggs.
 - iii. Vagina (Definition): The canal leading from the uterus to the outside of the body.
 - iv. Cervix (Definition): The lower part of the uterus that connects to the vagina.

- v. Fallopian Tubes (Definition): Tubes that connect the ovaries to the uterus, allowing eggs to travel from the ovaries to the uterus.
- vi. Endometrium (Definition): The inner lining of the uterus that thickens during the menstrual cycle and sheds during menstruation.
- b. Activity:
 - i. Display a labeled diagram of the female reproductive system.
 - ii. Engage attendees by having them identify the various parts.
- 2. What is menstruation, and why it happens?
 - a. Explanation:
 - i. Menstruation (Definition): The monthly shedding of the uterine lining in females when no conception occurs.
 - ii. It's the body's preparation for a potential pregnancy.
 - iii. If no conception happens, the body disposes of the extra uterine lining.
 - b. Activity:
 - i. Use diagrams to visualize the menstrual process.
- 3. The importance of menstruation
 - a. Explanation:
 - i. Menstruation is an indicator of overall health.
 - ii. Regular cycles suggest the body is functioning normally.
 - iii. It's a crucial component of the reproductive process and womanhood.
 - b. Activity:
 - i. Facilitate an open discussion on attendees' perspectives on menstruation.

Hour 3: Menstrual Cycle & Personal Experience

- 1. Different phases of the menstrual cycle
 - a. Explanation:
 - i. Menstruation (Definition): When a girl or woman has her period, the uterus sheds its lining. This happens if there is no pregnancy.
 - ii. Follicular Phase (Definition): The first part of the menstrual cycle, starting from when a girl gets her period until she ovulates. During this phase, the ovaries produce tiny sacs called follicles, which contain immature eggs.
 - iii. Ovulation (Definition): Ovulation is when an egg is released from one of the ovaries. It usually happens around the middle of the menstrual cycle.
 - iv. Luteal Phase (Definition): The time between ovulation and the next period. During this phase, the body gets ready for a possible pregnancy by thickening the uterus lining. If pregnancy doesn't happen, menstruation occurs.
 - b. Activity:
 - i. Illustrate the phases on a calendar, showcasing a typical 28-day cycle.
- 2. Common feelings and symptoms
 - a. Explanation:

- i. Bloating (Definition): A swollen state caused by the retention of water or gas.
 - ii. Mood Changes: Fluctuations in emotional state, often linked to hormonal variations during the cycle.
 - iii. Sensitive Breasts: Increased tenderness in the breast tissue.
 - iv. Headache & Cramps: Painful sensations that can accompany menstrual periods due to hormonal changes and uterine contractions.
 - b. Activity:
 - i. Initiate an open forum where attendees can discuss and share their personal experiences and feelings during their menstrual cycle.
-

Day 2: Hygiene & Well-being

Hour 1: Personal Hygiene During Menstruation

1. Importance of cleanliness
 - a. Explanation:
 - i. Maintaining good hygiene during menstruation is vital.
 - ii. Proper hygiene practices can prevent infections and reduce discomfort associated with menstruation.
 - b. Activity:
 - i. Showcase and demonstrate simple washing techniques using water. Walk attendees through the steps, ensuring they understand the importance of each action.
2. Basic steps without sanitary products
 - a. Explanation:
 - i. Not everyone has access to commercial sanitary products, but maintaining cleanliness is still achievable.
 - ii. Emphasize the importance of improvising with safe, clean alternatives.
 - b. Activity:
 - i. Engage in a discussion about alternatives, such as using clean cloth as makeshift sanitary pads.
 - ii. Emphasize the importance of drying these clothes under direct sunlight to reduce the spread of germs.
3. Common problems
 - a. Explanation:
 - i. Address prevalent issues faced during menstruation, like itching or rashes.
 - ii. Emphasize that many of these problems arise from not changing and washing regularly.
 - b. Activity:

- i. Host a Q&A session where attendees can voice their personal concerns or experiences, and provide them with solutions or advice.

Hour 2 & 3: Beginning of Sewing Skills Workshop: Laying the Foundations:

1. Kit Overview:
 - a. Dive into the sewing kits as instruments of self-reliance and personal development.
 2. Key Component Highlight:
 - a. Engage with the primary tools within the kit, with a concentrated spotlight on the proper handling and application of scissors.
 3. Fabric Cutting Mastery:
 - a. Deliver demonstrations on meticulous fabric cutting, highlighting the importance of accuracy and safe practices.
 4. Foundational Sewing Introduction:
 - a. Kickstart basic sewing techniques, laying down the groundwork for future pad construction sessions.
-

Day 3: Introduction to Sexual Health & Consent

Hour 1: Understanding Sexual Health

1. Basic introduction
 - a. Explanation:
 - i. Sexual Health (Definition): A state of physical, mental, and social well-being related to sexuality. It involves a positive approach to sexuality and sexual relationships.
 - ii. It encompasses more than just the act of intercourse but also our understanding, respect, and care for our bodies and our partners.
 - b. Activity:
 - i. Initiate a group discussion on personal feelings, boundaries, and comfort levels. Encourage attendees to reflect on the broader implications of sexual health beyond just physical actions.
2. Connection between menstruation and fertility
 - a. Explanation:
 - i. Menstruation is intrinsically linked to fertility.
 - ii. Regular menstrual cycles indicate the body's readiness and ability to conceive a child.
 - b. Activity:
 - i. Use a visual aid, such as a simple diagram, to show the process of ovulation and how it can lead to either menstruation (when no conception occurs) or pregnancy (when conception occurs).

- ii. *Stress that engaging in sexual activity, particularly without protection, carries the risk of pregnancy at any point in the month.*
- 3. Concept of consent
 - a. Explanation:
 - i. Consent (Definition): A clear and mutual agreement between individuals to engage in a particular activity, ensuring that all parties are comfortable and willing.
 - ii. It emphasizes the idea that everyone has autonomy over their bodies and the right to make decisions about them.
 - b. Activity:
 - i. Engage attendees in role-play exercises, where they act out scenarios highlighting the principles of 'yes' (consent given) and 'no' (consent denied). Use simple, non-graphic situations to emphasize the concept of choice and respect.

Hour 2 & 3: Advancement in Sewing Skills

1. Review:
 - a. Reflect on Day 2's progress, addressing any outstanding queries or challenges.
 2. Skill Enhancement Demonstrations:
 - a. Methods to integrate plastic bags into sanitary pads for optimal liquid retention.
 - b. Techniques for attaching elastic bands and securing plastic buttons.
 3. Adaptive Training:
 - a. Emphasize a flexible training strategy, ensuring that all participants, irrespective of their skill set, are provided with the necessary support and feel appreciated throughout the learning process.
-

Day 4: Sewing Progress and Mastery

Hour 1, 2, & 3: Continuation of Sewing Skills Workshop

1. Skill Reinforcement:
 - a. Continue sewing projects, emphasizing skill refinement and consolidation.
2. Progression to Next Project:
 - a. Transition smoothly to the crafting of the second pad, leveraging and expanding on previously acquired techniques.
3. Inclusive Training Method:
 - a. Adopt a bespoke training approach, guaranteeing support and inclusiveness for all participants, irrespective of their proficiency level.

Day 5: Community, Empowerment, Moving Forward & Understanding Different Routes of Disease Transmission

Hour 1, 2, 3, & 4: Culmination of Sewing Skills Workshop and what's next

1. Focused Sewing Session:
 - a. The majority of the day is allocated for participants to diligently advance on their pad projects, with an aim to maximize completion within the designated time.
2. Recognition of Effort:
 - a. In acknowledgment of their commitment, two panties are provided to each participant, symbolizing the progress attained during the workshop.
3. Progress Verification:
 - a. Participants are instructed to systematically document their progress. This documentation is subsequently endorsed with a signature, serving as an official record of their workshop achievements.
4. Feedback Facilitation:
 - a. A designated session is organized to collate feedback, emphasizing collective success and individual progress. This encourages community spirit and recognition of personal diligence.
5. Post-Workshop Engagement:
 - a. The culmination of the workshop doesn't signify the end of the sewing journey. Participants are advised to finalize their pad projects in school during the subsequent week, reinforcing and implementing the techniques learned.
6. Sustained Sewing Initiatives:
 - a. Sewing kits find their next chapter within the school's budding sewing program, guaranteeing resource availability for persistent practice and fostering a culture of continued craftsmanship and skill development.

Hour 5: Community Support & Breaking the Silence & Routes of Transmission

Community Support

1. Why it matters
 - a. Explanation:
 - i. Communities thrive when members share knowledge and support one another.
 - ii. Disseminating information about menstruation and sexual health makes for a more informed, empathetic, and healthier community.
 - b. Activity:

- i. Encourage attendees to reflect on their learnings. Ask each person to share one pivotal piece of information or understanding they've gained, which they intend to share with a friend or family member.
- 2. Building a support system
 - a. Explanation:
 - i. Emotional and informational support is vital for navigating topics like menstruation and sexual health.
 - ii. Building a close-knit group or circle for sharing experiences, challenges, and feelings fosters resilience and understanding.
 - b. Activity:
 - i. Divide attendees into smaller groups. Facilitate discussions on how they can be pillars of support for one another, encouraging each other to continue the dialogue and share knowledge within their circles.
- 3. Encouraging discussion
 - a. Explanation:
 - i. Open conversations around menstruation and sexual health break stigmas and taboos.
 - ii. Continued dialogue ensures that these topics become normalized, creating an atmosphere where everyone feels seen and heard.
 - b. Activity:
 - i. Engage attendees in role-playing exercises, portraying how they can initiate constructive conversations with peers, family, or community members. Offer them various scenarios, emphasizing the importance of understanding, patience, and sensitivity.

Routes of Transmission

- 1. Introduction
 - a. Explanation:
 - i. Diseases can be transmitted or spread in various ways.
 - ii. Some are transmitted through direct or indirect contact with infected persons or surfaces.
 - iii. Others are waterborne or airborne, spreading through contaminated water or air.
 - iv. Vector-borne (Definition): Diseases that are transmitted through vectors, like mosquitoes, ticks, or flies.
 - b. Activity:
 - i. Display visual aids or pictures illustrating common vectors, such as mosquitoes, and examples of contaminated water or uncooked food.
 - ii. Use the water-stool demonstration to “trigger” the participants.
- 2. Simple preventive measures
 - a. Explanation:
 - i. Emphasize the importance of basic hygiene and preventive measures.

- ii. Highlight actions like regular handwashing, boiling water before consumption, and using protective measures like bed nets to prevent vector-borne diseases.
 - b. Activity:
 - i. Conduct a hands-on demonstration of proper hand-washing techniques. Ensure attendees understand the significance of each step and the overall importance of hand hygiene in disease prevention.
-

Sewing Skills Training and Empowerment

The core of the Youth Menstrual Hygiene Management Program unfolds during the practical skills training component, spanning Days two to five. This section delves into the structured curriculum, the imparted knowledge, and the outcomes achieved during this intensive four-day phase.

Duration:

The practical skills training phase encompasses roughly eleven hours of instruction per participant, distributed across the four days. Participants engage in hands-on learning, acquiring the skills necessary for crafting reusable menstrual sanitary pads from locally sourced materials.

Learning Objectives:

The overarching objectives of this phase are to empower beneficiaries with the capacity to create their reusable menstrual sanitary pads and to foster sustainability in menstrual hygiene management for their own lives and community members. Specific learning outcomes include:

1. Proficiency in pad creation techniques, including cutting, stitching, and assembly.
2. Competence in selecting suitable materials.
3. Understanding the principles of pad design for optimal comfort and absorbency.

Program Components and Resources:

Each female participant in the program receives a comprehensive set of resources and educational experiences. The program provides them with a four-year supply of menstrual products and two panties. Participants have access to sewing kits both during and after the program. The curriculum includes eleven hours of sewing education, introducing them to fabrics, absorbent layers, and stitching materials available in their local community. The program also

offers six hours of hygiene and women's health education. Additionally, participants receive five light meals and opportunities for involvement in sewing clubs.

Outcome and Sustainability:

The program aims to foster menstrual independence and combat period poverty for both individuals and their surrounding communities. Central to its design is the emphasis on long-term impact and sustainability. By providing practical skills, distributing essential resources, and promoting independent pad production, the program ensures that participants have the necessary tools to maintain sustainable menstrual hygiene practices. This approach not only caters to immediate needs but also fosters enduring change in menstrual health management within the broader community.

Lasting Independence Strategies

The Youths Menstrual Hygiene Management Program is strategically designed to foster independence and lasting systematic change. The following key strategies are employed:

- **Collaboration with Local School Districts:** The program collaborates with local school districts to effectively identify and engage with target communities. This collaboration ensures widespread participation and support.
- **Five-day program:** The Youths Menstrual Hygiene Management Program spans five days to ensure that each participant receives a comprehensive and in-depth understanding of menstrual health practices, reusable pad-making techniques, and the broader importance of community involvement. This extended duration allows for immersive learning experiences, hands-on training, and ample time for questions and practice, empowering participants to become proficient in the skills taught. By dedicating sufficient time to the program, participants can internalize and confidently apply the knowledge in their daily lives, fostering lasting change and sustainable menstrual health practices within their communities.
- **Involving Female Community Members:** Female community members, known as mother groups, play a crucial role in the program's success. They are actively involved in each program and provide valuable guidance and support to the participants. Initially, the program is led by a member of the RDP organization; once the mothers' group demonstrates proficiency, the responsibility of teaching and practical knowledge training is transferred to them.
- **Creating Sewing Clubs:** To foster long-term sustainability and a sense of community, sewing clubs at the schools are established. These clubs offer a platform for participants to continue refining their skills, share experiences, and support each other in their menstrual health journey.

- **Local Resources:** Each school involved in the program receives essential resources required for pad-making. Importantly, all resources are sourced locally, ensuring continued access to materials and managing the risk of RDP and NI being phased out.
- **Centralized Sewing Tool Accessibility:** Acknowledging the various potential setbacks that might arise from students keeping sewing kits at home, such as misplacement, damage, or potential resale, the program has adopted a pragmatic approach by housing these kits within the school-based sewing clubs. This method not only enhances the security and longevity of the sewing tools but also establishes a community hub where participants and even those not directly involved in the program can access the necessary tools for pad-making. With materials for the sanitary pads being locally-sourced and readily available, the centralized provision of tools at the school becomes an enabler for students and community members alike. They can bring their own materials and utilize the school's tools to craft their sanitary pads. By facilitating such an environment, the program is not just promoting skill development but also community collaboration and self-reliance. This strategic placement of resources at schools acts as a cornerstone, ensuring that the pad-making initiative thrives beyond the direct interventions of NI.
- **Boys Education Participation:** During the education portion of the program, male classmates are invited to learn. The purpose is to reduce the taboos around menstruation, promote empathy, encourage support, normalize menstruation, enhance sexual health knowledge and practices, promote hygiene, reduce gender disparities, strengthen community cohesion, and reduce bullying.
- **Sustainable Monitoring and Evaluation:** To ensure the program's effectiveness, RDP continues to monitor and evaluate its performance based on pre-defined key performance indicators (KPIs) identified on page twenty-two to twenty-four. This ongoing assessment helps track progress and identify areas for improvement.

Direct and Indirect Impacts

Beneficiary: Women and Young Girls

Direct Impacts:

Sexual and Menstrual Education: Participants receive three hours of direct sexual and menstrual education, equipping them with essential information about their reproductive health. This knowledge promotes informed decision-making, safer practices, and better menstrual hygiene.

Practical Education: Through eleven hours of practical education, participants learn how to craft reusable sanitary pads from local materials. This hands-on training empowers them with a valuable skill set, enabling them to create their own menstrual products sustainably.

Sewing Kit: Each participant receives access to a sewing kit to facilitate the creation of reusable sanitary pads. This kit includes essential tools and materials, ensuring they have the necessary resources to continue making sanitary pads independently. Following the program, the sewing kits are left with the school to be used by the students making their remaining sanitary pads and the sewing club.

Sanitary Pads: Beneficiaries receive four sanitary pads worth of material, providing them with four years of menstrual products. This sustainable supply ensures that they have access to hygienic and reliable menstrual protection throughout their menstrual cycles.

Food: Participants receive a high-protein light meal each day for five days. This nourishment not only combats hunger but also promotes their overall well-being, enhancing their ability to engage in program activities.

Panties: Each beneficiary receives two panties, ensuring they have proper undergarments to support menstrual hygiene. These panties contribute to their comfort and cleanliness during their periods.

Independence in Managing Period Poverty: The program's provision of knowledge, skills, sustainable materials, and nutritional support equips each participant with the tools and resources needed to independently manage period poverty throughout their life, fostering self-reliance, increased hygiene and health, and reducing dependency on external assistance.

Indirect Impacts:

Economic Empowerment: Access to reusable sanitary pads eliminates the recurring expenses of purchasing disposable products, easing the financial burden associated with menstruation. Women can redirect their financial resources towards other essential needs. In addition, the sewing skills gained can be used to produce goods to sell. As identified, there are multiple aspects that contribute to beneficiaries financial opportunities and economic empowerment.

Enhanced Educational Opportunities: With improved menstrual hygiene practices and access to reusable sanitary pads, young girls experience fewer interruptions in their education. Improved school attendance positively impacts their academic performance and long-term educational and career prospects.

Increased Confidence and Dignity: Empowered with knowledge and sustainable menstrual products, women and young girls experience increased confidence and dignity during menstruation. They no longer feel limited or ashamed, enabling them to participate fully in daily activities and social interactions.

Knowledge Sharing and Empowerment: Empowered women and young girls become advocates and mentors for other community members. They share their knowledge and experiences, empowering others to take charge of their menstrual health.

Breakdown of Taboos and Stigma: As beneficiaries openly discuss menstrual health, the stigma surrounding menstruation gradually diminishes. This cultural shift fosters a more supportive and inclusive community environment.

Reduced Bullying and Peer Harassment: Through menstrual health education, bullying rooted in menstrual misconceptions diminishes. Educating all genders fosters respect and empathy. As boys become informed allies, menstrual-based harassment decreases, leading to a more inclusive community and boosting girls' confidence.

Increased Gender Equality: Improved menstrual health positively impacts gender equality. As women and girls gain access to education and economic opportunities with fewer disruptions, gender disparities are reduced, leading to a more equitable society.

Environmental Consciousness: The adoption of reusable sanitary pads reduces the demand for disposable products, positively impacting the environment. This indirect impact contributes to a more sustainable community and a sense of environmental responsibility among beneficiaries.

Beneficiary: Young Boys and Men

Direct Impacts:

Breaking the Taboo: By introducing menstruation as a shared topic of discussion, we actively challenge and counter the traditional view of it being a secretive, women-only subject. This openness fosters an immediate cultural shift, promoting a sense of inclusivity and mutual understanding.

Promoting Empathy and Understanding: Through a deeper exploration of the menstrual process, boys gain an intimate insight into the physical and emotional experiences of women. This newfound awareness fosters genuine compassion and effectively reduces insensitivity or dismissive behaviors.

Encouraging Supportive Behaviors: Comprehensive education not only imparts knowledge but instills in boys a sense of responsibility. They become more attuned to

the needs of their female peers, evolving into supportive figures during challenging menstrual periods.

Normalizing Menstruation: With focused educational efforts, menstruation is elevated from a tabooed subject to one that's universally recognized and understood. It fosters a communal atmosphere where both genders engage in meaningful conversations about menstrual health.

Enhancing Sexual Health Education: Offering boys a foundational understanding of the female reproductive system broadens their perspective on overall sexual health. This knowledge equips them to navigate related topics with respect and empathy.

Promotion of Hygiene: Beyond menstruation, the emphasis is on the overarching significance of hygiene. Boys learn the importance of cleanliness, especially in relation to menstruation, which reinforces broader personal hygiene habits.

Indirect Impacts:

Reducing Gender Disparities: Knowledge is empowerment. Boys, when educated about menstruation, are better positioned to champion gender equity in the future. They are more likely to become advocates for women's rights, opportunities, and equality, driving societal change.

Strengthening Community Cohesion: A community flourishes when there's mutual understanding. By educating both genders about biological processes, the program lays the foundation for a harmonious coexistence, fostering unity and respect.

Building Allies: The educational journey is transformative. Boys who acquire knowledge about menstruation mature into men who understand its significance. These men are more likely to become invaluable allies, advocating for menstrual health initiatives and supporting efforts against period poverty.

Beneficiary: Local Mothers' Groups

Direct Impacts:

Empowerment and Leadership Development: Involvement in the initiative empowers local mothers' groups with essential knowledge and skills related to menstrual health and reusable pad-making. They develop leadership capabilities, becoming agents of change within their community.

Community Ownership: Local mothers' groups take ownership of the initiative, leading to sustained efforts in managing the program independently. This direct impact ensures the initiative's long-term success, even in the absence of external support.

Networking and Support: Collaborating with other women in the group creates a supportive network where they share experiences, challenges, and best practices related to and beyond menstrual health. This support system strengthens their capacity to address the needs of their community effectively.

Indirect Impacts:

Gender Equality Advocacy: As empowered women leaders, local mothers' groups become advocates for gender equality within the community. Their influence challenges traditional gender norms and promotes women's active participation in decision-making processes.

Multiplier Effect: The knowledge and skills gained by local mothers' groups have a multiplier effect as they share this information with other women and community members. This ripple effect broadens the initiative's impact, reaching a wider audience.

Beneficiary: Community at Large

Direct Impacts:

Cultural Shift: As beneficiaries openly discuss menstrual health and sustainable practices, there is a cultural shift in how menstruation is perceived. The community inherently becomes more accepting and understanding, progressively breaking down taboos and fostering open discussions.

Sustainable Sewing Clubs: Through the sustainable sewing club system, the project creates a foundation for long-term impact, ensuring that future generations of students will continue to benefit from the skills, support, and knowledge provided. This systemic change breaks the cycle of limited menstrual hygiene management and awareness and sets a positive precedent for generations to come.

Indirect Impacts:

Positive Social Norms: The indirect impact of cultural acceptance and environmental awareness creates positive social norms within the community. Beneficiaries' behavior influences others, fostering a collective commitment to promoting menstrual health and sustainable practices.

Social Cohesion: Through open discussions and mutual support, the community experiences increased social cohesion. The initiative brings community members together, fostering a sense of unity and shared responsibility for promoting menstrual health and well-being.

By understanding the direct and indirect impacts of the initiative, the project's beneficiaries' benefits extend beyond immediate training and implementation. Empowered women and communities become agents of positive change, creating a sustainable and inclusive environment where menstrual health is prioritized, and dignity is upheld.

KPI Measurement, Tracking, & Data Management

The Youth Menstrual Hygiene Management Program undoubtedly has a broad spectrum of both direct and indirect impacts. While it would be resource-intensive to monitor every single impact, the program selectively tracks those with pronounced significance. The impacts delineated above have been consistently observed in RDP's endeavors, as well as in the efforts of other global organizations. For those keen on delving deeper into the implications of aiding underserved women with menstrual health, a recommended point of exploration would be the concept of "period poverty."

KPIs & Tracking

1. **Program Number:** Each program session receives an identification number to maintain a sequential order. This numbering system facilitates easier tracking, referencing, and administrative operations, making sure each session's data remains isolated and traceable.
2. **School Information:**
 - a. **School Name:** Identifying the name of the school where the program is conducted aids in organizing outreach efforts, potential follow-ups, and assessing regional engagement. Recognizing each school ensures that the program's spread and influence in different educational institutions are traceable.
 - b. **District Number:** Pinpointing the district number offers insights into the program's geographic reach and allows for regional resource allocation, comparisons, and targeted interventions.
 - c. **GPS Coordinates:** Providing the precise latitude and longitude of the school's location facilitates independent research and verification by stakeholders. With this information, interested parties can assess the site's accessibility, proximity to other institutions or resources, and understand the program's geographic dispersion. Furthermore, in cases of on-site visits, interventions, or additional collaborative efforts, these coordinates serve as an invaluable tool for logistics and planning.
3. **Trainee (Trainer) Details:**
 - a. **Trainee Name:** Acknowledging the trainer ensures that the program maintains standards by recognizing the expertise brought into each session. Trainers are the cornerstone of the program's success, and recognizing them ensures quality control.

- b. **Trainee Contact Information and background data:** Keeping a detailed record of the trainee's contact and background is pivotal for feedback, coordination, and potential future collaborations. It ensures continuity and upholds the program's standard by ensuring that trainers possess the required background and expertise.
- 4. **Course Duration:** By noting down the exact start and end dates, the program ensures transparency and provides clarity on the duration of each session. This aids in planning, resource allocation, and retrospective evaluations.
- 5. **Student Identification:**
 - a. **Total Students:** Keeping a count of the number of students in each session provides a measure of the program's reach and engagement at a glance. It also aids in resource planning and allocation.
 - b. **Names, Ages, and Grades:** By documenting these particulars, the program guarantees personalized attention and tailors its content according to the age and grade demographics, optimizing the learning experience.
 - c. **Attendance:** Tracking individual attendance identifies active participation, helps in follow-ups, and measures the program's retention capability. Furthermore, identifies topics learned and missed by each beneficiary.
 - d. **Signatures:** By obtaining signatures, the program upholds accountability, authenticates participation, and documents the receipt of any materials or benefits.
- 6. **Total Mothers:** By recording the involvement of mothers, the program emphasizes its commitment to holistic community engagement. Engaging mothers guarantees a more sustainable impact, as it bridges the generational knowledge gap and fosters a supportive environment for the young participants.
- 7. **Total Panties Distributed:** Documenting the number of panties provided emphasizes the program's comprehensive approach to menstrual hygiene. This ensures that participants have the necessary foundational items to manage their menstrual health effectively.
- 8. **Total Light Meals Provided:** By maintaining a record of the meals, the program showcases its holistic approach to well-being. It ensures that the nutritional needs are met, promoting a healthy learning environment and demonstrating care beyond the core curriculum.
- 9. **Educational and Practical Hours:**
 - a. **Total Health Education Hours:** A tally of health-focused hours showcases the program's dedication to promoting holistic health awareness, ensuring participants have the knowledge to make informed choices about their health.

- b. Total Practical Education Hours: By tracking hours dedicated to sewing, the program emphasizes the importance of skill development, ensuring participants have hands-on experience and practical knowledge.

10. Sewing Kits & Sanitary Pads:

- a. Total Sewing Kits Provided: Monitoring the distribution of sewing kits underlines the program's commitment to sustainability and self-sufficiency, empowering participants beyond the session.
- b. Total sanitary pads Created & Materials in Kits: By documenting these numbers, the program demonstrates its tangible impact, promotes resourcefulness, and ensures participants have essential supplies.
- c. Total Years Worth of Menstrual Products: Conservatively estimating the longevity of the sanitary pads underlines the economic and environmental advantages of sustainable menstrual practices. It offers participants a clear view of the long-term benefits.

11. Photo Documentation:

- a. Sanitary pads, Participants, Panties, and Kits: Visual documentation serves as a testament to the program's achievements and provides a vivid representation of its impact. It aids in promotional efforts, transparency, and accountability.
- b. Materials: Tracking the exact materials used ensures efficient resource management, accurate budgeting, and evaluation of the program's sustainability. It provides insights into waste minimization and resource optimization.

12. Project Management:

- a. Project Manager Details & Signature: By recording the overseeing individual's name and obtaining their signature, the program ensures accountability, leadership, and the upholding of set standards in every session.

By diligently observing these KPIs, the program ensures rigorous data collection, transparent operations, and a comprehensive approach to achieve its objectives.

Reporting on the YMHM Program

Effective reporting stands as the bedrock upon which meaningful actions are built. In every initiative, the precision of data collection, its comprehensive analysis, and transparent presentation are imperative for insightful decision-making and reinforcing stakeholder trust. Recognizing this, RDP and Nexus Impact have collaboratively formulated tracking templates tailored for the YMHM Program. Delving deeper into the design and goals of these templates, through the lens of a reporting expert:

1. Gather Required Information:

- a. Purpose: At the forefront of reporting is the capture of essential and comprehensive data. These templates have been crafted to ensure that all pivotal details, as highlighted in the KPIs, are diligently documented.
- b. Insight: Striking the right balance between comprehensive data capture and avoiding information overload is crucial. The templates encapsulate this by ensuring thoroughness without compromising on relevancy.

2. Ease of Use:

- a. Purpose: A tool's functionality is intrinsically linked to its user interface. Acknowledging this, the templates prioritize intuitive design to enhance user experience and streamline data entry.
- b. Insight: A seamless data entry process is foundational to minimizing errors. The user-centric design of these templates ensures consistent and accurate data capture.

3. Readability and Comprehension:

- a. Purpose: A report should communicate its data cogently. The templates, therefore, emphasize a clear presentation structure, logical data organization, and effective visualization techniques.
- b. Insight: Transforming complex data into accessible insights is the hallmark of effective reporting. By emphasizing clarity, these templates make data-driven findings comprehensible to a broad audience.

4. Accuracy:

- a. Purpose: Ensuring data integrity is paramount. The templates incorporate mechanisms to validate the information entered, ensuring that the reports generated are dependable and voracious.
- b. Insight: Accurate data is the cornerstone of effective decision-making. By prioritizing accuracy, these templates safeguard the program's credibility and the trust of its stakeholders.

5. Redundancy:

- a. Purpose: Data loss can be detrimental. The templates have been designed with redundancy measures to prevent data loss and ensure data integrity.
- b. Insight: Incorporating redundancy in data capture and storage ensures that information is always available, even in the face of unexpected issues, safeguarding the program's continuity and reliability.

6. Authentication:

- a. Purpose: To uphold data security and integrity, the templates integrate authentication protocols. This ensures that only authorized personnel can access and modify the data.

- b. Insight: Authentication mechanisms are essential in preserving data sanctity. By integrating these into the templates, the program ensures its data remains uncompromised and maintains stakeholder trust.

Conclusively, the collaboration between RDP and NI in developing these tracking templates signifies their unwavering commitment to excellence in reporting. These templates don't merely cater to the operational needs of the YMHM program; they also illuminate its achievements and challenges with unmatched rigor, professionalism, and transparency.

Data Collection and Transfer to Nexus Impacts

Data Collection and Transfer Protocols

1. Roles and Responsibilities in Data Collection

1.1. Trainee Responsibilities:

The initial recording of essential data points, as defined by the outlined KPIs, falls under the purview of the trainee. This foundational role involves meticulously documenting relevant information, ensuring that it adheres to the stringent standards set by the initiative.

1.2. Project Manager Oversight:

Subsequent to the trainee's data recording, the project manager plays a crucial supervisory role. This encompasses reviewing the data for accuracy and thoroughness. In addition, the project manager is tasked with photographing pertinent elements and scanning the consolidated report. The verification process culminates with the project manager signing off on the data, attesting to its veracity.

2. Data Verification Protocols

The rigor in data verification is epitomized by the multi-step validation process. The endorsement, via the project manager's signature, signifies that the trainee's recorded data has been scrutinized and is deemed accurate. It underscores the initiative's commitment to ensuring the integrity of the data at every stage.

3. Digital Data Transfer and Storage Mechanisms

3.1. Shared Google Drive Mechanism:

Post-verification, the digitized data — inclusive of scanned reports and photographs — is uploaded to a dedicated shared Google Drive. This platform serves as the preliminary repository and is fortified with robust access controls, ensuring that data integrity and security are uncompromised.

3.2. Nexus Impacts' Excel Integration:

Subsequent to the upload on Google Drive business account, personnel from NI retrieve this data. It is then systematically inputted into a proprietary Excel sheet. Notably, editorial rights to this sheet are reserved exclusively for NI. However, the collaborative essence of this initiative is maintained as RDP retains the ability to review and append comments, fostering an environment of transparency.

4. Data Privacy and Security Protocols

Amid the digital era, ensuring the sanctity of data, especially when it involves personal identifiers and images, is paramount. The initiative's adherence to stringent data privacy standards is manifested in its dual-layered storage mechanism, which integrates Google Drive and NI' Excel sheets. Both platforms are bolstered with access controls, ensuring that unauthorized access and potential breaches are preemptively thwarted. The onus on privacy is not merely regulatory but is deeply ingrained in the ethos of the initiative.

Dollar-to-Impact Ratio

The Dollar-to-Impact Ratio (DIR) serves as a metric to evaluate the cost-effectiveness of an initiative by analyzing the financial outlay needed to achieve specific outcomes. For the Youths Menstrual Hygiene Management Program, the DIR precisely quantifies the cost concerning:

- Months of Menstrual Products provided
- Hours of Sewing Education delivered
- Hours of Health Education imparted
- Light Meals
- Panties distributed
- Sewing Kits given

By examining these factors in the DIR, the program can accurately assess the efficiency of its expenditures. It can then optimize how resources are allocated to ensure every dollar invested yields the most significant possible impact. This diligence in resource allocation aims to bring forth transformative change in the lives of the Menstrual Hygiene Management participants.

With this approach, each female participant benefits from an all-encompassing program that equips them with menstrual products for several years, sewing and health education, light meals, panties, and a sewing kit. This holistic approach aims to empower participants, combating period poverty and driving positive change within their communities.

Dollar-to-Impact Ratio (DIR) Per Participant		
USD	Quantity	Impact
\$28.10	48	Months of Menstrual Products
	11	Hours of Sewing Education
	6	Hours of Health Education
	5	Light Meals
	2	Underwear
	1	Sewing Kit
\$1.00	1.71	Months of Menstrual Products
	0.39	Hours of Sewing Education
	0.21	Hours of Health Education
	0.18	Light Meals
	0.07	Underwear
	0.04	Sewing Kit

Figure 1-1.

Figure 1-1 illustrates the costs per participants, and the direct impact occurred. Additionally, Figure 1-1 shows the impact that will occur to one participant for USD \$1.00.

DIR - Menstrual Hygiene Management			
Description	DIR		
	USD	CAD	MK
Cost per Participant	\$28.10	\$38.78	31,275.77
Cost per Year of Menstrual Products	\$7.03	\$9.69	7,818.94
Cost per Month of Menstrual Products	\$0.5854	\$0.8079	651.58
Cost per Day of Menstrual Products	\$0.0836	\$0.1154	93.08

Figure 1-2.

Figure 1-2 illustrates the effective cost of menstrual products over various factors of time. The DIR takes into account every expense of the initiative's entire supply chain; additionally, adopted into the price point is risk management, RDPs management, and NI services fee.

Risk Management

Allocating an additional 10% of the operational expenses for risk management is a critical aspect of ensuring the success and sustainability of the YMHM program. This investment serves several important purposes:

1. Mitigating Potential Risks: The implementation of any social impact project involves inherent risks, ranging from logistical challenges to unforeseen obstacles in the program's execution. By allocating a portion of the operational budget to RDP for risk management, we proactively address these potential risks. RDPs expertise and experience in risk assessment enable them to identify potential challenges early on and develop strategies to mitigate or overcome them.

2. Program Continuity: Effective risk management by RDP ensures that the program remains operational and on track even when faced with unexpected circumstances. By having a dedicated risk management plan, we minimize disruptions and ensure the smooth continuation of the program's activities, safeguarding the investments made and the impact delivered.

3. Financial Stewardship: Allocating funds for risk management showcases the commitment to responsible financial stewardship. By investing in risk management, NI demonstrates a proactive approach to protect the project's resources and optimize their utilization, ensuring that they contribute to meaningful and sustainable impacts for the beneficiaries.

4. Stakeholder Confidence: Investors and stakeholders seek reassurance that their contributions are managed with prudence and foresight. By dedicating financial resources to risk management, the program provides greater transparency and instills confidence that potential challenges are identified, managed, and addressed effectively.

5. Adaptive Strategies: NI involvement in proactive risk management equips the program with the required resources and strategies to adapt and respond swiftly to changing circumstances. This agility is crucial in the ever-evolving landscape of social impact initiatives, allowing NI and RDP to make informed decisions and adjust approaches as needed to achieve the desired outcomes.

6. Program Evaluation and Learning: RDPs role in risk management includes continuous monitoring and evaluation of potential risks and impacts on the program. Through this process, valuable insights and lessons learned are gained, which inform future projects and enhance the ability to design and execute effective initiatives.

7. Safeguarding Beneficiaries: Ultimately, the investment in risk management safeguards the well-being and interests of the women and young girls the program aims to empower. By proactively managing risks, the initiative creates a safe and conducive

environment for the beneficiaries to benefit from the program's resources and support, promoting long-term development and empowerment.

Allocating an additional 10% of the operational expenses to RDP for risk management is a strategic decision that reflects our commitment to delivering a successful, sustainable, and impactful YMHM program. It reinforces our dedication to responsible resource management, stakeholder confidence, and, most importantly, the well-being of the communities served. With RDPs support in risk management, YMHM program is well-positioned to navigate challenges and achieve lasting change for the benefit of all stakeholders involved.

RDPs Management

Allocating an additional 10% of the operational expenses for RDP's personal usage is a crucial aspect of ensuring the sustainability and success of the YMHM Program. There are several essential reasons, including those outlined below and more:

1. Ensuring Financial Stability: Many impactful initiatives often struggle to secure sufficient funding, leading to a constant focus on keeping their basic operations afloat. By providing extra funding for RDP, we help create a more stable financial environment. This stability enables RDP to focus on the core objectives of the program without the constant pressure of financial constraints, ensuring greater resilience in the face of external variables.

2. Agility in Managing Challenges: With the additional funding, RDP gains the agility to respond swiftly and effectively to unforeseen challenges. Initiatives that have the financial flexibility to adapt to changing circumstances can navigate obstacles more effectively, allowing them to maintain momentum and deliver consistent results.

3. Quality Wages for Staff: One of the key factors in the success of any program is having a skilled and dedicated team. The extra funding allows RDP to provide competitive and fair wages to their staff, attracting and retaining talented professionals who are passionate about driving positive change. Well-compensated staff are more motivated, leading to improved program outcomes and impact.

4. Attracting Skilled Professionals: Many impactful initiatives require specialized expertise and knowledge to achieve their goals. The additional funding enables RDP to attract skilled professionals who bring valuable insights and experience to the program. Having access to a diverse range of expertise enhances the program's effectiveness and strengthens its overall impact.

5. Promoting Sustainability: Sustainable initiatives require a stable and well-resourced organizational structure. By allocating additional funding for RDP's personal usage, we contribute to the overall sustainability of the organization. A strong and well-supported

RDP can continue to drive positive change beyond the current program, benefiting future initiatives and beneficiaries.

6. Fostering Long-Term Commitment: Investing in RDP's personal usage demonstrates our commitment to building enduring partnerships. By providing the necessary resources for RDP to operate effectively, we signal our dedication to nurturing a long-term collaboration that extends well beyond the immediate goals of the program.

7. Ensuring Program Continuity: The extra funding for RDP's personal usage safeguards the continuity of the program. A stable and well-supported RDP can continue to provide essential services and support for the YMHM Program, ensuring that the impact reaches its full potential.

Nexus Impacts Service Fee

NI receives a service fee of 15% of the total funds allocated to the YMHM program. This fee is essential for bringing sustainable impacts to the market for the following reasons:

1. Risk Mitigation and Impact Guarantee: One of the primary reasons for the NI service fee is to offer risk mitigation and an impact guarantee to organizations investing in the YMHM program. NI understands that social impact projects can face unforeseen challenges and uncertainties that may affect the expected outcomes. Therefore, the service fee includes a contractual guarantee that, regardless of any obstacles encountered, NI will ensure the agreed upon impact is achieved. This assurance provides peace of mind to investors, assuring them that their contributions will lead to tangible and positive changes in the targeted communities, even in the face of adversities or financial expenses. With this risk-mitigating approach, the program becomes more attractive to potential partners, fostering stronger collaborations and a greater commitment to creating lasting social change.

2. Expertise and Specialization: NI is recognized with specialized expertise in social impact projects. By allocating a portion of the funds as a service fee, the initiative is supported by their knowledge, experience, and proven methodologies, ensuring the program's effectiveness and long-term sustainability.

3. Monitoring and Evaluation: NI utilizes a portion of the fee to conduct monitoring and evaluation of the program's progress and outcomes. This ensures that the program is on track to achieve its objectives and provides data-driven evidence of the positive changes brought about by the initiative.

4. Impact Verification and Reporting: With a dedicated service fee, NI can provide credible and transparent impact verification reports to investors and stakeholders. These reports demonstrate the effectiveness of the program and the value of the investments made, fostering trust and accountability.

5. Continuous Improvement: NI commits resources to ongoing program improvement based on insights and feedback. This adaptive approach allows the initiative to remain responsive to the evolving needs of the beneficiaries and maximize its positive impact over time.

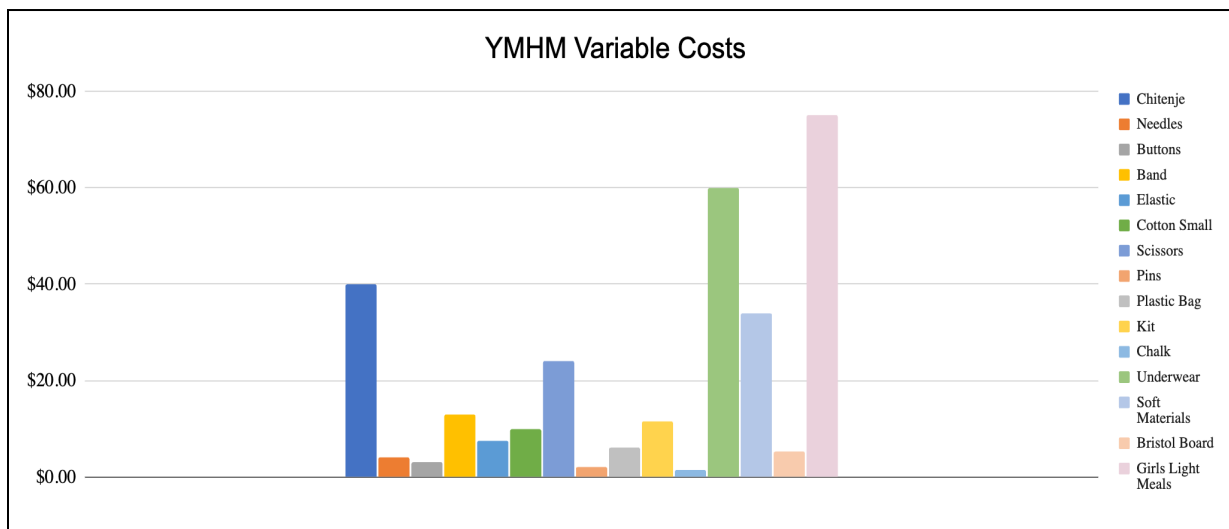
6. Long-Term Commitment: The service fee ensures a long-term commitment from NI to the success of the program. The continued involvement guarantees ongoing support, guidance, and expertise, leading to sustained impacts that extend well beyond the project's initial implementation.

7. Market Entry and Scalability: By partnering with NI and leveraging their established presence in the social impact sector, the program gains greater visibility, credibility, and potential for scalability. The fee contributes to positioning the initiative for broader market entry and replication in other communities and regions.

The 15% service fee allocated to NI is an integral component of the YMHM program. It empowers access to specialized expertise, implements effective strategies, and ensures sustainable impacts that benefit the women and young girls in the communities served will be implemented.

Material Cost Breakdown

The graph below shows the materials and light meal costs in USD for the required quantities of twenty female participants. This does not include meals for male participants and staff.



Program Costs

The table below shows the cost of the Menstrual Hygiene Management Program for twenty participants in USD, CAD, and MK.

Total YMHM Program				
Summary		Amount		
Description	USD	CAD	MK	
Program Operating Cost	\$398.10	\$549.38	443,073.36	
Risk Management	\$39.81	\$54.94	44,307.34	
RDP Management	\$39.81	\$54.94	44,307.34	
Nexus Impacts	\$84.30	\$116.34	93,827.30	
Total YMHM Program	562.02	\$775.59	625,515.33	

Figure 3-1

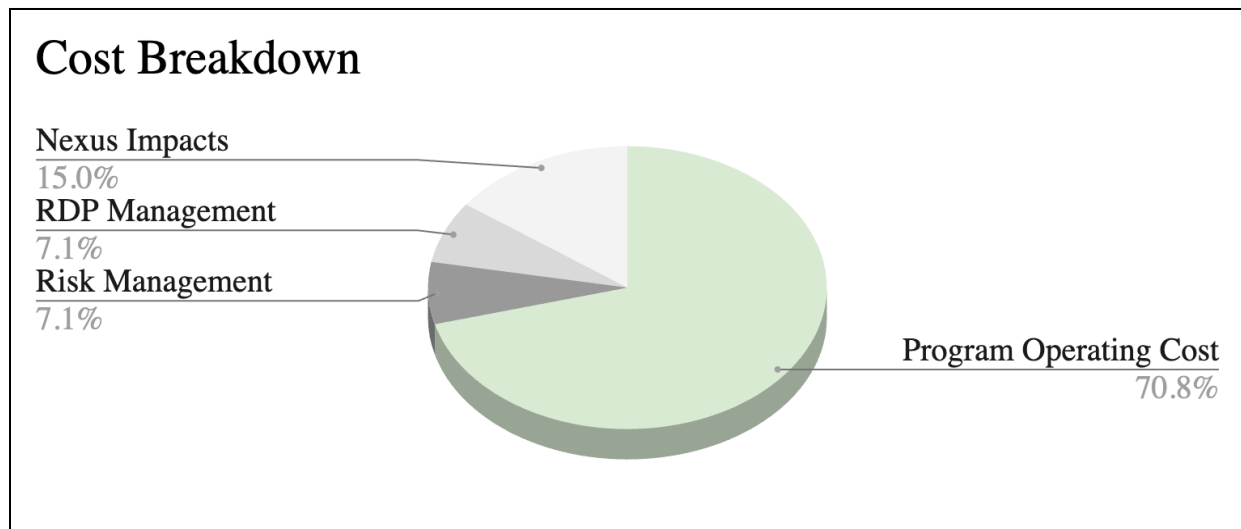


Figure 3-2

Figure 3-2 is a visual illustration of the designated portions of funds and their assigned responsibility.

Project Capacity

The Mzimba North Education District, with its 284 schools, serves a population of approximately 70,000 girls, experiencing an annual increase of 13,000. The YMHM program is currently focused within Malawi, addressing the needs of these girls. A financial analysis has been conducted for 65 schools, targeting 16,000 girls, with an annual influx of 2,800 girls. While the capability of the program extends beyond Malawi, priority is given to addressing the needs within the Mzimba North Education District first. Future expansion will require additional financial analysis for the growing number of beneficiaries.

Current Stage

Beneficiary Needs

To cater to the immediate needs of the 16,000+ girls and the annual addition of 2,800+ girls, the program necessitates significant funding. The DIR indicates USD ~\$450,000 is essential to adequately serve the existing 16,000+ girls. To address the yearly increase of 2,800+ girls, an added USD ~\$80,000 is vital annually. This commitment is paramount to the program's capability to consistently extend its reach and address the growing demand.

The DIR exemplifies the program's efficiency and effectiveness. An investment of approximately USD ~\$450,000 ensures 16,000+ girls receive the indispensable menstrual products, translating to 64,000 collective years of menstrual products. Furthermore, the program's annual goal is to equip the newly added 2,800+ girls with sustainable menstrual solutions, which equates to 11,200 collective years of menstrual product access.

Operational Requirements

To meet the rising demand of the additional 2,800 girls annually, a well-defined and scalable operational model is crucial. Given the program's structure, to cater to these 2,800 new beneficiaries each year, a minimum of 140 programs need to be rolled out annually. This assumes each program has the capacity to support 20 beneficiaries.

Breaking down the yearly requirement further:

- **Monthly Requirement:** To distribute the 140 programs evenly across 10 months, this translates to 14 programs each month. The two-month period is due to school holidays and acts as a buffer to provide leeway for program assessment, adjustments, and logistical arrangements.
- **Weekly Requirement:** On a week-to-week basis, this monthly distribution equates to approximately 3.5 programs each week.

The budgetary implications of these operational needs are as follows:

- **Cost per Program:** Each program comes at a cost of \$562.02 USD.

- **Weekly Budget:** Based on the weekly requirement of 3.5 programs, the weekly budget needed is \$1,967.07 USD (3.5 programs x \$562.02 USD).
- **Monthly Budget:** Multiplying the cost per program by the monthly requirement, the monthly budget is approximately \$7,868.28 USD (14 programs x \$562.02 USD).
- **Quarterly Budget:** As funds are disbursed on a quarterly basis, the budget required for three months is \$23,604.84 USD (\$7,868.28 USD x 3 months).

It is imperative to note that these figures are based on the current cost structures and program capacities. Any variations in these parameters might influence the operational needs and associated budgets. Hence, regular reviews and updates to these requirements are advisable. While the DIR emphasizes the tangible impact of investment in the lives of the 16,000+ girls, the operational model underscores the importance of systematic and structured expansion. A well-balanced combination of adequate funds, strategic planning, and efficient execution is pivotal to meet the beneficiary needs both for the existing cohort and the anticipated yearly additions.

Conclusion

At its core, the YMHM Program champions individual autonomy and advances menstrual health outcomes for women. It not only enlightens young girls and women about vital health and hygiene practices but also endows them with tangible sewing skills, thereby placing their well-being squarely in their hands. By integrating mothers' groups and educational institutions into the training framework, the program ingrains itself within the community, engendering a robust sense of stewardship and accountability. The emphasis on personal empowerment paired with community health positions the program to leave a legacy that transcends its operational lifespan. This strategy stands as a pivotal shift, equipping young girls and entire communities to counteract the repercussions of period poverty, ushering them towards healthier, self-sustained futures.