



**MHM EDUCATION is
Limited & Inadequate**

*basing on the study that was conducted in
12 schools resides in Kinondoni Municipal Council



50%

of girls lack knowledge
on how to track their
menstrual cycles



1/10

of girl miss school 4 to 7
days during menses & end up
performing poorly/dropping out



28%

of girls only knows
what is Menstrual
Hygiene Management



68%

of students, responded that there is
poor infrastructure and facilities at school
(water, soap, toilets, pads, medicines, disposal area)

**We built a platform with tools that will provide
MENSTRUAL HGYGIENE MANAGEMENT EDUCATION
among teens & adolescent girls.**



Can be accessed via WEB, MOBILE app that runs
on the lowest version of OS and works offline,
USSD app & Period tracking watch



One can read different MHM materials, Watch MHM
Videos, Participate in Live Q&A, Track Cycles
and receive period reminders via SMS

5K

girls to be reached in
Kinondoni Municipal

By **2020**



200K

girls to be reached
throughout Tanzania

Increased knowledge on the menstrual among teens,
Girls full participation & concentration in school activities,
More supportive environment, Higher self-confidence and
Reduce embarasment from male students.