



**Kogelo Empowerment for Economic Development  
Organization**

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# TRAINING ON SANITARY TOWEL USE REPORT

**KOGELO RESOURCE CENTRE/KOGELO EMPOWERMENT FOR  
ECONOMIC DEVELOPMENT ORGANIZATION**

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**TARGET GROUP: STUDENTS FROM CLASS FIVE TO CLASS EIGHT**

**VENUE: KOGELO RESOURCE CENTRE OFFICES, NYANG'OMA, PAP ORIANG PRI SCHOOL,  
OJWANDO PRI SCHOOL**

**DATES: 29<sup>TH</sup> - 30<sup>TH</sup> and 31<sup>st</sup> AUGUST 2011.**

**FACILITATORS: ROBINSON STANLEY OBADHA (SOPA), BOAZ AWITTI (Hobby farms LTD), Dr  
CHRISTINE OMBAKA (ULUMBI YOUTH AIDS)**

## 1. Climate Setting

The three-day training kicked off on a high note after a word of prayer from one of the students. The one of the facilitator introduced the rest of his fellow facilitator; the first day training comprised of three schools namely Katuda, Bar Kagwanda and Unna. The second day we had Rambo, Pap Oriang and Obama Kogelo. The third Day we had Ojwando, Pap Gori and Ochiewa

- I. The facilitator then began and the students were asked to discuss the following;
  - a) What changes do they see when they reach puberty stage
  - b) What is HIV /AIDS
  - c) Methods which HIV/AIDS spread with
  - d) When you engage in early sex what are the repercussions
  - e) How do you understand monthly periods

And this is how they were answered

1. The first question they answered as follows; the hip broaden, pimple appear on the face, breast begin to grow, hair grow at the private part and armpit, .
2. The second question was answered as follows; Human Immune deficiency Virus HIV and Acquired Immune Deficiency Syndrome AIDS, it's then called acquired because we are not born with it we acquire it from somewhere.
3. Then the facilitator narrated the methods which HIV/ Spreads as follow.
  - ✓ Through sex 87%
  - ✓ Through mother to baby 10%
  - ✓ Through blood transfusion 2%
  - ✓ Drug use 10% the reason are

- <sup>1</sup>Some drugs cause hallucinations and sexual excitement resulting to poor judgment which makes one vulnerable to risky sexual behavior.
- 10% of HIV/AIDS infections are related to sharing f syringe when injecting some drugs like cocaine and heroin.
- Drugs depress the immune system and hence accelerate the progression of infection to full-blown AIDS

4. She then asked the student to mention the risk of engaging in early sex.

- a) Pregnant, early pregnancy can course fistula this is a disease can lead to uncontrolled urine
- b) You can get diseases like, HIV/AIDS, syphilis, Gonorrhoea, Chancritis, Genital harps

5. The facilitator then explains to the student that Periods are a very normal and healthy part of life and they happen to every lady or a woman. Your first period may last 1day or 10 days. Your flow may be heavy one period and light the next. You may even miss one or more periods. This is normal at you age and you should not worry about it. The flow is always heavy on the first and the second day of your period and it gets less as the day goes on. However you should carry a pad with you until you are very sure that your period is over. Don't be surprised to if you periods don't come in a regular schedule in the beginning. For example after you first period the next one may not for 2 or 3 months. It usually takes about two to three years for you body to start having a regular period. Keeping a calendar helps you to you to follow when your periods start and how long they will last. The calendar attached will help you keep track of you period. When you get you first period draw a circle around that date in that month on you calendar.

**II.** The second facilitator then asked the student if they have heard about rape within the village or any where and the student responded. He then began to explain to them what rape is.

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<sup>1</sup> From National Campaign Against Drug Abuse Authority (NACADAA) reports

**RAPE;** means having penetrative sexual intercourse with a girl or a woman, man or boy without consent or with consent if obtain under threat, force or intimidation, fear of love or misrepresentation.

**DEFILEMENT:** Having sexual intercourse with a girl 16 years and below even with her consent.

**SEXUAL EXPLOITATION:** Using one's privilege to take advantage of someone for sexual benefit: e.g. boss-employee, Teacher –student, e.t.c

**SEXUAL HARASSMENT/ASSAULT:** Making uncomfortable advances or forceful sexual attempts that intrudes one's privacy. This may be physical, emotional, psychological, and include, gestures, words, touches, showing of body parts, or nakedness.

**EFFECTS OF SEXUAL RAPE: shock,** immediately after rape, survivors experience shock, they're likely feel confused, tremble, cold, faint, nauseated, and even sometime vomit.

- Bleeding/ infection from tears or cuts in the vagina or rectum.
- Irregular or painful periods, vaginal discharge Etc
- Soreness of the body bruises or cuts
- Throat irritations and soreness due to force applied or oral sex.

#### **WHAT YOU SHOULD DO AFTER RAPE:**

- i. Go to the hospital immediately
- ii. Report the matter to the police
- iii. Attend court when accused is charged
- iv. Wrap clothes in a newspaper for evidence

#### **WHAT SURVIVOR SHOULD NOT DO?**

- a. Do not take a bath
- b. Do not wash your clothes
- c. Do not put or wrap clothes on polythene bag



Rambo Primary School

Pap Oriang Primary school

### III.

**USE:** Then the other facilitator talked about the reusable sanitary towel he began to introduce the **Huru Kit** then he explain how to use, one he explained the different between the longer one and the shorter one, the longer one is used during the night because during the night it is difficult to wake and change the pad and at the same time you're not active, and the shorter one is used during the day time cause during the day you are active and there is possibility to change the pad. Please make sure that you don't share with anybody friend, mother, sisters or anyone else because may spread infection from one person to another.

### IV.

**WASHING THE PAD:** He further explained that after using the pad you soak it in cold water for ten minutes to loosen the blood the pad during washing they should not was it with any type of detergent cause rinsing the detergent become very difficult and when the pad is not well rinsed can course some infection so the best soap is the natural bar soap, after washing it u squeeze it with towel or a lessso not direct, while

rinsing it make sure u rinse it with plenty of water and make sure there is no soap remaining on the pad. after washing make sure you expose it to direct sunlight so that it dry well and to make sure the pant you are using is also clean and dry so that it does not course infection to your private part because you dint wait the pad or pant to thoroughly dry .



Unna Primary School



Bar Kagwanda primary school



Katuda Primary School



The three schools namely Katuda, Unna, Bar Kagwanda at kogelo resource centre.

