


In Sierra Leone, adolescent girls miss up to the 20% of the school year due to their period. Many are unable to afford disposable sanitary products and rely on alternatives that are unhygienic, cause odour or leak. This creates embarrassment and shame, which has negative consequences on their ability to attend school or participate in class.


In line with the National Policy on Radical Inclusion, Leh Wi Lan has boosted girls' retention by distributing individual menstrual hygiene kits in junior and senior secondary schools nationwide.

**388,800**   
hygiene kits distributed

"Feels very comfortable using the hygiene kit and no infection as compared to a piece of cloth."

**1,283**  
schools reached 


 **All 16**  
districts covered

  
**137,076** SSS &  
**254,435** JSS  
girls supported

**30%**   
reduction in school  
absenteeism reported

 **93%**  
of girls are more  
confident in managing  
their period

"I am so happy for the pads. Now I am going to be promoted to a new class."

**81%**   
of girls prefer the  
reusable pads over  
disposables or other  
alternatives

"I feel very comfortable now because the boys can no longer provoke us."

"My mother also is happy as she does not give me money again to buy pad."

## Recommendations

- ★ Girls should receive one menstrual hygiene kit each school year containing a reusable pad.
- ★ Discussion of menstrual health and hygiene should take place in schools so girls can access quality information and ask questions.
- ★ Improvements to water, sanitation and hygiene facilities in schools are vital for girls' ability to manage their periods, especially in rural areas.