



GEM INSPIRATION-ON-WHEELS

REPORT ON MENSTRUAL HYGIENE MANAGEMENT WORKSHOP

AT KORLE GONNO CLUSTER OF SCHOOLS

27TH MAY, 2023



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1.0 INTRODUCTION

Girls Excellence Movement – GEM commemorated World's Menstrual Hygiene Day by organizing a Menstrual Hygiene Workshop at Korle Gonno Cluster of schools to educate and correct some misconceptions the girls held against menstruation. We trained them on how to manage themselves during their periods by taking them through how to use and dispose off sanitary pads.

At the end, we carried out capacity building for 257 girls and distributed packs of pads to them at the workshop with the collaboration of Sunda International.

This report provides an update of the events that ensued at Korle Gonno Cluster of Schools on the 27th of May 2023. The program was successful with full participation of girls present.



2.0 OVERVIEW OF WORKSHOP



1. Plenary Session

3. Stem Session

2. Breakout Session

4. Closing Ceremony

Two topics were treated during the plenary session. GEM Belinda M. Dogbatse educated the girls about Menstrual Hygiene and Management. Training the girls on methods to care for themselves during their period. She also educated them on what safe sanitary products to use, how to use it and dispose them neatly.

For the second session GEM Edem A. Dzebu also educated the girls about Sexual Consent and self-defense mechanism that the girls can use to protect themselves when caught in an uncomfortable situation of sexual harassment or attack.

3.0 BREAKOUT SESSIONS

There were different breakout session groups for detail discussions on main topics such as Building Confidence, Vision Board Creation, Positive Thinking, Peer Learning etc.



Trainer	Topic	Objective	Outcome
GEM Bel	Menstrual Hygiene Management	Teach girls self-management techniques for handling their periods.	Girls received education on how to use sanitary products and maintain hygiene throughout their periods.
GEM Mel	Vision Board	To motivate participants to study and put in a lot of effort toward their future, teach them how to make a personal vision board.	The opportunity to make their own vision boards allowed the participants to provide specifics about how they planned to achieve their goals.

BREAKOUT SESSIONS CONT'D

Trainer	Topic	Objective	Outcome
GEM Sedem	STEM	Inform participants of an experiment designed to distinguish between bases and acids.	After conducting their own experiment, participants could distinguish between an acid and a base.
GEM Julia	Peer Pressure	To help students develop coping skills to enable them respond to various peer pressure situations	Realize and respond effectively to influence and develop strategies to cope with pressure.
GEM Adzo	Sexual Consent	To educate girls on choices and boundaries regarding sexual consent.	Girls learnt what constitutes harassment and how to set boundaries and respect the boundaries of others.
GEM Sena	Positive Thinking	To support girls in adopting optimistic thought patterns that will improve their physical and mental health and help them achieve success in their own life goals.	The girls discovered that thinking positively can improve their learning, help them concentrate on important tasks, and prevent them from self-critiquing.
GEM Odamea	Building Self-Confidence	To recognize and promote new opportunities for learning through self-discovery.	Participants were able to establish realistic expectations for themselves, be able to recognize their shortcomings and address them.

BREAKOUT SESSIONS CONT'D

Trainer	Topic	Objective	Outcome
Dr. Jillian Martins	Peer Learning	To explore learning strategies and study hindrances to effective studies.	Participants developed study skills and were able to set reasonable attainable goals.



4.0 STEM SESSION



Ms. Sedem Ahoto, a GEM-STEM Mentor introduced the team of 20 girls to a STEM experiment project to differentiate between an acid and a base. She presented her team with the problem of the day and guided them on how to solve the challenge. In attempting to find the solution GEM Sedem exposed them to the concept of an Acid and a Base. She led them in an experiment to differentiate between the two concepts. To ensure participants understood the STEM activity, they did their own experiments to prove their understanding of the concepts. They also developed teamwork and communication skills.

5.0 HIGHLIGHTS OF FOCUSED GROUPS



Focused group session on STEM



Focused group session on Positive thinking



Focused group session on Vision Board Creation



Focused group session on Peer Learning

6.0 KEY RESULTS ACHIEVED



1. Engaged and trained 257 girls to equip them with requisite soft skills for leadership, academic and general life success



2.. Stirred up the interest of 20 girls and broke some myths they held about STEM subjects.



3. Conducted surveys for 257 girls to gather data for reports and papers that can potentially influence policy in the interest of girls in future.



4. Collected 257 signatures to petition government to eliminate all taxes on sanitary pads in order to make the essential commodity affordable for girls



5.. Distributed 330 packs of sanitary pads to keep beneficiary girls in school during their menses.

7.0 TESTIMONIALS FROM PARTICIPANTS

The program was very educational, I want them to come again.

Daniella Amugi, a 14 year old participant.



I thank them for educating us on menstrual hygiene, I learnt alot.

Queenster Quaye, a 14 year old participant



They are really doing a good job, they should keep doing it.

Ernestina Ntiamoah, an 17 year old participant.



TESTIMONIALS FROM PARTICIPANTS CONT'D

This programme is there for girls like me, I have learnt alot.

Hillary Godswill, a 13 year old participant.



I have learnt so much about the Menstrual hygiene, so i thank you very much.

Angela Botchway, a 14 year old participant.



The GEM Team inspires and motivates girls to aim higher in life.

Farida Issifu, a 15 year old participant.



8.0 PHOTO COLLAGE



9.0 ACKNOWLEDGEMENT

We are grateful that Voltic Ghana Limited has committed to the collaboration. We also thank Sunda International for their cooperation and the contributions of all those who put in countless hours of work on the project. Our goal of transforming girls into change leaders is on track because of their enthusiasm and dedication. The people and organizations that helped the project succeed are listed below.

GEM Mentors/Resource Persons

- GEM Juliana Ama Kplorfia
- GEM Mavis Esenam Agbenyo
- GEM Adzo Edem Dzebu
- GEM Melody Ofori
- GEM Belinda Dogbatse
- GEM Sedem Ahoto
- GEM Anita Dankwa
- Ms. Blessing Walter Fuch
- GEM Fredrica N. K Cudjoe
- GEM Angelina Sena Agbenya
- GEM Lydia Quaye
- GEM Rhesa Folakemi

External Resource Person

- Dr. Jillian Martins

GEM MEDIA AND TECHNICAL TEAM

- GEM Gideon Anim, Videographer
- GEM Michael Eshun Yawson, Videographer
- GEM Joseph Koranteng, Photographer
- GEM Elvis Amofo, Assistant Sound Technician
- GEM Emmanuel Dzorkpe, Assistant Sound Technician
- Mr. Owuradu Worfa Nkansah, Assistant Technician
- Mr. Raymond Anim, Assistant Videographer
- Mr. Ebenezer Laryea Driver

Supporting Sponsors

- Voltic Mineral Water
- Sunda International

Individual Donors

- Josephine Okailey Affram
- Zilla Dunyo
- Patrick Koomson
- Zaid Mensah Okpoti
- Rosemary Fiawornu
- Emilia Essandoh
- Doris Gafatchi
- Emmanuel Okini
- Isaac Yao Tedeku
- Victoria Asamoah
- Jonathan Nkansah
- Abel Agoba
- Angelina Egbenya
- Maureen Chukwurah (absa)
- Bernice Adigah
- Faustina Donkor
- Theresa Lomotey
- Benedicta Tetteh
- Emmanuel Asare
- Getrude Boye
- Albert|Joe Benson Acquah
- GEM Esther
- Gloria Opoku Darkoh
- Audrey Gyamfi
- GEM Bulley
- GEM Rosso
- GEM Priscy
- Esperanza
- Clement Mills

LIST OF PARTICIPANTS

1. Christable Tagoe
2. Coffie Priscilla
3. Priscilla Owusu
4. Abigail Ahaji
5. Janet Tagoe
6. Betty Botchway
7. Susana Nettey
8. Ofori Maame Serwaa
9. Hannabel Melody Ampah
10. Malaika Addico
11. Precious Addison
12. Emmanuel Tenkorang
13. Mediam Mensah
14. Mary Botchway
15. Vera Serwordor
16. Gladys Lartey
17. Juliet Doade
18. Viola Tagoe
19. Regina Okine
20. Joyce Tetteh
21. Emmanuella Amekpor
22. Benedicta Adjei
23. Jennifer Kotey
24. Jennifer Donkor
25. Benedicta Coffie
26. Gloria Kwartengmaa
27. Lartey Doris
28. Christabel Quaye
29. Joyce Obeng
30. Setordzi Edem Princess
31. Esther Mensah
32. Atugri Princess
33. Blessing Gyabeng
34. Josephine Amissah
35. Joy Annan
36. Deborah Ofori
37. Beatrice Lamptey
38. Nancy Yeboah
39. Gifty Quaye
40. Obenewaa Makayla
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42. Mary Odoom
43. Selina Razak
44. Angel Addo
45. Blessing Semerwah Agyare
46. Berkisu Tetteh
47. Mary Appiah
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49. Mary Kpobi
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51. Delight Ahiade
52. Ogbamey Florence
53. Dorothy Botchway
54. Patricia Okine
55. Amdala Hmadu
56. Gifty Mwinteo
57. Faustina Sackey
58. Alice Bonney
59. Mercy Allotey
60. Angela Botchway
61. Theophilia Tagoe
62. Deborah Ashong
63. Margaret Aryee
64. Edem Tsipo
65. Daniella Nana Yaa Boateng
66. Doris Ali
67. Phoebe Amoah
68. Leticia Ofori
69. Elsie Ampah
70. Mary Appiah
71. Nina Segbe
72. Charity Tetteh
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76. Twum Agnes
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80. Majeedah Avafia
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120. Ginel Komlabey

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129. Rebecca Ansah
130. Augustina Antiaye
131. Lordina Asiedu
132. Adams Rochelle
133. Louisa Davies Letifah
134. Henrietta Ashiley
135. Saraphina Aryee
136. Juliet Doe
137. Dorothy Boadu
138. Gifty Serkyi
139. Susana Williams
140. Mavis Bruce
141. Beatrice Ametefe
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227. Elizabeth Parker Allotey
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229. Addy Mehetabel
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- 248. Pearl Hammond

- 249. Mercedes Essel
- 250. Natasha Annefua
- 251. Princess Taye
- 252. Roselyn Tetteh
- 253. Harriet Ansah
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