



KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING MENSTRUAL HEALTH AMONG SCHOOL STUDENTS

A Survey conducted in Schools of Banke and Surkhet districts in Nepal

August 2020



Simavi strives for a world in which all women and girls are socially and economically empowered to pursue their rights to live a healthy life free from discrimination, coercion and violence. Simavi takes an integrated approach in line with their Theory of Change, to make sure that we build our menstrual health programmes based on existing evidence and, where possible, contribute to the gaps in existing evidence. Simavi works with other organisations working on menstrual health, such as NFCC to ensure we address the local need at its core.



The WASH Alliance International is a multi-national network of partners worldwide. We work together with local NGOs, governments and businesses, research institutes or (local) media to make sure everybody on this planet has sustainable access to water, sanitation and hygiene. We envision a world where all people have access to sustainable and affordable water, sanitation and hygiene services. This is a world where all people can live under hygienic living conditions to improve their health, dignity and economic living standard. WASH Alliance Nepal, also known as WAI Nepal, is a consortium established in 2011 to work together with NGOs, government and business on sustainable WASH solutions. At present, partners of WASH Alliance Nepal includes Environment and Public Health Organisation (ENPHO), Lumanti Support Group for Shelter, Center for Integrated Urban Development (CIUD), Biruwa Advisors, NFCC, and Sahakarmi Samaj. Together, the consortium partners work to provide sustainable water, sanitation and hygiene for all.



NFCC is a pioneer, advocate and leader in the field of Menstrual Hygiene Management in Nepal. Under the WASH SDG programme, NFCC works closely with WAI Nepal partners to integrate menstrual hygiene as a key component within the programme.



With support from Dutch Ministry of Foreign Affairs, the WASH SDG programme aims to sustainably improve access to, and use of, safe drinking water, sanitation and hygiene. This programme is implemented in seven countries: Bangladesh, Ethiopia, Indonesia, Nepal, Tanzania, Uganda and Zambia.

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Executive Summary

This report highlights the findings of the knowledge, attitude, and practices surrounding menstrual health among school students of grades 6 to 10. The assessment was conducted in ten different schools in the Banke & Surkhet districts where Simavi has partnered with local implementing organisations to work in menstrual health-related activities.

The survey was conducted to assess the knowledge of adolescent male and female students about menstruation and menstrual health and to identify their perception and attitude towards menstruation and menstruating women. The study was a descriptive cross-sectional study that was carried out among a total of 952 students. The schools were identified in coordination with Simavi and its local partner organisations. Before the survey, written and verbal consent was received from both the schools and the students.

The study depicted that the majority of the male students (61.5%) apprehended what menstruation is, with 64% of female students knowing the correct age of menarche. The primary source of information for the male students about menstruation was from their grandmothers meanwhile, the female received first information from their mothers.

The findings showed that around 94% of the male students and 95% of female students responded with the correct symptoms experienced during menstruation, while only 24% of male students and 31% of female students responded to the right interval between two consecutive menstrual episodes. Additionally, the survey identified that the majority of male students were unaware of menstrual hygiene.

As one of the main reasons for absenteeism, 49% of female students indicated pain as the main reason. The majority of the students in both districts had a positive attitude towards menstruation and menstruating women. Around 72.6% of male students from *Banke* and 74% of male students from *Surkhet* feel that men and boys also need to know about menstruation. In regards to menstrual products use among the students, it was observed that 79% of the female students get menstrual products from their school, with disposable pads being the most common products provided and widely used by female students. Attitudes regarding menstrual health among the majority of the students inferred good, nevertheless, on the statement "women entering the temple during menstruation" the majority of the participants disagreed with the given statement.

The study showed that though the knowledge regarding menstruation among the students is sufficient, the disparities between knowledge, attitude and practice is evident. It can be concluded that imparting knowledge regarding menstruation should not be limited to one-time sessions or programmes, but rather focus on behavioural change programmes with the advocacy and awareness on menstrual health.

Key Words: Attitude, Knowledge, Menstruation, Menstrual Health, Practice

1. BACKGROUND

Menstruation is a biological process that impacts the lives of more than half of the global population. Women and girls experience this monthly process beginning approximately at the age of 11 until the age of 45 to 55 years old. Historically, menstruation has been considered an individual biological process that few openly discuss, except in the medical context. Even in the Global North, menstruation is considered a women's issue that needs to be addressed solely by women. Advances in the Global North have allowed women to access information and infrastructure enabling them to care for their menstruation more hygienically. Unfortunately, the situation in the Global South especially Nepal, contrasts sharply. In Nepal, menstruation is not just a simple biological process but a complex socio-cultural tradition upheld by religion and deep-rooted social hierarchies. This prevailing mindset affects women every day, impeding their access to public facilities, education, and healthcare, and on many occasions, even a good night sleep.

Nepal has a patriarchal society. Before 2007, Nepal was the only Hindu Kingdom in the world. These characteristics of Nepal impact the perception of menstruation in Nepal until the present day. Many daily activities are controlled by the belief of ritualistic purity, which is a fundamental component of Hinduism. This belief sharply limits women's movement and access during menstruation, infringing many of women's basic rights. In most districts of *Karnali Pradesh* and *Sudurpaschim Pradesh* in Nepal, the practice of *Chhaupadi* or isolation in menstrual huts during menstruation is a harsh reality for every girl or woman every month. Apart from having to sleep in separate huts during menstruation, women are not allowed to touch other family members, go to public spaces, or use public facilities and are required to eat separately. But a deep-rooted, yet never discussed, restriction is practiced across Nepal wherein women are not allowed to enter kitchens or temples. Discussions with religious experts have revealed that these restrictions do not exist in religious texts and further supports the urgency for discussions on practiced restrictions. The need to clarify menstruation is essential and doing so will, strategically and sustainably, pave the way for social change. The first steps to social change are knowledge and raising awareness which will be set in motion with education about menstruation at schools.

The prevailing social and political attitudes towards menstruation have long-term economic impacts both on the woman's family and on the country. Each time a young girl is unable to go to school during menstruation or cannot go because the school lacks the services or infrastructure to allow her to care for her menstruation, her future and the future of the country is affected. Missing 3-4 days of school every month amounts to a total of nearly 30 days absence each academic year. These absences will not only affect her ability to be a productive and financially independent individual but will also affect the country as it loses out on her potential to be a contributing citizen. Additionally, the reproductive health morbidities associated with sub-standard menstrual hygiene will consume a sizeable portion of the family's financial resources.

Menstrual health is a key component of WASH, but it is typically incorporated as a soft component of

WASH programmes and doesn't receive adequate attention. Menstrual health has been one of the most critical issues in school, without a private space for changing, access to water for cleanliness or a covered bin for disposal of menstrual products. According to UNICEF Nepal, only 50% of schools have a separate toilet for girls, however, not all of those have basic facilities such as running water, soap, and trash bins to dispose sanitary pads. Because of this, most of the girls miss school during menstruation.

WASH Alliance Nepal, under the WASH SDG programme work in *Banke* and *Surkhet* districts of Nepal, where we implemented menstrual health-related activities in schools, health care centers and communities. With the purpose of evaluating the knowledge, attitude and practice regarding menstruation and menstrual health, NFCC surveyed these schools. The assessment was done among students of grade six to ten in ten schools of *Kohalpur* Municipality and *Baijhnath* Rural Municipality in *Banke* and *Bheriganga* Municipality and *Barahatal* Rural Municipality in *Surkhet*. Paper based data collection was done within a period of twenty-one days.

2. OBJECTIVE

The objective of the survey was to evaluate the level of knowledge, attitude, and practice (KAP) regarding menstrual health of students in *Banke* and *Surkhet* districts. This assessment was conducted with the following objectives:

1. To assess the knowledge regarding menstruation and menstrual health among male and female students.
2. To assess menstrual hygiene management practices among female students.
3. To assess the perception of male students towards menstruation and menstruating women and girls.
4. To assess the attitude of students towards menstruation and menstruating women and girls.

3. LIMITATIONS OF THE SURVEY

This survey was carried out exclusively in schools where the WASH SDG WAI Nepal sub-programme is being implemented. The survey was conducted in two urban municipalities and two rural municipalities that may not represent the whole district.

4. SURVEY DESIGN

A descriptive cross-sectional study was carried out to assess the KAP regarding menstrual health among the school students of *Surkhet* and *Banke* district. The survey site and population were selected through the information provided by Simavi and its consortium partners. A Yamane method was used to calculate the sample size in each district. NFCC in close coordination with Simavi developed a separate questionnaire for boys and girls.

4.1. Survey Sites

A total of ten schools, five from Banke and five from Surkhet were selected for this assessment. The details were obtained from WASH Alliance consortium partners who are actively involved in implementing menstrual health interventions in the area. The details of the schools where this assessment was conducted are presented below.

District	Name of Schools	Address
Banke	<i>Nera Ma. Vi</i>	<i>Khadkavar Nibuwa, Kohalpur, ward no. 13</i>
	<i>Nera Aa. Bi</i>	<i>Kohalpur, ward no. 7</i>
	<i>Janta Adarsh Ma. Vi</i>	<i>Digiya, Bajinath, Ward no 2</i>
	<i>Shree Nera Ma.Vi</i>	<i>Naulapur, Bajinath, Ward no. 4</i>
	<i>Bhagawoti Ma. Vi</i>	<i>Hasanpur, Bajinath, Ward no. 8</i>
Surkhet	<i>Saraswoti School</i>	<i>Barahatal, Sirupata, Ward no.9</i>
	<i>Bheri School</i>	<i>Barahatal, Ranighat, Ward no.2</i>
	<i>Saraswoti School</i>	<i>Barahatal, Chepang, Ward no.5</i>
	<i>Sarada School</i>	<i>Bheriganga, Ward no.2</i>
	<i>Nepal Rastriya Adharbhut</i>	<i>Bheriganga, Muralikhola, Ward no.4</i>

Table 1: List of Schools

4.2. Survey Population

The survey population was from the selected ten schools in *Banke* and *Surkhet*. Five from each district. Out of a total 6022 students from grade 6-10, there were 3251 students in *Banke* and 2771 students in *Surkhet*. There were 1513 male students and 1738 females students in *Banke* as well 1268 male students and 1503 female students in *Surkhet*.

4.3. Sampling Technique

A Yamane method for sample size calculation was used to calculate the sample size in each district because the total number of students known prior to the assessment. This sample size was further broken down to estimate the samples from each grade, whose details are shown below:

$$n = \frac{N}{1 + N * e^2}$$

Here n is the sample size

N is the total number of student.

e is the level of precision (95% Confidence Interval and 3% precision level)

A total of 952 students, selected using a randomized sampling technique, took part in this survey. The students were gathered in an open space and paper chits were distributed to them. Only students getting a specific number were selected to fill the questionnaire. This process was continued until the desired sample size was obtained.

In *Banke*, students who chose the number 5 were selected and in *Surkhet*, students who chose the number 4 were selected.

4.4. Sample Distribution

The following table shows the distribution of the estimated samples in each district, disaggregated by grade and schools.

BANKE			SURKHET		
Required sample size: 513			Required sample size: 437		
Name of school	Male	Female	Name of school	Male	Female
<i>Nera Ma. Vi,</i>	61	59	<i>Saraswoti School</i>	44	44
<i>Nera Aa. Bi</i>	17	22	<i>Bheri School</i>	31	38
<i>Janta Adarsah Ma. Vi.</i>	73	96	<i>Saraswoti School</i>	41	43
<i>Shree Nera Ma. Vi.</i>	27	27	<i>Sarada School</i>	73	101
<i>Bhagawoti Ma. vi.</i>	60	70	<i>Nepal Rastiya Adharbhut</i>	11	10
TOTAL	239	274	TOTAL	200	237

Table 2: Sample Distribution

4.5. Survey Tools

Questionnaires were developed by NFCC in close coordination with Simavi. Two different sets of questionnaires were developed for male and female students.

5. ETHICAL CONSIDERATION

Approvals were taken from the selected schools to conduct the survey. Informed consent was taken from each respondent and this included objective of the study, time duration, privacy and confidentiality of information taken, and information about participant can withdraw anytime. Written consent was obtained both from the school administration and students before the survey.

6. SELECTION CRITERIA

All students from grades 6-10, where the WASH Alliance partners implemented menstrual health intervention activities were included in the survey. The exclusion criteria for the above students were:

- Students who were absent on the day the survey was conducted
- Students who were present but reported being unwell on the day of survey
- Students who did not want to take part in the survey

7. RESULTS

There were separate questionnaires for male and female students. The first part of the questionnaire contained information related to socio-demographic information whereas the second part of the questionnaire focused on knowledge, practice and attitude towards menstruation. The findings are presented and discussed below:

7.2. Socio-demographic Variables

A total of 441 male students and 511 female students from ten schools, five from each district, participated in

this assessment. The majority of the students were from grade eight (26.4%) followed by students from grade nine (21%) and ten (19.7%) respectively. Among those who participated in the survey,

the majority of them belonged to *Chhetri* (42%) followed by *Janajati* (23.6%) ethnicity. Majority (61.6%) of the students had fathers as their head of the family, followed by grandfather (18.3%) and mother (12%) as a family head, out of which 24.6% of them are either illiterate or with only basic reading and writing skills. The majority of the household head was employed, among which 77% were employed inside the country.

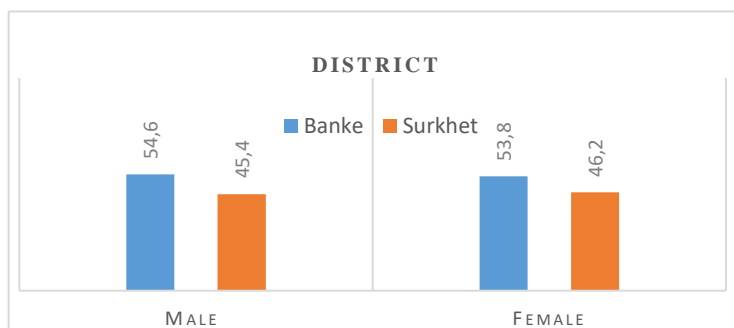


Figure 1: Percentage of male and female

When looking at the findings by district, a total of 241 male students and 275 female students from *Banke* as well 200 male students and 236 female students from *Surkhet* district participated in this survey. The majority of the participants were from grade eight in both districts. Among those who participate in the survey, the majority of them belonged to

Chhetri (41.4% and 42.6%) followed by *Janajati* (22% and 25.4%) ethnicity in *Banke* and *Surkhet* respectively. A total of 61.2% of the students had fathers as their head of the family in Banke followed by grandfather (19%) and mother (11.6%) as a family head, out of which 23.1% of them are either

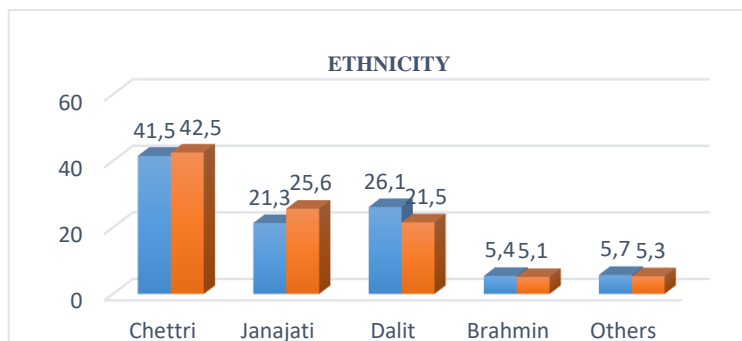


Figure 2: Participants' ethnicity

illiterate or with only basic reading and writing skills. Whereas in Banke 64.4% of the students had fathers as their head of the family, followed by grandfather (18.5%) and mother (9.4%) as a family head, out of which 25% of them are either illiterate or with only basic reading and writing skills. The majority of the household head was employed, among which 79% from *Banke* and 81% from *Surkhet* were employed inside the country. The district wise table of socio-demographic findings is included in annex table 9 and 1.

7.3. Knowledge

Knowledge related variables included questions related to menstruation and menstrual hygiene. Overall, when asked about menstruation, 61.5% of male students and 45.8% of female students gave correct answers – menstruation is the natural flow of blood from uterus, whereas 40% of male students and 64% of female students knew the correct age when menstruation begins, which is 10 to 19 years. The assessment depicted 94% of the male students and 95% of female students' responses to the correct symptoms seen during menstruation, while only 24% of male students and 31% of female students responded to the correct time period between two consecutive menstruations, 21 to 35 days.

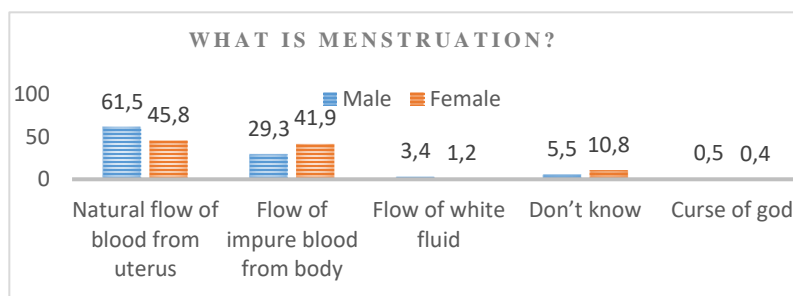


Figure 3: Participant response on what is menstruation

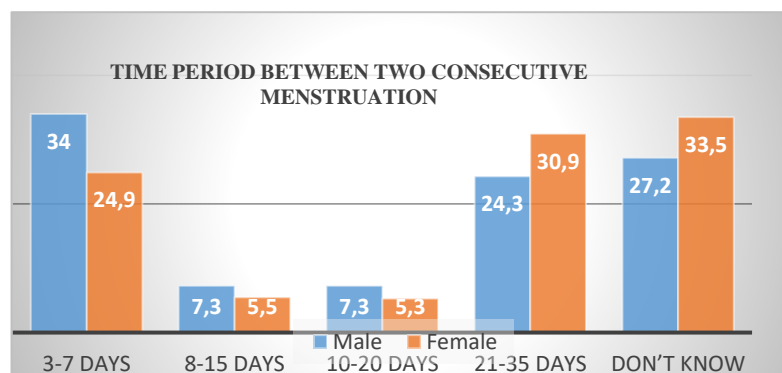


Figure 4: Response on time period between two consecutive menstruations

When looking at the findings by district, in Banke, around 66% of male students and 42.5% of female students gave correct answers when asked about menstruation, where 44.8% of male students and 72% of female students knew the actual age when menstruation starts. Similarly, in *Surkhet*, 56% of male students and 49.6% of female students

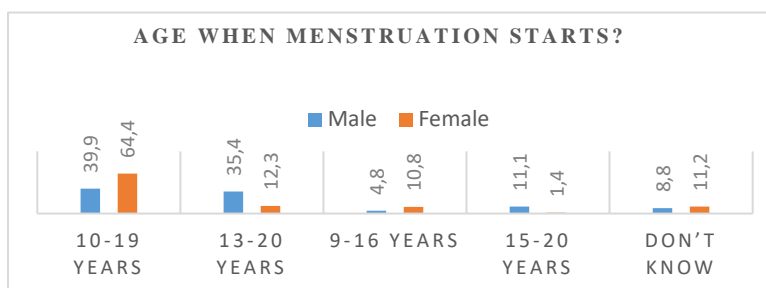


Figure 5: Participant response on starting age of menstruation

gave correct answers, whereas 34% of male students and 55.5% of female students knew the correct age when menstruation starts.

The primary source for male students to receive their first information on menstruation was their grandmother, while female students got their initial information from their mothers in both districts. Only about 23.2% of male students and 30.5% of female students responded to the correct time period between two consecutive menstruations in *Banke*, whereas 25.5% male students and 34.4% female students have knowledge on correct time period between two consecutive menstruations in *Surkhet* respectively. The majority of the students responded to the correct symptoms experienced during menstruation. The majority of the male students didn't have knowledge about menstrual hygiene, which was opposite in the case of female students in both districts. When asked for the reason why girls are absent during their time of menstruation, the majority of the male students think the reason is shame and pain, while almost half of female students think of pain as a reason for absenteeism. The findings from Banke and Surkhet regarding knowledge is included in *annex table 11 and 12*.

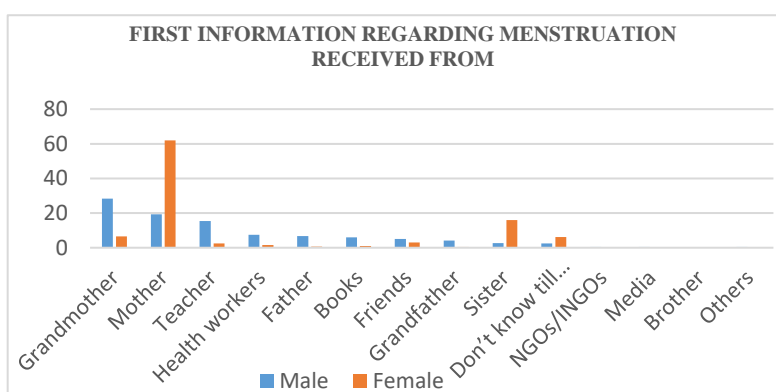


Figure 3: Participant response on first information received from regarding menstruation

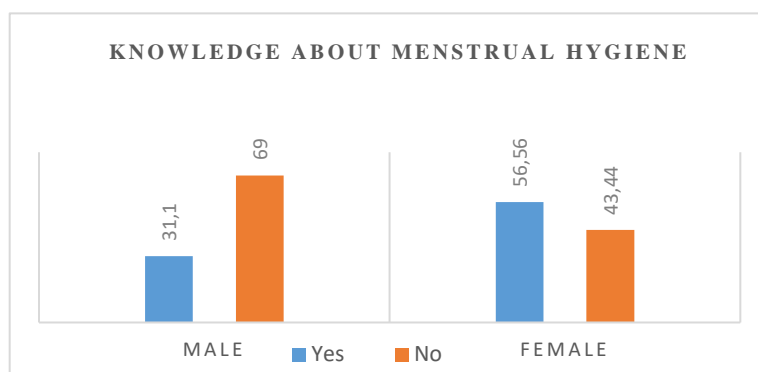


Figure 4: Participant response on knowledge about menstrual hygiene

7.4.Practice

Practice related questions were asked to both male and female students to identify the way in which they demonstrate their knowledge and attitude towards menstruation and menstrual health through their actions.

7.4.1. Menstrual practice- Male Students

Menstrual practice-related questions are usually not applicable to male students and hence the questions related to it were asked in a different way as shown in the Table. It was found that 73.3% feel that men or boys also need to have knowledge related to menstruation, while 87.5% of them feel that males need to help their female family members during their time of menstruation. This percentage decreased to 79.6% when it came to helping their female school friend during their time of menstruation. Similarly, 91.6% feel that they should help their family members in the kitchen when they are menstruating. The findings on practice among male students is presented below.



Figure 5: Students of Saraswoti school in Surkhet filling questionnaires

When looking at the findings by district, the majority of the male students who participated in this survey in both districts had a positive attitude towards menstruation. 72.6% male students from *Banke* and 74% male students from *Surkhet* feel men or boys also need to know about menstruation, while 86.3% students from *Banke* and 89% students from *Surkhet* feel that men need to help their female family members during their time of menstruation but this reduced to 79.3% in *Banke* and 80% in *Surkhet*, when asked if boys need to help female friend in school during menstruation. Alternatively, when we asked if male members should help their family in the kitchen during menstruation, 90.9% in *Banke* and 92.5% agree in *Surkhet*. The district wise table on findings regarding menstrual practice of male students is included in *annex table 13 and 14*.

7.4.2. Menstrual Practice- Female Students

Among the female students who participated in the survey, 74% of them have experienced menstruation, with the majority of them having had their first menstruation at the age of thirteen. The practice-related questions for female students mainly tried to gain information regarding the use of menstrual products. It was found that almost 79% of them can get menstrual products from their school, with disposable pads being the most common products provided and widely used by female students.

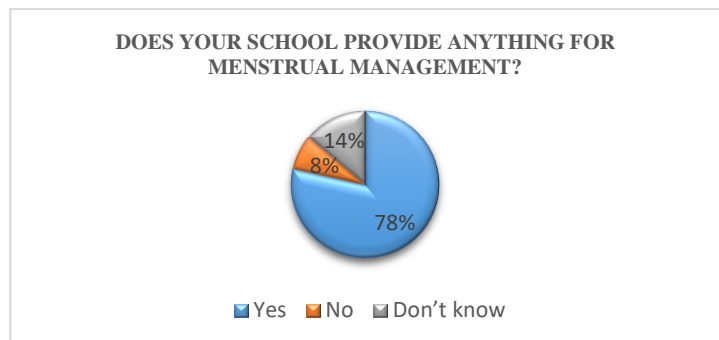


Figure 9: Participants response on menstrual management product provided by school

The majority of schools lack a separate place to wash used menstrual cloths. Among those who reported using cloths, almost 78% of them were washing it with soap and water and 84% drying them in direct sunlight. Majority of them didn't have knowledge about menstruation friendly toilets. 88% of students are taught about menstrual education at their schools out of which a majority of them felt that this type of education should be given continuously. Among those who took medication to relieve pain, a majority of them consumed medication as suggested by their family and friends.

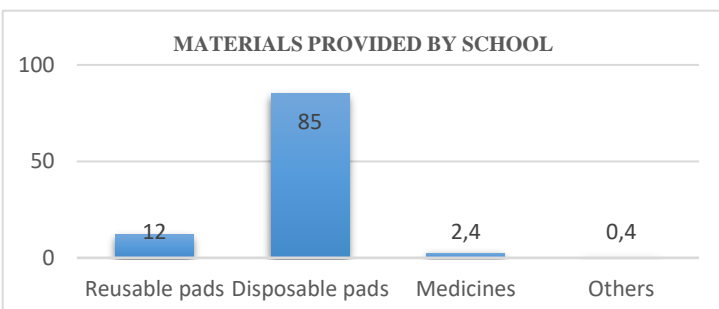


Figure 10: Participant response on type of menstrual management product provided by school

When looking at the findings by district, it was found that almost 80% in *Banke* and 76.7% female students in *Surkhet* are able to get menstrual products from their school. Within this, disposable pads were found to be the most common product available and thus most frequently used by female students. It was also found that the majority of the schools lacked a separate place for washing menstrual cloths. This might be the reason why disposable sanitary pads are widely used.

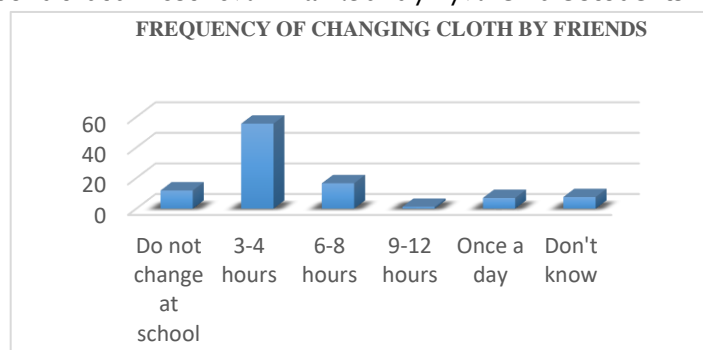


Figure 6: Participant response on frequency of changing cloth pad by their friends

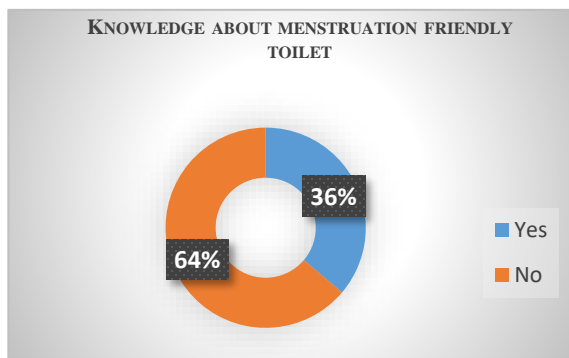


Figure 7: Participant response on knowledge about menstruation friendly toilet

Among those who use cloths as a menstrual product, almost 76.4% in *Banke* and 80.1% students in *Surkhet* wash it with soap and water and around 84% of students from both districts dry them in direct sunlight. The majority of them didn't have knowledge about menstruation friendly toilets. The district wise table on findings regarding menstrual practice among female students is included in *annex table 15 and 16*.

7.5. Attitude

A three-point rating scale was used to measure the attitude of students regarding menstruation. The analysis of the frequency distribution of responses given by student. The attitude related findings are described below.

7.5.1. Attitude towards menstruation- Male Students

The analysis of the frequency distribution of responses given by student shows that male students have a positive attitude towards menstruation and menstruating women. A total of 61% of boys agreed that menstruation should not be kept a secret, 65% agreed that they can touch menstruating women. Nearly 54% agree that menstruation is a sign of good health and 78% can talk about menstruation with their family members. A majority of boys, 81%, want to learn more about menstruation, whereas 59% they think menstruation is a girl's issue only. The general attitude was good but in regards to women entering temple during menstruation, 20.2% didn't know about this restriction and the remaining were equally divided between 39.9% who agreed and 39.9% who disagreed.



Figure 8: Students participating in survey in Kohalpur

FINDINGS ON ATTITUDE OF MALE STUDENTS TOWARDS MENSTRUAL HEALTH						
Statement	Agree		Disagree		Don't know	
	N	%	N	%	N	%
Menstruation should be kept secret.	112	25.4	267	60.54	62	14.06
I can touch menstruating women.	285	64.63	94	21.32	62	14.06
Women must not enter the house while menstruating.	140	31.75	241	54.65	59	13.38
Menstruation is a sign of good Health.	239	54.2	119	26.98	82	18.59
Women must not enter the temple while menstruating.	176	39.9	176	39.9	89	20.2
I should talk about menstruation with family members.	345	78.23	47	10.66	48	10.88
I should talk about menstruation with other boys.	137	31.07	238	53.97	65	14.74
I can eat a food cooked by a menstruating woman.	246	55.78	138	31.29	56	12.7
Menstruation is an important issue.	339	76.87	43	9.75	58	13.15
I feel uncomfortable talking about menstruation.	154	34.92	214	48.53	72	16.33
I feel uncomfortable studying about menstruation.	172	39.00	199	45.12	69	15.65
I would like to have more information about menstruation.	356	80.73	47	10.66	37	8.39
Female should not enter kitchen during menstruation	171	38.78	204	46.26	65	14.74
Menstruation is a girl-only topic.	261	59.18	145	32.88	34	7.71
My friends can tease menstruating girl.	93	21.09	292	66.21	55	12.47
Girls should miss school during menstruation because school is a holy place	104	23.58	268	60.77	68	15.42
Menstruating women should be kept in a separate room.	144	32.65	252	57.14	44	9.98
Menstruation is embarrassing for males.	82	18.59	291	65.99	67	15.19
I should talk about menstruation with other female friends too.	318	72.11	63	14.29	59	13.38
I should ask questions about menstruation with my teachers.	349	79.14	48	10.88	43	9.75
Menstruating women can socialize with friends during menstruating.	253	57.37	125	28.34	62	14.06
Women becomes impure while menstruating.	176	39.91	182	41.27	81	18.37

Table 7 Findings on attitude of male students towards menstrual health

When looking at the findings by district, the overall attitude of male students seemed positive in both districts, however 53.94% of girls in *Banke* and 43.50% in *Surkhet* agree that women must not enter the temple during menstruation. Temples are considered a holy place and the social, cultural and religious norms of society bar women and girls from entering during their menstruation. This shows that there are still deep-rooted societal norms and behaviours that needs to be changed through education and awareness. In *Banke* 80% and *Surkhet* 78% agreed that they should ask question to teachers related to menstruation. Only 46 % students in *Banke* and 32% in *Surkhet* agreed that women become impure during menstruation. This data

contradicts the one above, enquiring about entering temples. Even though the majority of the students know that they do not become impure during menstruation, they are still hesitant to enter temples.

In addition, 61% of male students from *Banke* and 60% of male students in *Surkhet* don't agreed that menstruation should be kept secret. Around 62% of male students in *Banke* and 68% in *Surkhet* agreed that they can touch menstruating women with 57% in *Banke* and 58% in *Surkhet* agreeing that menstruating women can socialize with friends during menstrual period. When asked about women being impure during menstruating 46% students agreed, 38% disagree and 14% didn't know in *Banke*. Similarly, in *Surkhet* 23% don't have any idea, 32% agreed and 45% disagreed the statement. The table on findings from *Banke* and *Surkhet* regarding the attitude of male students is included in *annex table 17 and 18*.

7.5.2. Attitude towards menstruation- Female Students

Among female students, a three-point rating scale was used to measure the attitude of students regarding menstruation as well. The survey shows that female students have a positive attitude towards menstruation and menstruating women. A majority (68%) of girls disagreed that menstruation should be kept secret where as 82% of female students agreed that they can touch menstruating women. Nearly 79% agreed menstruation as sign of good health and 84% agreed that they can talk about menstruation with their family member. A total of 78% agreed that they can eat food cooked by menstruating women. Most of the students were comfortable while talking and reading about menstruation with 63% of female students disagreeing that menstruation is embarrassing. Most students were ready to help strangers as well as their friends during menstruation. Only 34% students think that they become impure during menstruation as well 66% girls agreed that they should talk about menstruation with boys. In general the attitude was good but in regards to women entering temple during menstruation, around 6% didn't know about this restriction, whereas 48% students agreed and 33% disagreed with the statement.

When comparing the findings by district, the attitude of female students towards menstruation shows that 66% from *Banke* and 72% from *Surkhet* do not think menstruation should be kept secret. 81% students in *Banke* and 83% of students from *Surkhet* agreed that they can touch menstruating women. Similarly, 79% in *Banke* and 76% students in *Surkhet* can eat food cooked by them. Most of the students agree that menstruation is a sign of good health. Only 53 % in *Banke* and 49% in *Surkhet* thinks that mensuration is a 'girls only' topic.

Around 76% in *Banke* and 79% girls in *Surkhet* agree that they should help a stranger who is menstruating. Around 64% in *Banke* and 65% female students in *Surkhet* disagree that menstruating women should be kept in a separate room. Most of the students were comfortable while talking and studying on menstrual topic. Around 70% in *Banke* and 58% in *Surkhet* disagreed that their friends can tease a menstruating girl. Many of girls don't consider menstruation as embarrassing. Almost 54% in *Banke* and 41% in *Surkhet* agreed that women must not enter temple during their menstruation, 31% in *Banke* and 36% students in *Surkhet* disagreed. Finally, around 16% in *Banke* and 23% in *Surkhet* don't know if women can enter temple

or not during menstruation. The district wise table on findings regarding attitude of female students is included in *annex table 19 and 20*.

FINDINGS ON ATTITUDE OF FEMALE STUDENTS TOWARDS MENSTRUAL HEALTH						
Statement	Agree		Disagree		Don't know	
	N	%	N	%	N	%
Menstruation should be kept secret.	90	17.61	348	68.1	73	13.33
I can touch a menstruating woman.	417	81.60	37	7.24	57	1.42
Women must not enter the house while menstruating.	165	32.29	281	54.99	65	10.76
Menstruation is a sign of good health.	399	78.08	50	9.78	62	1.91
Women must not enter the temple while menstruating.	245	47.95	168	32.88	98	6.43
I should talk about menstruation with family members.	430	84.15	32	6.26	49	1.23
I should not talk about menstruation with other friends.	117	22.90	338	66.14	56	12.94
I eat the food cooked by a menstruating woman.	397	77.69	68	13.31	46	2.60
Menstruation is an important issue.	462	90.41	14	2.74	35	0.54
I should ask questions about menstruation with my teacher	418	81.80	43	8.41	50	1.65
I feel uncomfortable reading about menstruation.	152	29.75	285	55.77	74	10.91
I feel uncomfortable talking about menstruation.	150	29.35	261	51.08	100	10.00
I would like to have more information on menstruation.	432	84.54	38	7.44	41	1.46
Women must not enter the kitchen while menstruating.	175	34.25	285	55.77	51	10.91
Menstruation is a girl-only topic.	261	51.08	191	37.38	59	7.31
My friends can tease a girl who is menstruating.	126	24.66	330	64.58	55	12.64
I should help a friend who is menstruating.	439	85.91	35	6.85	37	1.34
Menstruating women should be kept in a separate room.	121	23.68	331	64.77	59	12.68
Menstruating girls should miss school because it's a holy place.	104	20.35	355	69.47	52	13.60
I should help a stranger who is menstruating.	395	77.30	59	11.55	57	2.26
Menstruation is embarrassing for girls.	120	23.48	320	62.62	71	12.25
Menstruating women can socialize with friends.	369	72.21	81	15.85	61	3.10
Women become impure during menstruation.	175	34.25	269	52.64	67	10.30
I should also talk about menstruation with boys.	337	65.95	97	18.98	77	3.71

Table 8 Findings on attitude of female students towards menstrual health

8. FINDINGS

The overall level of knowledge of students was average and there were many areas for improvement.

8.2. Knowledge

- Male students seemed to have more knowledge regarding the definition of menstruation in comparison to female students, but this is reversed in case of response for the correct age of start of menstruation, where the majority of the female students seemed to have correct information about the age of onset of menstruation.

- The women in the household were the first person source of information about menstruation for the students.
- The majority of male and female students had very poor knowledge about menstrual hygiene. However, they agreed that the menstrual-related classes should be taught at their schools

8.3. Attitude

Although students seemed to report an overall positive attitude towards menstruation, further analysis of responses indicate that a positive attitude does not always reciprocate to a positive practice.

- The overall attitude towards menstruation and menstruating women from both male and female students was found to be positive.
- When students were asked what they feel about menstruation, majority of the male students felt nothing, but in case of female majority of them felt shy about menstruation.
- Majority of the male students had a positive perception of menstruating women.

8.4. Practices

Menstrual practices had many areas for improvement especially in the absence of social, cultural and environmental factors that contribute to a positive practice.

- Pain during menstruation seemed to be the main reason for absenteeism of female students.
- Even though majority of them were ready to help their menstruating family members, the percentage of male students reduced dramatically when they had to help their female colleagues when menstruating.
- The schools provide sanitary pads as a menstrual product, but the female students seemed to have poor knowledge regarding its management and disposal and even lacked a proper separate place to change.

9. RECOMMENDATIONS

Based on the findings of the survey, NFCC proposes the following recommendations for consideration by WAI partners:

- a. The percentage of students in both the districts, who have complete knowledge about menstrual health remains low. There is a need to continue efforts on the following:
 - Identify and increase the number of key stakeholders who play or can play a role in increasing knowledge of key populations.
 - Identify and increase the capacity of key stakeholders who currently provide any information on menstruation to key populations.
 - Standardize the training for the aforementioned stakeholders so that complete and consistent knowledge is imparted.
 - Advocate for initiation and/or continuity of regular sessions on menstrual health for key populations.
 - The main source of knowledge and information regarding menstruation and menstrual hygiene

among respondents in this study were their mothers and grandmothers. Therefore, activities focusing on them should be of priority.

- b. With pain and shame being the two most cited reasons for absenteeism, pain management and normalizing menstruation should be prioritized. It is also recommended that male students as well as mothers are included in all activities conducted to normalize menstruation. Activities such as discussion with male and female in topic of menstruation and orientation on pain management skills. While taking classes on menstrual hygiene, girls and boys both should be involved together and the teacher should create an environment where they can freely discuss about it together.
- c. Majority of schools are providing sanitary pads as menstrual products yet there was a clear lack of awareness and infrastructure regarding its management and disposal. Hence, it is essential that the following steps are incorporated into the workplan of all partners:
 - Development and dissemination of standard management guidelines for disposal and management of menstrual waste.
 - Develop an advocacy plan for menstruation friendly toilets infrastructure and conduct regular orientations and advocacy meetings/interactions/campaigns for the same.

10. CONCLUSION

The integration of menstrual health into the WASH agenda has been challenging due to the difficulties in synergizing the hard components of WASH with the soft skill components of health, especially menstrual health. Working on menstruation requires desensitization of staff before they are trained to go out and work on this issue at the community level. It is hoped that through this collaboration with Simavi and its WASH SDG partners, NFCC will be able to assist Simavi partners in slowly integrating all relevant menstrual health components into the overall WASH SDGs program in Nepal.

11. DISCUSSION

The survey explored knowledge, attitude, and practice of menstrual health among the students of class 6 to 10. A total of 952 students participated in the survey from ten different schools of *Banke* and *Surkhet* districts.

The survey results showed that both the male and female students had average knowledge about menstrual hygiene. It revealed that the majority of the male students knew the definition of menstruation and the majority of the females identified the correct age of menarche. Nevertheless, the majority of the students still lacked knowledge in regards to menstrual hygiene. Though the students showed an overall positive attitude towards menstruation, the majority of the female students said that they still feel shy about menstruation.

The main findings revealed that pain during menstruation was the foremost reason for absenteeism among female students. The findings also indicated that the male students are willing to help their menstruating family members however, the percentage reduced when asked about willingness to help their menstruating female colleagues.

In the context of Nepal, problems that have been explicated by the previous studies on the management of menstrual products and menstrual friendly spaces in the schools can be furthermore observed in the given survey. Though the school has been providing menstrual products to female students, it was observed no proper knowledge regarding the management and disposals of menstrual products was among the students. It is identified that there is an essential requirement for advocacy and continuation of the focused programs on menstrual health at schools. Informants and key stakeholders that play a major role in imparting the information and knowledge on menstruation should be identified, trained, and mobilized.

ANNEX I

School Consent Form

सुचित मन्जुरीनामा

श्रीमान प्रधानाध्यापक ज्यू,

नमस्ते,

नेपाल प्रजनन स्याहार केन्द्र NFCC ले अन्तराष्ट्रिय गैरसरकारी संस्था Simavi को सहयोगमा यस नगर/गाउँ पालिकामा चलिरहेको WASH कार्यक्रममा **महिनावारी स्वास्थ्य** सम्बन्धि विषयलाई अझ बढी महत्त्वको साथ अघि बढाउनको लागि कार्यक्रमहरुको तर्जुमा गरिरहेका छ। सो कार्यका आवश्यकताबारे अध्ययन गर्न तपाईंको विद्यालयमा कक्षा ६ देखी १० मा अध्ययनरत विद्यार्थीहरुसँग महिनावारीको विषयमा केहि सुचनाहरु संकलन गर्न लागेका छौं। विद्यार्थीहरुको उमेर १८ वर्ष भन्दा कम भएकोले अभिभावक वा अभिभावक सरह कोही व्यक्तीको मन्जुरीनामा चाहिने भएकोले विद्यार्थीहरुको अभिभावक सरह व्यक्तीको हैसिएतले तपाईंलाई यस विद्यालयका विद्यार्थीहरुसँग महिनावारीको ज्ञान, अभ्यास र दृष्टिकोण सम्बन्धि प्रश्नहरु सोध्न अनुमती प्रधान गर्न हुन अनुरोध गर्दछौं।

यस अध्ययनको क्रममा तपाईंको विद्यालयबाट केहि विद्यार्थीहरु गोलाप्रथाको माध्यमबाट छानिने छन र प्रश्नहरु सोधिने छ। विद्यार्थीहरुले प्रश्नहरु राम्ररी पढी उपयुक्त लागेको उत्तरमा ✓ चिन्ह लगाउने छन। अध्ययनको क्रममा केही तस्वीरहरु पनि खिचिने छन तर सो तस्वीरहरु र विद्यार्थीहरुले उपलब्ध गराएका सम्पूर्ण सुचना र उत्तरहरु गोप्य राखिने छ र यस अध्ययन प्रायोजनका लागि मात्र प्रयोग हुनेछ। यस अध्ययनबाट महिनावारी सम्बन्धि अनुसन्धान र नयाँ प्रभावकारी कार्यक्रमहरु बनाउन मद्दत मिल्नेछ।

यस अध्ययन सम्बन्धि कुनै पनि जिज्ञासा प्रश्न वा सुझाव भएमा NFCC को ०१-५९०४७८९ नं मा सम्पर्क गर्न सक्नुहुनेछ।

कृपया यस फारममा हस्ताक्षर गरी र विद्यालयको छाप लगाइ यस विद्यालयका विद्यार्थीहरुलाई यस अध्ययनमा सहभागी गराउन अनुमती र मन्जुरी प्रधान गर्नुहोस।

म यस विद्यालयका विद्यार्थीहरुलाई अध्ययनमा सहभागि अनुमती र मन्जुरी प्रधान गर्छु।



म यस अध्ययनको समयमा तस्वीर खिचन अनुमती र मन्जुरी प्रधान गर्छु।



हस्ताक्षर

मिति

विद्यालयको छाप



ANNEX II



ASSESSMENT QUESTIONNAIRE – *For Boys*

Dear Respondents,

We would like to request your cooperation to fill this form. You are asked to fill the questionnaire to collect information from you to assess the level of knowledge, attitude and practices related to menstrual health.

SOCIO-DEMOGRAPHIC VARIABLES

Name of School:		
Your address	District :	Palika:
Grade		
Age (in completed years):		
Ethnicity	<ol style="list-style-type: none">1. Brahmin2. Chhetri3. Dalit4. Janajati5. Others (Specify).....	
Family type	<ol style="list-style-type: none">1. Nuclear (Having Parents and Children only)2. Joint (Having Grandparents, parents, uncle, aunt, children)	
Head of family	<ol style="list-style-type: none">1. Grand father2. Grand mother3. Father4. Mother5. Uncle6. Aunt7. Brother8. Sister9. Others (Specify).....	
Education status of family head	<ol style="list-style-type: none">1. Illiterate2. Primary level education (From class 1 to 5)3. Secondary level education (From class 6 to 10)4. Higher secondary (From Grade 11 to 12)5. Bachelors level6. Masters level7. PhD	
Employment status of family head	<ol style="list-style-type: none">1. Employed2. Unemployed	
If employed, is s/he employed within Nepal?	<ol style="list-style-type: none">1. Yes2. No	

<u>PART I: KNOWLEDGE</u>		
S.NO	QUESTIONS	RESPONSES
1.	What is menstruation?	a. Monthly natural bleeding from uterus b. Flow of white water from uterus c. Flow of dirty blood from body d. Curse of god e. Others <i>(Specify)</i>
2.	At what age do menstruation starts?	a. 10-19 years b. 9-16 years c. 15-20 years d. 13-20 years e. Don't know
3.	What are the symptoms seen during menstruation? <i>(Tick all that applies.)</i>	a. Stomach ache b. Back ache c. Nausea d. Lethargy e. All of the above f. None of the above g. Don't know h. Others <i>(Specify)</i>
4.	What is the time period between two consecutive menstruation cycles?	a. 3-7 days b. 8-15 days c. 10-20 days d. 21-35 days e. Don't know
5.	From whom/where did you first get the information regarding menstruation?	a. Grand Father b. Grand Mother c. Father d. Mother e. Sister f. Brother g. Teacher h. Friends i. Health worker j. NGOs/ INGOs k. Books l. Media (TV, Radio etc.) m. Have not received any information yet n. Others <i>(Specify)</i>
6.	What do you feel about menstruation?	a. Nothing b. Dirty c. Powerful

		d. Shameful e. Impure f. Others (Specify).....
7.	Do you know about menstrual hygiene?	a. Yes b. No
1.1	If yes, what do you know about menstrual hygiene
8.	Why girls do not come to school during menstruation? (Tick all that applies.)	a. Due to pain b. Due to shame c. Lack of separate toilet for girls d. Lack of water in toilet e. School is a holy place f. Teacher says not to come school g. Parents says not to go school h. Boys teases us i. Others (Specify).....

<u>PART II: PRACTICES</u>		
S.N.	QUESTIONS	RESPONSES
1.	Do you feel that boys need to know about menstruation?	a. Yes b. No
2.	Do you feel that boys need to help female family member during menstruation?	a. Yes b. No
3.	Do you feel that boys need to help female school friend during menstruation?	a. Yes b. No

<u>PART III: ATTITUDE</u>				
S.N.	ITEM	Yes	No	Don't Know
1.	Menstruation should be kept secret.			
2.	I can touch a menstruating woman.			
3.	Women must not enter the houses while menstruating.			
4.	Women must not cook when menstruating.			
5.	Women must not enter the temple while menstruating			
6.	I should talk about menstruation with family members.			
7.	I should talk about menstruation with other boys.			
8.	I can eat a food cooked by a menstruating woman.			
9.	Menstruation is an important issue.			
10.	I feel uncomfortable talking about menstruation.			
11.	I feel uncomfortable studying about menstruation.			
12.	I would like to have more information about menstruation.			
13.	Menstruation is a sign of good health.			
14.	Menstruation is a girl-only topic.			
15.	I can tease a menstruating girl at my school.			
16.	Girls should miss school during menstruation because school is a holy place.			
17.	Menstruating women should be kept in a separate room while menstruating.			
18.	Menstruation is embarrassing for boys.			
19.	I should help a menstruating female friend.			
20.	I should ask questions about menstruation with my teachers.			
21.	Menstruating women can socialize with friends during menstruating.			
22.	Woman becomes impure while menstruating.			

ASSESSMENT QUESTIONNAIRE – *For Girls*

Dear Respondents,

We would like to request your cooperation to fill this form. You are asked to fill the questionnaire to collect information from you to assess the level of knowledge, attitude and practices related to menstrual health.

SOCIO-DEMOGRAPHIC VARIABLES

Name of School		
Your address	District :	Palika
Grade		
Age (in completed years)		
Ethnicity	6. <i>Brahmin</i> 7. <i>Chhetri</i> 8. <i>Dalit</i> 9. <i>Janajati</i> 10. <i>Others (Specify).....</i>	
Family type	3. <i>Nuclear (Having Parents and Children only)</i> 4. <i>Joint (Having Grandparents, parents, uncle, aunt, children)</i>	
Head of family	10. <i>Grand father</i> 11. <i>Grand mother</i> 12. <i>Father</i> 13. <i>Mother</i> 14. <i>Uncle</i> 15. <i>Aunt</i> 16. <i>Brother</i> 17. <i>Sister</i> 18. <i>Others (Specify).....</i>	
Education status of family head	8. <i>Illiterate</i> 9. <i>Primary level education (From class 1 to 5)</i> 10. <i>Secondary level education (From class 6 to 10)</i> 11. <i>Higher secondary (From Grade 11 to 12)</i> 12. <i>Bachelors level</i> 13. <i>Masters level</i> 14. <i>PhD</i>	
Employment status of family head	3. <i>Employed</i> 4. <i>Unemployed</i>	
If employed, is s/he employed within Nepal?	3. <i>Yes</i> 4. <i>No</i>	

<u>PART I: KNOWLEDGE</u>		
S.N	QUESTIONS	RESPONSES
9.	What was your age when you first menstruate?	a. Years b. Have not menstruate yet.
10.	What is menstruation?	a. Monthly natural bleeding from uterus b. Flow of white water from uterus c. Flow of dirty blood from body d. Curse of god e. Others <i>(Specify)</i>
11.	At what age does menstruation starts?	a. 10-19 years b. 9-16 years c. 15-20 years d. 13-20 years e. Don't know
12.	What are the symptoms seen during menstruation? <i>(Tick all that applies.)</i>	a. Stomach ache b. Back ache c. Nausea d. Lethargy e. All of the above f. None of the above g. Others
13.	What is the time period between two consecutive menstruation cycles?	a. 3-7 days b. 8-15 days c. 10-20 days d. 21-35 days e. Don't know
14.	From whom/where did you first get the information regarding menstruation?	a. Grand Father b. Grand Mother c. Father d. Mother e. Sister f. Brother g. Teacher h. Friends i. Health worker j. NGOs/ INGOs k. Books l. Media (TV, Radio etc.) m. Have not received any information yet n. Others <i>(Specify)</i>

15.	How do you feel during menstruation?	a. Nothing b. Dirty c. Powerful d. Shameful e. Impure f. Others (Specify).....
16.	Do you know about menstrual hygiene?	a. Yes b. No
9.1	If yes, what do you know about menstrual hygiene
17.	Why girls do not come to school during menstruation? <i>(Tick all that applies.)</i>	a. Due to pain b. Due to shame c. Lack of separate toilet for girls d. Lack of water in toilet e. School is a holy place f. Teacher says not to come school g. Parents says not to go school h. Boys teases us i. Others <i>(Specify)</i>

PART II: PRACTICE

S.N	QUESTIONS	RESPONSES / OPTIONS
1.	Which menstrual product is easy to use for you?
2.	Which menstrual product is easy to get for you?
3.	Does your school provide anything for menstrual management?	a. Yes b. No c. Don't know.
3.1	If yes, what are provided?	a. Cloth b. Reusable pads c. Disposable pads d. Menstrual cups e. Medicines f. Others
4.	Which menstrual product do most of the girls at your school use?	a. Cloth b. Sanitary pad c. Both d. Others <i>(Specify)</i>

4.1	Among your female friends who use cloth, how often do they change it?	a. Do not change when at school b. 3-4 hours c. 6-8 hour d. 9-12 hour e. Once a day
4.2	Among your female friends who use cloth, how do they clean it?	a. With water only b. With soap and water c. Do not clean d. Use and throw them e. Don't know
4.3	If your female friends use and throw the cloth, where do they throw them?
4.4	If your female friends use and throw the cloth, how do they throw them?
4.5	Among your female friends who use cloth, how do they dry it?	a. In direct sunlight outside home b. By covering with other clothes c. Inside the room d. Inside toilet e. Others (<i>Specify</i>)
4.6	For those friends of yours who use cloth, does your school have a separate place to wash the cloth used during menstruation?	a. Yes b. No c. Don't know
4.7	Among your female friends who use pads, how often do they change it?	a. Do not change when at school b. 3-4 hours c. 6-8 hour d. 9-12 hour e. Once a day
4.8	Among your female friends who use pads, who buys the pad for them?	a. Own b. Husband c. Mother d. Father e. Sisters f. Brothers g. Friend h. Others (<i>Specify</i>)
4.9	Among your female friends who use pads, where do they dispose them?
4.10	Among your female friends who use pads, how do they dispose them?
5.	How often do you bath during menstruation?	a. Daily b. On the fourth day c. Others (<i>Specify</i>)
5.1	If you bathe daily, why do you do so?	

	
5.2	If you bathe only on the fourth day, why do you do so?
6.	Do you attend school during menstruation?	a. Yes b. No
7.	Do you know about menstrual friendly toilets?	a. Yes b. No
8.	Does your school have separate toilets for girls and boys?	a. Yes b. No
9.	What is available in your school toilet?	a. Water only b. Both water and soap. c. Both water and soap not available.
10.	Does your school have a dustbin to dispose menstrual product that your female friends use?	a. Yes b. No c. Don't know.
11.	Do they teach you about menstruation in the school?	a. Yes b. No c. Don't Know
12.	If yes, how do you feel during such menstruation classes?	a. Nothing b. Helpful c. Didn't attend such classes d. Others (Specify)
12.1	If you have never attended menstruation classes, what is the reason behind not attending such classes?
13.	Have you ever taken medicines to relieve the menstrual pain?	a. Yes b. No
13.1	If yes, what do you take?	
13.2	How did you decide to take the medicine?	a. Family told b. Friends told c. Health worker advised d. Others (Specify)

<u>PART III: ATTITUDE</u>				
S.N	ITEM	Yes	No	Don't Know
1.	Menstruation should be kept secret.			
2.	I can touch a menstruating woman.			
3.	Women must not enter the houses while menstruating.			
4.	Women must not cook when menstruating.			
5.	Women must not enter the temple while menstruating			
6.	I should talk about menstruation with family members.			
7.	I should talk about menstruation with other boys.			
8.	I should talk about menstruation with other girls.			
9.	Menstruation is an important issue.			
10.	I feel uncomfortable studying about menstruation.			
11.	I feel nervous while talking about menstruation.			
12.	I would like to have more information about menstruation.			
13.	Menstruation is a sign of good health.			
14.	Menstruation is a girl-only topic.			
15.	I can tease my female friend who is menstruating.			
16.	I should help a menstruating friend.			
17.	I should help a menstruating stranger.			
18.	Girls should miss school during menstruation because school is a holy place.			
19.	Menstruating women should be kept in a separate room while menstruating.			
20.	Menstruation is embarrassing for girls.			
21.	I should ask questions about menstruation with my teachers.			
22.	Menstruating women can socialize with friends during menstruating.			
23.	Woman becomes impure while menstruating.			

ANNEX IV

District specific findings

Table 9 Findings on socio-demographic variables of Banke district

FINDINGS ON SOCIO-DEMOGRAPHIC VARIABLES OF BANKE DISTRICT				
Variables	Male (n=241)		Female (n=275)	
	Frequency	Percent	Frequency	Percent
GRADE				
Six	28	11.6	30	10.9
Seven	56	23.2	46	16.7
Eight	68	28.2	66	24
Nine	39	16.2	70	25.5
Ten	50	20.7	63	22.9
ETHNICITY				
Chettri	93	38.6	121	44
Janajati	49	20.3	65	23.6
Dalit	60	24.9	50	18.2
Brahmin	15	6.2	14	5.1
Others	24	10	25	9.1
FAMILY TYPE				
Nuclear	170	70.5	197	71.6
Joint	71	29.5	78	28.4
HEAD OF FAMILY				
Grandfather	47	19.5	47	17.1
Grandmother	18	7.5	21	7.6
Father	140	58.1	166	60.4
Mother	35	14.5	39	14.2
Uncle	1	0.4	2	0.7
EDUCATIONAL STATUS OF HOUSEHOLD HEAD				
Illiterate	54	22.4	53	19.3
Literate	51	21.2	68	24.7
Primary	52	21.6	67	24.4
Secondary	70	29	13	4.7
Higher secondary	12	5	51	18.5
Bachelors	1	0.4	19	6.9
Masters	0	0	3	1.1
PhD	1	0.4	1	0.4
EMPLOYMENT STATUS OF HOUSEHOLD HEAD				
Employed	165	68.5	198	72
Unemployed	76	31.5	77	28
IF EMPLOYED, LOCATION OF EMPLOYMENT				

Within Nepal	118	71.5	156	56.7
Outside Nepal	47	28.5	42	15.3

Table 10 Findings on socio-demographic variables of Surkhet district

FINDINGS ON SOCIO-DEMOGRAPHIC VARIABLES OF SURKHET DISTRICT				
	Male (n=200)		Female (n=236)	
Variables	Frequency	Percent	Frequency	Percent
GRADE				
Six	43	21.5	41	17.3
Seven	35	17.5	33	14
Eight	52	26	66	28
Nine	30	15	61	25.8
Ten	40	20	35	14.9
ETHNICITY				
Chettri	90	45	96	40.7
Janajati	45	22.5	66	28
Dalit	55	27.5	60	25.4
Brahmin	9	4.5	12	5.1
Others	1	0.5	2	0.8
FAMILY TYPE				
Nuclear	136	68	178	75.4
Joint	64	32	58	24.6
HEAD OF FAMILY				
Grandfather	37	18.5	44	18.6
Grandmother	16	8	15	6.4
Father	130	65	151	64
Mother	16	8	25	10.6
Uncle	0	0	1	0.4
Sister	1	0.5	0	0
EDUCATIONAL STATUS OF HOUSEHOLD HEAD				
Illiterate	48	24	61	25.8
Literate	51	25.5	65	27.5
Primary	38	19	58	24.6
Secondary	38	19	27	11.4
Higher secondary	20	10	21	8.9
Bachelors	2	1	2	0.8
Masters	1	0.5	2	0.8
PhD	2	1	0	0
EMPLOYMENT STATUS OF HOUSEHOLD HEAD				
Employed	109	54.5	139	58.9

Unemployed	91	45.5	97	41.1
IF EMPLOYED, LOCATION OF EMPLOYMENT				
Within Nepal	93	85.3	107	45.3
Outside Nepal	16	14.7	32	13.6

Table 11 Findings on Knowledge regarding menstrual health among students of Banke

FINDINGS ON KNOWLEDGE REGARDING MENSTRUAL HEALTH AMONG STUDENTS OF BANKE				
Variables	Male (n=241)		Female (n=275)	
	Frequency	Percentage	Frequency	Percentage
WHAT IS MENSTRUATION?				
Natural flow of blood from uterus	159	66	117	42.5
Flow of white fluid	9	3.7	4	1.5
Flow of impure blood from body	62	25.7	127	46.2
Curse of god	1	0.4	1	0.4
Don't know	10	4.1	26	9.5
AGE WHEN MENSTRUATION STARTS				
10-19 years	108	44.8	198	72
9-16 years	8	3.3	21	7.6
15-20 years	28	11.6	1	0.4
13-20 years	85	35.3	35	12.7
Don't know	12	5	20	7.3
TIME PERIOD BETWEEN TWO CONSECUTIVE MENSTRUATION				
3-7 days	101	41.9	83	30.2
8-15 days	23	9.5	23	8.4
10-20 days	26	10.8	14	5.1
21-35 days	56	23.2	84	30.5
Don't know	35	14.5	71	25.8
FIRST INFORMATION REGARDING MENSTRUATION RECEIVED FROM				
Grandfather	7	2.9	1	0.4
Grandmother	70	29	20	7.3
Father	16	6.6	2	0.7
Mother	44	18.3	192	69.8
Sister	2	0.8	37	13.5
Brother	1	0.4	0	0
Teacher	41	17	3	1.1
Friends	6	2.5	4	1.5
Health workers	22	9.1	1	0.4
Books	21	8.7	4	1.5
Media	2	0.9	1	0.4
Don't know till today	8	3.4	10	3.6

Others	1	0.4	0	0
FEELINGS ABOUT MENSTRUATION				
Nothing	108	44.8	81	29.5
Dirty	30	12.4	60	21.8
Powerful	20	8.3	15	5.5
Shy	29	12	70	25.5
Impure	33	13.7	27	9.8
Others	8	3.3	1	0.4
Don't know/Prefer not to say	13	5.4	21	7.6
KNOWLEDGE ABOUT MENSTRUAL HYGIENE				
Yes	85	35.3	168	61.1
No	156	64.7	107	38.9
SYMPTOMS SEEN DURING MENSTRUATION*				
Stomachache	197	37.1	142	21.3
Backache	91	17.1	79	11.8
Nausea	82	15.4	108	16.2
Lethargy	92	17.39	72	10.8
All of the Above	57	10.71	1	0.1
Don't Know	12	2.3	29	4.3
REASON OF ABSENTEEISM OF GIRLS DURING MENSTRUATION*				
Due to pain	126	41.2	143	46.3
Due to shame	118	38.6	101	32.7
Lack of separate toilet for male and female	12	3.9	24	7.8
Lack of water in toilet	9	2.9	26	8.4
Because School is a holy place	19	6.2	15	4.9
Teacher says not to come to school	11	3.6	0	0
Boys tease girls	11	3.6	0	0

*Multiple response variables

Table 12 Findings on Knowledge regarding menstrual health among students of Banke

FINDINGS ON KNOWLEDGE REGARDING MENSTRUAL HEALTH AMONG STUDENTS OF BANKE				
Variables	Male (n=200)		Female (n=236)	
	Frequency	Percentage	Frequency	Percentage
WHAT IS MENSTRUATION?				
Natural flow of blood from uterus	112	56	117	49.6
Flow of white fluid	6	3	2	0.8
Flow of impure blood from body	67	33.5	87	36.9
Curse of god	1	0.5	1	0.4
Don't Know	14	7	29	12.3
AGE WHEN MENSTRUATION STARTS				
10-19 years	68	34	131	55.5
9-16 years	13	6.5	34	14.4

15-20 years	21	10.5	6	2.5
13-20 years	71	35.5	28	11.9
Don't know	27	13.5	37	15.7
TIME PERIOD BETWEEN TWO CONSECUTIVE MENSTRUATION				
3-7 days	49	24.5	44	18.6
8-15 days	9	4.5	5	2.1
10-20 days	6	3	13	5.5
21-35 days	51	25.5	74	31.4
Don't know	85	42.5	100	42.4
FIRST INFORMATION REGARDING MENSTRUATION RECEIVED FROM				
Grandfather	11	5.5	1	0.4
Grandmother	55	27.5	13	5.5
Father	14	7	1	0.4
Mother	41	20.5	125	53
Sister	10	5	45	19.1
Teacher	27	13.5	10	4.2
Friends	16	8	12	5.1
Health workers	11	5.5	7	3
Books	5	2.5	1	0.4
NGOs/INGOs	2	1	0	0
Don't know till today	8	4	21	8.9
FEELINGS ABOUT MENSTRUATION				
Nothing	123	61.5	89	37.7
Dirty	9	4.5	32	13.6
Powerful	17	8.5	17	7.2
Shy	17	8.5	59	25
Impure	15	7.5	5	2.1
Others	4	2	1	0.4
Don't know/Prefer not to say	15	7.5	28	11.9
Fear	0	0	3	1.3
Pure	0	0	2	0.8
KNOWLEDGE ABOUT MENSTRUAL HYGIENE				
Yes	52	26	121	51.3
No	148	74	115	48.7
SYMPTOMS SEEN DURING MENSTRUATION*				
Stomachache	142	35.3	196	33.2
Backache	61	15.2	135	22.9
Nausea	55	13.7	73	12.4
Lethargy	59	14.7	97	16.4
All of the Above	45	11.2	61	10.3
None of the Above	3	0.7	0	0
Don't Know	36	9	26	4.4

Others	1	0.2	2	0.3
REASON OF ABSENTEEISM OF GIRLS DURING MENSTRUATION*				
Due to pain	75	28.1	139	50.50
Due to shame	111	41.6	93	33.8
Lack of separate toilet for male and female	25	9.4	10	3.6
Lack of water in toilet	12	4.5	19	6.9
Because School is a holy place	12	4.5	11	4
Teacher says not to come to school	12	4.5	0	0
Boys tease girls	13	4.9	3	1.1
Others	7	2.6	0	0

*Multiple response variables

Table 13 Findings on menstrual practice among male students in Banke

FINDINGS ON MENSTRUAL PRACTICE AMONG MALE STUDENTS IN BANKE						
Variables	Yes		No		Don't know	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
Do you feel that boys need to know about menstruation?	175	72.6	32	13.3	34	14.1
Do you feel that boys need to help female family member during menstruation?	208	86.3	17	7.1	16	6.6
Do you feel that boys need to help female school friend during menstruation?	191	79.3	26	10.8	24	10
Do you feel that you should help other family members by cooking food?	219	90.9	6	2.5	16	6.6

Table 14 Findings on menstrual practice among male students in Surkhet

FINDINGS ON MENSTRUAL PRACTICE AMONG MALE STUDENTS IN SURKHET						
Variables	Yes		No		Don't know	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
Do you feel that boys need to know about menstruation?	148	74	33	16.5	19	9.5
Do you feel that boys need to help female family member during menstruation?	178	89	3	1.5	19	9.5
Do you feel that boys need to help female school friend during menstruation?	160	80	8	4	32	16
Do you feel that you should help other family members by cooking food?	185	92.5	2	1	13	6.5

Table 15 Findings on menstrual health practice among female students in Banke

FINDINGS ON MENSTRUAL HEALTH PRACTICE AMONG FEMALE STUDENTS IN BANKE		
Variables	Frequency	Percent
DOES YOUR SCHOOL PROVIDE ANYTHING FOR MENSTRUAL MANAGEMENT?		
Yes	220	80
No	18	6.5
Don't know	37	13.5
IF YES, MATERIALS PROVIDED BY SCHOOL*		
Reusable pads	20	9
Disposable pads	195	88.6
Medicines	1	0.4
Cloth	4	1.8
MENSTRUAL PRODUCT MOSTLY USED BY GIRLS AT SCHOOL		
Cloth	33	12
Pad	133	48.4
Both	102	37.1
Don't know	7	2.5
FREQUENCY OF CHANGING CLOTH BY FRIENDS		
Do not change at school	36	13.1
3-4 hours	162	58.9
6-8 hours	39	14.2
9-12 hours	2	0.7
Once a day	14	5.1
Don't know	15	5.5
WAYS OF CLEANING CLOTH BY FRIENDS		
With water only	4	1.5
With soap and water	210	76.4
Do not clean	2	0.7
Use and throw them	8	2.9
WAYS OF DRYING CLOTH BY FRIENDS		
Direct sunlight	230	83.6
Covering it with other cloth	33	12
Inside room	1	0.4
Others	11	4
AVAILABILITY OF SEPARATE PLACE TO WASH CLOTH IN SCHOOL		
Yes	42	15.3

No	201	73.1
Don't know	32	11.6
FREQUENCY OF CHANGING PAD BY FRIEND WHO USE IT		
3-4 hours	29	10.5
6-8 hours	168	61.1
9-12 hours	44	16
once in a day	6	2.2
Do not change when at school	13	4.7
Don't know	15	5.5
KNOWLEDGE ABOUT MENSTRUATION FRIENDLY TOILET		
Yes	121	44
No	154	56
AVAILABILITY OF SEPARATE TOILETS FOR GIRLS AND BOYS AT SCHOOL		
Yes	269	97.8
No	6	2.2
DOES YOUR SCHOOL TEACH ABOUT MENSTRUATION?		
Yes	236	85.8
No	29	10.5
Don't know	10	3.6
CONTINUITY OF MENSTRUATION RELATED CLASSES IN STUDENT'S OPINION		
Should be continued	237	86.2
Shouldn't be continued	38	13.8
CONSUMED ANY MEDICINES TO RELIEVE MENSTRUAL PAIN		
Yes	31	11.3
No	244	88.7
PERSON WHO SUGGESTED TO TAKE MEDICINE		
Family members	6	2.2
Friend	3	1.1
Health worker told	3	1.1
On my own	17	6.2
Others	2	0.7

Table 16 Findings on menstrual health practice among female students in Surkhet

FINDINGS ON MENSTRUAL HEALTH PRACTICE AMONG FEMALE STUDENTS IN SURKHET		
Variables	Frequency	Percent
DOES YOUR SCHOOL PROVIDE ANYTHING FOR MENSTRUAL MANAGEMENT?		

Yes	181	76.7
No	21	8.9
Don't know	34	14.4
IF YES, MATERIALS PROVIDED BY SCHOOL*		
Reusable pads	29	16
Disposable pads	123	67.9
Medicines	10	5.5
Cloth	18	9.8
Others	1	0.5
MENSTRUAL PRODUCT MOSTLY USED BY GIRLS AT SCHOOL		
Cloth	67	28.4
Pad	62	26.3
Both	102	43.2
Don't know	5	2.1
FREQUENCY OF CHANGING CLOTH BY FRIENDS		
Do not change at school	25	10.6
3-4 hours	122	51.7
6-8 hours	46	19.5
9-12 hours	4	1.7
Once a day	22	9.3
Don't know	12	5.1
WAYS OF CLEANING CLOTH BY FRIENDS		
With water only	4	1.7
With soap and water	189	80.1
Do not clean	2	0.8
Use and throw them	4	1.7
WAYS OF DRYING CLOTH BY FRIENDS		
Direct sunlight	197	83.5
Covering it with other cloth	30	12.7
Inside room	2	0.8
Inside toilet	2	0.8
Others	5	2.1
AVAILABILITY OF SEPARATE PLACE TO WASH CLOTH IN SCHOOL		
Yes	19	8.1
No	178	75.4
Don't know	39	16.5
FREQUENCY OF CHANGING PAD BY FRIEND WHO USE IT		
3-4 hours	19	8.1
6-8 hours	145	61.4

9-12 hours	40	16.9
once in a day	6	2.5
Do not change when at school	17	7.2
Don't know	9	3.8
KNOWLEDGE ABOUT MENSTRUATION FRIENDLY TOILET		
Yes	64	27.1
No	172	72.9
AVAILABILITY OF SEPARATE TOILETS FOR GIRLS AND BOYS AT SCHOOL		
Yes	213	90.3
No	23	9.7
DOES YOUR SCHOOL TEACH ABOUT MENSTRUATION?		
Yes	211	89.4
No	16	6.8
Don't know	9	3.8
CONTINUITY OF MENSTRUATION RELATED CLASSES IN STUDENT'S OPINION		
Should be continued	199	84.3
Shouldn't be continued	37	15.7
CONSUMED ANY MEDICINES TO RELIEVE MENSTRUAL PAIN		
Yes	20	8.5
No	216	91.5
PERSON WHO SUGGESTED TO TAKE MEDICINE		
Family members	6	2.5
Friend	8	3.4
Health worker told	4	1.7
On my own	2	0.8

Table 17 Findings regarding attitude of male students towards menstrual health in Banke

FINDINGS REGARDING ATTITUDE OF MALE STUDENTS TOWARDS MENSTRUAL HEALTH IN BANKE						
Statement	Agree		Disagree		Don't know	
	N	Percent	N	Percent	N	N
Menstruation should be kept secret.	64	26.56	147	61.00	30	12.45
I can touch menstruating women.	150	62.24	56	23.24	35	14.52
Women must not enter the house while menstruating.	83	34.44	129	53.53	29	12.03
Menstruation is a sign of good Health.	130	53.94	78	32.37	33	13.69
Women must not enter the temple while menstruating.	109	45.23	89	36.93	43	17.84

I should talk about menstruation with family members.	184	76.35	32	13.28	25	10.37
I should talk about menstruation with other boys.	101	41.91	110	45.64	30	12.45
I can eat a food cooked by a menstruating woman.	135	56.02	80	33.20	26	10.79
Menstruation is an important issue.	192	79.67	26	10.79	23	9.54
I feel uncomfortable talking about menstruation.	68	28.22	134	55.60	39	16.18
I feel uncomfortable studying about menstruation.	95	39.42	118	48.96	28	11.62
I would like to have more information about menstruation.	190	78.84	30	12.45	21	8.71
Female should not enter kitchen during menstruation	96	39.83	113	46.89	32	13.28
Menstruation is a girl-only topic.	143	59.34	77	31.95	20	8.30
My friends can tease menstruating girl.	49	20.33	161	66.80	30	12.45
Girls should miss school during menstruation because school is a holy place	75	31.12	131	54.36	34	14.11
Menstruating women should be kept in a separate room.	80	33.20	137	56.85	23	9.54
Menstruation is embarrassing for males.	50	20.75	159	65.98	31	12.86
I should talk about menstruation with other female friends too.	167	69.29	45	18.67	28	11.62
I should ask questions about menstruation with my teachers.	193	80.08	27	11.20	20	8.30
Menstruating women can socialize with friends during menstruating.	137	56.85	75	31.12	28	11.62
Women becomes impure while menstruating.	112	46.47	92	38.17	35	14.52

Table 18 Findings regarding attitude of male students towards menstrual health in Surkhet

FINDINGS REGARDING ATTITUDE OF MALE STUDENTS TOWARDS MENSTRUAL HEALTH IN SURKHET						
Statement	Agree		Disagree		Don't know	
	N	Percent	N	Percent	N	Percent
Menstruation should be kept secret.	48	24.00	120	60.00	32	16.00
I can touch menstruating women.	135	67.50	38	19.00	27	13.50
Women must not enter the house while menstruating.	57	28.50	112	56.00	31	15.50
Menstruation is a sign of good Health.	109	54.50	41	20.50	50	25.00
Women must not enter the temple while menstruating.	67	33.50	87	43.50	46	23.00
I should talk about menstruation with family members.	161	80.50	15	7.50	24	12.00
I should talk about menstruation with other boys.	36	18.00	128	64.00	36	18.00
I can eat a food cooked by a menstruating woman.	111	55.50	58	29.00	31	15.50
Menstruation is an important issue.	147	73.50	17	8.50	36	18.00
I feel uncomfortable talking about menstruation.	86	43.00	80	40.00	34	17.00
I feel uncomfortable studying about menstruation.	77	38.50	81	40.50	42	21.00
I would like to have more information about menstruation.	166	83.00	17	8.50	17	8.50
Female should not enter kitchen during menstruation	75	37.50	91	45.50	34	17.00
Menstruation is a girl-only topic.	118	59.00	68	34.00	14	7.00
My friends can tease menstruating girl.	44	22.00	131	65.50	25	12.50
Girls should miss school during menstruation because school is a holy place	29	14.50	137	68.50	34	17.00
Menstruating women should be kept in a separate room.	64	32.00	115	57.50	21	10.50
Menstruation is embarrassing for males.	32	16.00	132	66.00	36	18.00
I should talk about menstruation with	151	75.50	18	9.00	31	15.50

other female friends too.						
I should ask questions about menstruation with my teachers.	156	78.00	21	10.50	23	11.50
Menstruating women can socialize with friends during menstruating.	116	58.00	50	25.00	34	17.00
Women becomes impure while menstruating.	64	32.00	90	45.00	46	23.00

Table 19 Findings on Attitude of female students towards menstrual health in Banke

FINDINGS ON ATTITUDE OF FEMALE STUDENTS TOWARDS MENSTRUAL HEALTH IN BANKE						
Statement	Agree		Disagree		Don't know	
	N	Percent	N	Percent	N	Percent
Menstruation should be kept secret.	48	17.45	179	65.09	48	17.45
I can touch a menstruating woman.	222	80.73	16	5.82	37	13.45
Women must not enter the house while menstruating.	95	34.55	142	51.64	38	13.82
Menstruation is a sign of good health.	227	82.55	20	7.27	28	10.18
Women must not enter the temple while menstruating.	148	53.82	84	30.55	43	15.64
I should talk about menstruation with family members.	230	83.64	14	5.09	31	11.27
I should not talk about menstruation with other friends.	56	20.36	185	67.27	34	12.36
I eat the food cooked by a menstruating woman.	218	79.27	26	9.45	31	11.27
Menstruation is an important issue.	251	91.27	6	2.18	18	6.55
I should ask questions about menstruation with my teacher	224	81.45	18	6.55	33	12.00
I feel uncomfortable reading about menstruation.	75	27.27	163	59.27	37	13.45
I feel uncomfortable talking about menstruation.	80	29.09	141	51.27	54	19.64
I would like to have more information on menstruation.	231	84.00	17	6.18	27	9.82
Women must not enter the kitchen while menstruating.	95	34.55	148	53.82	32	11.64
Menstruation is a girl-only topic.	145	52.73	98	35.64	32	11.64
My friends can tease a girl who is menstruating.	57	20.73	192	69.82	26	9.45

I should help a friend who is menstruating.	242	88.00	16	5.82	17	6.18
Menstruating women should be kept in a separate room.	66	24.00	177	64.36	32	11.64
Menstruating girls should miss school because it's a holy place.	54	19.64	193	70.18	28	10.18
I should help a stranger who is menstruating.	208	75.64	35	12.73	32	11.64
Menstruation is embarrassing for girls.	71	25.82	168	61.09	36	13.09
Menstruating women can socialize with friends.	203	73.82	40	14.55	32	11.64
Women become impure during menstruation.	102	37.09	136	49.45	37	13.45
I should also talk about menstruation with boys.	172	62.55	55	20.00	48	17.45

Table 20 Findings on Attitude of female students towards menstrual health in Surkhet

FINDINGS ON ATTITUDE OF FEMALE STUDENTS TOWARDS MENSTRUAL HEALTH IN SURKHET						
Statement	Agree		Disagree		Don't know	
	N	Percent	N	Percent	N	Percent
Menstruation should be kept secret.	42	17.80	169	71.61	25	10.59
I can touch a menstruating woman.	195	82.63	21	8.90	20	8.47
Women must not enter the house while menstruating.	70	29.66	139	58.90	27	11.44
Menstruation is a sign of good health.	172	72.88	30	12.71	34	14.41
Women must not enter the temple while menstruating.	97	41.10	84	35.59	55	23.31
I should talk about menstruation with family members.	200	84.75	18	7.63	18	7.63
I should not talk about menstruation with other friends.	61	25.85	153	64.83	22	9.32
I eat the food cooked by a menstruating woman.	179	75.85	42	17.80	15	6.36
Menstruation is an important issue.	211	89.41	8	3.39	17	7.20
I should ask questions about menstruation with my teacher	194	82.20	25	10.59	17	7.20
I feel uncomfortable reading about menstruation.	77	32.63	122	51.69	37	15.68
I feel uncomfortable talking about menstruation.	70	29.66	120	50.85	46	19.49
I would like to have more information on menstruation.	201	85.17	21	8.90	14	5.93

Women must not enter the kitchen while menstruating.	80	33.90	137	58.05	19	8.05
Menstruation is a girl-only topic.	116	49.15	93	39.41	27	11.44
My friends can tease a girl who is menstruating.	69	29.24	138	58.47	29	12.29
I should help a friend who is menstruating.	197	83.47	19	8.05	20	8.47
Menstruating women should be kept in a separate room.	55	23.31	154	65.25	27	11.44
Menstruating girls should miss school because it's a holy place.	50	21.19	162	68.64	24	10.17
I should help a stranger who is menstruating.	187	79.24	24	10.17	25	10.59
Menstruation is embarrassing for girls.	49	20.76	152	64.41	35	14.83
Menstruating women can socialize with friends.	166	70.34	41	17.37	29	12.29
Women become impure during menstruation.	73	30.93	133	56.36	30	12.71
I should also talk about menstruation with boys.	165	69.92	42	17.80	29	12.29

ANNEX V
Overall Findings

Table 21 Socio-demographic findings

SOCIO-DEMOGRAPHIC FINDINGS				
Variables	Male students (n=441)		Female students (n=511)	
	Frequency	Percent	Frequency	Percent
DISTRICT				
<i>Banke</i>	241	54.6	275	53.8
<i>Surkhet</i>	200	45.4	236	46.2
SCHOOL				
<i>Nera Ma.Vi, Banke</i>	62	14.1	59	11.5
<i>Nera Aa.Bi, Banke</i>	17	3.9	19	3.7
<i>Janta Adarsah Ma.Vi. Banke</i>	73	16.6	96	18.8
<i>Shree Nera Ma.Vi. Banke</i>	28	6.3	27	5.3
<i>Bhagawoti Ma.vi. Banke</i>	60	13.6	70	13.7
<i>Saraswoti School, Surkhet</i>	44	10	44	8.6
<i>Bheri School, Surkhet</i>	31	7	41	8
<i>Saraswoti School, Surkhet</i>	41	9.3	44	8.6
<i>Sarada School, Surkhet</i>	74	16.8	101	19.8
<i>Nepal Rastiya Adharbhut, Surkhet</i>	11	2.5	10	2
GRADE				
Six	71	16.1	71	13.9
Seven	91	20.6	79	15.5
Eight	120	27.2	132	25.8
Nine	69	15.6	131	25.6
Ten	90	20.4	98	19.1
ETHNICITY				
<i>Chettri</i>	183	41.5	217	42.5
<i>Janajati</i>	94	21.3	131	25.6
<i>Dalit</i>	115	26.1	110	21.5
<i>Brahmin</i>	24	5.4	26	5.1
<i>Others</i>	25	5.7	27	5.3
HOUSEHOLD HEAD				
Grandfather	84	19	91	17.8
Grandmother	34	7.7	36	7
Father	270	61.2	317	62
Mother	51	11.6	64	12.5
Uncle	1	0.2	3	0.6
Sister	1	0.2	0	--

EDUCATIONAL STATUS OF HOUSEHOLD HEAD				
Illiterate	102	23.1	114	22.3
Literate	102	23.1	133	26
Primary	90	20.4	125	24.5
Secondary	108	24.5	40	7.8
Higher secondary	32	7.3	72	14.1
Bachelors	3	0.7	21	4.1
Masters	1	0.2	5	1
PhD	3	0.7	1	0.2
EMPLOYMENT STATUS OF HOUSEHOLD HEAD				
Employed	274	62.1	337	65.9
Unemployed	167	37.9	174	34.1
IF EMPLOYED, LOCATION OF EMPLOYMENT				
Inside Nepal	208	47.2	263	51.5
Outside Nepal	66	15	74	14.5

Table 22 Overall findings on knowledge regarding menstrual health

FINDINGS ON KNOWLEDGE REGARDING MENSTRUAL HEALTH				
Variables	Male students (n=441)		Female students (n=511)	
	Frequency	Percentage	Frequency	Percentage
WHAT IS MENSTRUATION?				
Natural flow of blood from uterus	271	61.5	234	45.8
Flow of impure blood from body	129	29.3	214	41.9
Flow of white fluid	15	3.4	6	1.2
Don't know	24	5.5	55	10.8
Curse of god	2	0.5	2	0.4
AGE WHEN MENSTRUATION STARTS				
10-19 years	176	39.9	329	64.4
13-20 years	156	35.4	63	12.3
9-16 years	21	4.8	55	10.8
15-20 years	49	11.1	7	1.4
Don't know	39	8.8	57	11.2
SYMPTOMS SEEN DURING MENSTRUATION*				
Stomachache	339	36.3	433	34.4
Backache	152	16.3	277	22
Nausea	137	14.7	152	12.1

Lethargy	151	16.2	205	16.3
All of the Above	102	10.9	133	10.6
None of the Above	3	0.3	1	0.1
Don't Know	48	5.1	55	4.4
Others	1	0.1	2	0.2
TIME PERIOD BETWEEN TWO CONSECUTIVE MENSTRUATION				
3-7 days	150	34	127	24.9
8-15 days	32	7.3	28	5.5
10-20 days	32	7.3	27	5.3
21-35 days	107	24.3	158	30.9
Don't know	120	27.2	171	33.5
FIRST INFORMATION REGARDING MENSTRUATION RECEIVED FROM				
Grandmother	125	28.3	33	6.5
Mother	85	19.3	317	62
Teacher	68	15.4	13	2.5
Health workers	33	7.5	8	1.6
Father	30	6.8	3	0.6
Books	26	5.9	5	1
Friends	22	5	16	3.1
Grandfather	18	4.1	2	0.4
Sister	12	2.7	82	16
Don't know till today	15	2.4	31	6.1
NGOs/INGOs	2	0.5	0	0
Media	2	0.5	1	0.2
Brother	1	0.2	0	0
Others	2	0.4	0	0
FEELINGS ABOUT MENSTRUATION				
Nothing	231	52.4	170	33.3
Impure	48	10.9	32	6.3
Shy	46	10.4	129	25.2
Dirty	39	8.8	92	18
Powerful	37	8.4	32	6.3
Pure	2	0.5	2	0.4
Don't know/Prefer not to say	28	6.3	49	9.6
Others	10	2	2	0.4
KNOWLEDGE ABOUT MENSTRUAL HYGIENE				
Yes	137	31.1	289	56.56
No	304	69	222	43.44
REASON OF ABSENTEEISM OF GIRLS DURING				

MENSTRUATION*				
Due to pain	201	35.1	282	48.3
Due to shame	229	40	194	33.2
Lack of separate toilet for male and female	37	6.5	34	5.8
Lack of water in toilet	21	3.7	45	7.7
Because school is a holy place	31	5.4	26	4.5
Teacher says not to come to school	23	4	0	0
Boys tease girls	24	4.2	3	0.5
Others	6	1	0	0

*Multiple response variables

Table 23 Overall findings on menstrual practice among male students

FINDINGS ON MENSTRUAL PRACTICE AMONG MALE STUDENTS						
Variables (n=441)	Yes		No		Don't know	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
Do you feel that boys need to know about menstruation?	323	73.3	65	14.7	53	12
Do you feel that boys need to help female family member during menstruation?	386	87.5	20	4.5	35	8
Do you feel that boys need to help female school friend during menstruation?	351	79.6	34	7.7	56	12.7
Do you feel that you should help other family members by cooking food?	404	91.6	8	1.8	29	6.6

Table 24 Findings on menstrual Practice among female students

FINDINGS ON MENSTRUAL PRACTICE AMONG FEMALE STUDENTS		
Variables	Frequency	Percent
DOES YOUR SCHOOL PROVIDE ANYTHING FOR MENSTRUAL MANAGEMENT?		
Yes	401	78.47
No	39	7.63
Don't know	71	13.89
IF YES, MATERIALS PROVIDED BY SCHOOL		
Reusable pads	49	12
Disposable pads	340	85
Medicines	10	2.4

Others	2	0.4
MENSTRUAL PRODUCT MOSTLY USED BY GIRLS AT SCHOOL		
Cloth	100	19.6
Pad	195	38.2
Both	204	39.9
Don't know	12	2.3
FREQUENCY OF CHANGING CLOTH BY FRIENDS		
Do not change at school	61	11.9
3-4 hours	284	55.6
6-8 hours	85	16.6
9-12 hours	6	1.2
Once a day	36	7
Don't know	39	7.6
WAYS OF CLEANING CLOTH BY FRIENDS		
With water only	8	1.6
With soap and water	399	78.1
Do not clean	4	0.8
Use and throw them	12	2.3
Don't know	88	17.2
WAYS OF DRYING CLOTH BY FRIENDS		
Direct sunlight	427	83.6
Covering it with other cloth	63	12.3
Inside room	3	0.6
Inside toilet	2	0.4
Others	16	3.1
AVAILABILITY OF SEPARATE PLACE TO WASH CLOTH IN SCHOOL		
Yes	61	11.9
No	379	74.2
Don't know	71	13.9
FREQUENCY OF CHANGING PAD BY FRIEND WHO USE IT		
3-4 hours	313	61.3
6-8 hours	84	16.4
9-12 hours	12	2.3
once in a day	30	5.9
Do not change when at school	48	9.4
Don't know	24	4.7
KNOWLEDGE ABOUT MENSTRUATION FRIENDLY TOILET		
Yes	185	36.2

No	326	63.8
AVAILABILITY OF SEPARATE TOILETS FOR GIRLS AND BOYS AT SCHOOL		
Yes	482	94.3
No	29	5.7
DOES YOUR SCHOOL TEACH ABOUT MENSTRUATION?		
Yes	447	87.5
No	45	8.8
Don't know	19	3.7
CONTINUITY OF MENSTRUATION RELATED CLASSES IN STUDENT'S OPINION		
Should be continued	436	85.3
Shouldn't be continued	75	14.7
CONSUMED ANY MEDICINES TO RELIEVE MENSTRUAL PAIN		
Yes	51	10
No	460	90
PERSON WHO SUGGESTED TO TAKE MEDICINE		
Family members	12	2.3
Friend	11	2.2
Health worker told	7	1.4
On my own	19	3.7
Others	2	0.4

Table 25 Findings on Attitude of female students towards menstrual health

FINDINGS ON ATTITUDE OF FEMALE STUDENTS TOWARDS MENSTRUAL HEALTH						
Statement	Agree		Disagree		Don't know	
	N	%	N	%	N	%
Menstruation should be kept secret.	90	17.61	348	68.1	73	13.33
I can touch a menstruating woman.	417	81.60	37	7.24	57	1.42
Women must not enter the house while menstruating.	165	32.29	281	54.99	65	10.76
Menstruation is a sign of good health.	399	78.08	50	9.78	62	1.91
Women must not enter the temple while menstruating.	245	47.95	168	32.88	98	6.43
I should talk about menstruation with family members.	430	84.15	32	6.26	49	1.23
I should not talk about menstruation with other friends.	117	22.90	338	66.14	56	12.94
I eat the food cooked by a menstruating woman.	397	77.69	68	13.31	46	2.60
Menstruation is an important issue.	462	90.41	14	2.74	35	0.54
I should ask questions about menstruation with my teacher	418	81.80	43	8.41	50	1.65
I feel uncomfortable reading about menstruation.	152	29.75	285	55.77	74	10.91
I feel uncomfortable talking about menstruation.	150	29.35	261	51.08	100	10.00

I would like to have more information on menstruation.	432	84.54	38	7.44	41	1.46
Women must not enter the kitchen while menstruating.	175	34.25	285	55.77	51	10.91
Menstruation is a girl-only topic.	261	51.08	191	37.38	59	7.31
My friends can tease a girl who is menstruating.	126	24.66	330	64.58	55	12.64
I should help a friend who is menstruating.	439	85.91	35	6.85	37	1.34
Menstruating women should be kept in a separate room.	121	23.68	331	64.77	59	12.68
Menstruating girls should miss school because it's a holy Place.	104	20.35	355	69.47	52	13.60
I should help a stranger who is menstruating.	395	77.30	59	11.55	57	2.26
Menstruation is embarrassing for girls.	120	23.48	320	62.62	71	12.25
Menstruating women can socialize with friends.	369	72.21	81	15.85	61	3.10
Women become impure during menstruation.	175	34.25	269	52.64	67	10.30
I should also talk about menstruation with boys.	337	65.95	97	18.98	77	3.71

Table 26 Findings on Attitude of male students towards menstrual health

FINDINGS ON ATTITUDE OF MALE STUDENTS TOWARDS MENSTRUAL HEALTH						
Statement	Agree		Disagree		Don't know	
	N	%	N	%	N	%
Menstruation should be kept secret.	112	25.4	267	60.54	62	14.06
I can touch menstruating women.	285	64.63	94	21.32	62	14.06
Women must not enter the house while menstruating.	140	31.75	241	54.65	59	13.38
Menstruation is a sign of good Health.	239	54.2	119	26.98	82	18.59
Women must not enter the temple while menstruating.	176	39.9	176	39.9	89	20.2
I should talk about menstruation with family members.	345	78.23	47	10.66	48	10.88
I should talk about menstruation with other boys.	137	31.07	238	53.97	65	14.74
I can eat a food cooked by a menstruating woman.	246	55.78	138	31.29	56	12.7
Menstruation is an important issue.	339	76.87	43	9.75	58	13.15
I feel uncomfortable talking about menstruation.	154	34.92	214	48.53	72	16.33
I feel uncomfortable studying about menstruation.	172	39.00	199	45.12	69	15.65
I would like to have more information about menstruation.	356	80.73	47	10.66	37	8.39
Female should not enter kitchen during menstruation	171	38.78	204	46.26	65	14.74
Menstruation is a girl-only topic.	261	59.18	145	32.88	34	7.71
My friends can tease menstruating girl.	93	21.09	292	66.21	55	12.47
Girls should miss school during menstruation because school is a holy place	104	23.58	268	60.77	68	15.42
Menstruating women should be kept in a separate room.	144	32.65	252	57.14	44	9.98
Menstruation is embarrassing for males.	82	18.59	291	65.99	67	15.19

I should talk about menstruation with other female friends too.	318	72.11	63	14.29	59	13.38
I should ask questions about menstruation with my teachers.	349	79.14	48	10.88	43	9.75
Menstruating women can socialize with friends during menstruating.	253	57.37	125	28.34	62	14.06
Women becomes impure while menstruating.	176	39.91	182	41.27	81	18.37