



WASH IN SCHOOLS
THREE STAR APPROACH



MENSTRUAL HYGIENE MANAGEMENT

WinS MONITORING RESULTS PHILIPPINES // SCHOOL YEAR 2017/2018 TO 2019/2020

BACKGROUND

Menstrual Hygiene Management (MHM) is defined by the Joint Monitoring Programme (JMP) of WHO and UNICEF as:

“Women and adolescent girls use hygienic materials to absorb or collect menstrual blood, which can be changed in privacy as often as necessary for the duration of a menstrual period, use soap and water for washing the body as required, and have access to safe and convenient materials to dispose of used materials. They understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear.”

Water, sanitation, and hygiene (WASH) is crucial in ensuring appropriate menstrual hygiene management among girls. It is, thus, important to improve WASH services in Schools to ensure that menstruation will not get in the way of education. In the Philippines, the Department of Education (DepEd) issued the National WinS Policy (DepEd Order 10, Series 2016). DepEd conducts annual monitoring to track progress of schools implementing the WinS policy. The baseline monitoring was conducted in School Year (SY) 2017/18, with about 30 000 schools participating. The second round of WinS monitoring was conducted in SY 2018/19, with about 35,000 schools participating.

The latest round of monitoring was conducted in School Year 2019/2020, with a total of 39,814 participating schools or approximately 88% of public schools in the country. This report shows the MHM-related data within the WinS monitoring and presents the impressive improvements which schools all over the country have achieved within the last years.



WATER ★ SANITATION ★ HYGIENE ★ HEALTH EDUCATION

CONTINUOUS IMPROVEMENTS ARE SEEN FROM THE DATA IN 2017/18 UP TO THE LATEST MONITORING DATA IN 2019/20

All indicators on MHM have improved in the SY 2019/20. The improvements seen in the latest monitoring results highlight the use of monitoring to guide the schools and allow them to check which aspects need to be improved. There are areas, however, that still need more attention, particularly the availability of IEC materials for both students and teachers, availability of water at all school hours, and infrastructure-related indicators such as the availability of washing facilities inside the toilets and the number of toilets to reduce the number of girls sharing the facilities.

USE OF EXISTING RESOURCES KEY IN SUSTAINING IMPROVEMENTS

Many indicators for MHM can be easily improved using existing resources at school level. The availability of rest space for girls with menstrual discomfort is one indicator which doesn't need big investment from the school, but only use of existing space within school grounds. Likewise, provision of locks, wrapping materials, and trash bins and distribution of existing IEC materials are indicators that do not require big investments and can be complied with using existing



resources but can substantially improve MHM in schools and make an important change for girls to manage their menstruation in schools.

NEED TO INVEST MORE ON INFRASTRUCTURE -RELATED INDICATORS

Despite the improvements seen over the past three years, the average number of students per functional toilet for female is still high and doesn't meet the national standard of 1:50 toilet-pupil ratio. Proximity of toilet to classrooms and the availability of washing facility inside female toilet is also still lacking in a considerable number of schools, with 17,973 (55.1%) elementary schools and 2,180 (30.3%) secondary schools still without washing facility inside toilets. These indicators are important areas that will need more investment to further support girls in menstrual hygiene management while at schools.

WinS MONITORING MHM WATER AVAILABILITY

Monitoring data for the school year (SY) 2019/20 show that availability of water in schools continues to increase. A considerable number of schools, however, still do not have access to water. More than a quarter of the schools

also still lack water at all school hours. Access to water, ideally at all school hours, is necessary in ensuring appropriate menstrual hygiene management.

TABLE 1. WATER AVAILABILITY

	School Year 2017/2018		School Year 2018/2019		School Year 2019/2020	
	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools
Total no. of schools ›	25,640	4,946	28,914	6,091	32,619	7,195
Availability of water in schools	63.6 %	60.0 %	72.4 %	71.4 %	81.8 %	81.6 %
› only certain days of the week	17.8 %	13.6 %	15.6 %	11.7 %	16.3 %	12.3 %
› only certain hours in a day	23.9 %	23.4 %	22.0 %	22.4 %	21.7 %	22.3 %
› all school hours	54.2 %	59.9 %	59.4 %	63.3 %	59.3 %	63.0 %

WinS MONITORING MHM SANITATION FACILITIES

The latest monitoring data show that there are more toilets accessible to students in SY 2019/20, hence less girls are sharing toilets. This is an improvement from the previous monitoring data from SY 2018/19 which still showed a higher toilet to pupil ratio indicating that previously more girls had to share a facility. Continuous improvement in terms of the quality of facilities can also be seen, as shown by the availability of toilets with locks, lighting, and adequate ventilation. There is also a continuous increase in the availability of toilets with wrapping materials and trash bins for used pads.

While there was a decrease in the availability of washing facility inside the toilet from baseline (SY 2017/18) to

follow-up (SY 2018/19), latest monitoring results show a slight increase compared to the last SY. Having a washing facility inside female toilets is important to allow girls to better manage menstrual hygiene while in schools. The water outlet to student ratio likewise continues to improve, with more schools having one facility shared by less than 50 students. While there is a decrease in the number of schools with no handwashing facility, 4,404 elementary schools and 849 secondary schools still lack handwashing facility inside school grounds. Availability of rest space for girls with menstrual discomfort, on the other hand, was shown to have continuous increase. This indicates the feasibility of using existing resources to comply with the DepEd standards.

TABLE 2.
MHM-FRIENDLY
SANITATION FACILITIES

	School Year 2017/2018		School Year 2018/2019		School Year 2019/2020	
	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools
Total no. of schools ›	25,640	4,946	28,914	6,091	32,619	7,195
Average number of students per functional toilet for female	101.6	121.4	123.2	125.8	96.3	117.4
Proportion of schools where all functional toilets are secure, private and have door with lock	79.8 %	84.2 %	85.2 %	87.7 %	87.2 %	88.3 %
› all functional toilets have lighting	69.3 %	77.3 %	77.9 %	84.3 %	79.9 %	85.0 %
› all functional toilets have adequate ventilation	70.9 %	78.3 %	78.4 %	84.0 %	80.7 %	85.3 %
All exclusively female toilets have wrapping materials and trash bins for used sanitary pads	30.5 %	59.4 %	46.9 %	60.4 %	53.6 %	64.5 %
Exclusively female toilets have a washing facility inside the toilet	53.9 %	74.8 %	40.1 %	68.1 %	44.9 %	69.7 %
Detached toilets for girls within view of school building and people	42.6 %	65.7 %	47.2 %	66.1 %	50.8 %	68.4 %
Water-outlet to student ratio						
› less than 1:50	54.9 %	27.0 %	64.4 %	35.6 %	71.0 %	43.4 %
› ≥ 1:50	21.0 %	52.1 %	19.3 %	50.1 %	15.4 %	44.8 %
› no handwashing facility at all	24.2 %	20.9 %	16.3 %	14.3 %	13.5 %	11.8 %
Has rest space for girls with menstrual discomfort	32.3 %	50.0 %	47.2 %	63.9 %	52.2 %	69.5 %

WinS MONITORING MHM AVAILABILITY OF SANITARY PADS

Huge improvement in terms of access to sanitary pads can be seen from the baseline data in 2017/18 to the latest monitoring results in SY 2019/20, with a twofold increase in the number of schools providing access to sanitary pads from SY 2017/18. Many options are available to deal with period blood and one of these is through the use of reusable pads or pasador. The use of pasador comes with many benefits as reusable pads are eco-friendly, leak-proof and easy to clean, and can last up to 3-5 years.

A creative and sustainable way of making pads accessible is to include pasador-making in the school curriculum, as already done in many schools. Pasador-making, as part of classroom activity, also serves as a fun and effective way to engage learners on discussions relating to MHM.



<https://bit.ly/2SbxNuK>

Poster: Making Reusable Pads

A reference for teachers in guiding learners, both female and male on making reusable pads to address lack of access to emergency sanitary pads at school and home.

TABLE 3. ACCESS TO SANITARY PADS

	School Year 2017/2018		School Year 2018/2019		School Year 2019/2020	
	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools
Total no. of schools ›	25,640	4,946	28,914	6,091	32,619	7,195
Sanitary pads available in school (at least in one of the following areas)	37.7 %	46.2 %	72.5 %	85.1 %	78.3 %	88.6 %
› School canteen	19.2 %	55.6 %	30.1 %	63.7 %	32.5 %	65.5 %
› School clinic	17.4 %	30.7 %	29.4 %	48.0 %	33.2 %	55.4 %
› Guidance office	5.4 %	13.1 %	11.6 %	24.5 %	14.3 %	30.0 %
› Guidance adviser/ teacher laboratories	46.0 %	37.6 %	61.3 %	53.8 %	69.1 %	62.5 %

WinS MONITORING MHM ACCESS TO INFORMATION ON MHM

Both information on proper disposal of sanitary pads and availability of IEC materials increased from baseline in 2019/2020 to the latest monitoring results. While continuous increase is seen in the availability of IEC materials for both teachers and students, these are only available to approximately half of the schools. Most common area where IEC materials for MHM are available is in the classroom.



TABLE 4. ACCESS TO INFORMATION ON MHM

	School Year 2017/2018		School Year 2018/2019		School Year 2019/2020	
	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools	Elementary Schools	Secondary Schools
Total no. of schools ›	25,640	4,946	28,914	6,091	32,619	7,195
Has IEC materials on Menstrual Health						
› for teachers	34.5 %	33.5 %	46.0 %	45.2 %	52.9 %	52.8 %
› for students	37.0 %	36.4 %	48.6 %	49.4 %	55.8 %	56.9 %
Areas where IEC materials for MHM are available						
› bulletin board	11.9 %	16.7 %	19.4 %	28.8 %	23.6 %	33.4 %
› classrooms	30.7 %	28.2 %	40.0 %	39.3 %	45.2 %	45.1 %
› toilets	15.2 %	19.7 %	25.9 %	35.1 %	32.4 %	42.1 %
Has information on paper disposal of sanitary napkins in girls toilet						
	56.9 %	60.7 %	70.1 %	74.4 %	74.6 %	78.6 %

WinS MONITORING MHM AMIDST THE COVID-19 SCHOOL CLOSURE

Menstrual hygiene management is a key component of WinS. Substantial progress on the status of MHM in schools in the country has been made throughout the last three years. The closure of the schools in the Philippines due to the COVID19 pandemic, however, poses a challenge in terms of sustaining the gains made in MHM. Ensuring appropriate menstrual hygiene measures, specifically access to information will reach the target population despite the temporary school closure in the Philippines is necessary as a key component of WinS.

Several initiatives to raise awareness and continue engaging learners, teaching, and non-teaching staff of schools have been conducted in the past year, such as the webinar on menstrual hygiene management which generated a total of 235,408 views and 18,042 engagements via livestream. The high number of views and engagements on the webinar shows high interest of different groups on the topic.

In addition to this, several materials are also available online on the DepEd WinS Website and via DepEd Commons and can be accessed through the QR codes below. Available materials can be included in the lessons and can be shared through different online modalities to make them accessible and widely available to learners and teachers.

MHM RESOURCES



MHM WinS Monitoring Results SY 2017/2018 to 2018/ 2019
Brochure (6 pages); overview of all Three Star Approach criteria



Growing healthy
Booklet (12 pages); guide for young girls on MHM



Making Reusable Pads
Poster and booklet (7 pages); learning guide on making reusable pads



https://wins.deped.gov.ph/2021/05/10/mhm_resources/

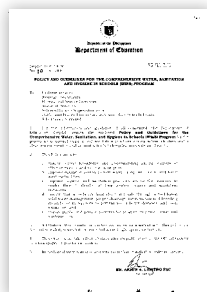


<https://bit.ly/3kQp2b>

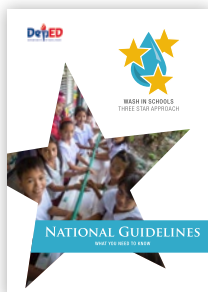
MHM Poster
1 page poster; direct and indirect MHM indicators within the SDG WinS Monitoring Framework



MORE INFORMATION ABOUT WASH IN SCHOOLS AND THE THREE STAR APPROACH



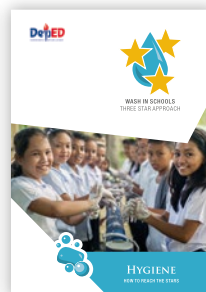
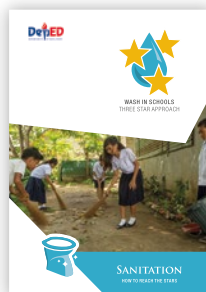
DepEd Order No. 10, S. 2016, WinS Policy and Guidelines
Policy and Guidelines for the comprehensive WinS Program



National Guidelines – What you need to know
Brochure (6 pages); overview of all Three Star Approach criteria



Water / Sanitation / Hygiene / Deworming – How to reach the stars
Four booklets with detailed and practical information on how to get active and improve the star level



WinS Monitoring Results
Brochure (11 pages); results of the DepEd WinS monitoring in the Philippines; for the school year 2017/2018 up to school year 2019/2020



Learn online! Two WASH in Schools MOOCs:

LEADING WINS IN SCHOOLS:
<https://course.keep.edu.hk/course/226461>

ACCELERATING WINS IN DIVISIONS:
<https://course.keep.edu.hk/course/284493>



IMPRINT

Department of Education
DepEd Complex, Meralco Ave.
Pasig City, Metro Manila,
Philippines

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Design: Christine Lüdke, www.bueroluedke.de
Photos: Ivan Sarenas;
SEAMEO INNOTECH, PT Y&R MICE

May 2021

Supported by: GIZ; Save the Children; UNICEF

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