



THE IFSPD PRESIDENTIAL FELLOWSHIP 2022

Pad Plus

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Triza Chirwa
@TrizaChirwa



I was privileged to join with the Shifters in improving adolescent Sexual Reproductive Health and rights and management of vulnerable adolescent.

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ABOUT IFSPD:

IFSPD is an international non-governmental non-profit organization, established in 2009 by the initiative of distinguished intellectuals, scientific and public figures, diplomats, and representatives of influential non-governmental organizations from across the world.

IFSPD represents a civil society initiative for launching common actions and strengthening peace, dialogue, harmony, and cooperation between the countries of the wider Black Sea – Caspian Sea region in the field of enhancing democratic process, consolidation of civil society, economic development, environment, science, education, innovative technology, cultural diversity, tolerance and dialogue among civilizations.

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Sangeeth Varghese

President of IFSPD,
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IFSPD Presidential Fellows - an internship program for exceptional youth across the world - to drive projects that would promote peace, sustainability, and development.

To reinvigorate the youth & reinforce positivity in the world, we assembled together a handful of the best-talented youth from across the world.

During the course of a few months, these youth have been implementing projects of critical importance to help rebuild our world - under the umbrella of our esteemed foundation IFSPD.

We are happy to release the regular IFSPD project report - done by Triza Chirwa, who Youth of Advocate Sexual Reproductive Youth Advocate with the Tithanizane Youth Support Organization. She worked on the project "Pad Plus".

I am sure you would find this report insightful, and keep our flag flying as we strive to build a Greater IFSPD.

Best Wishes,



PAD PLUS

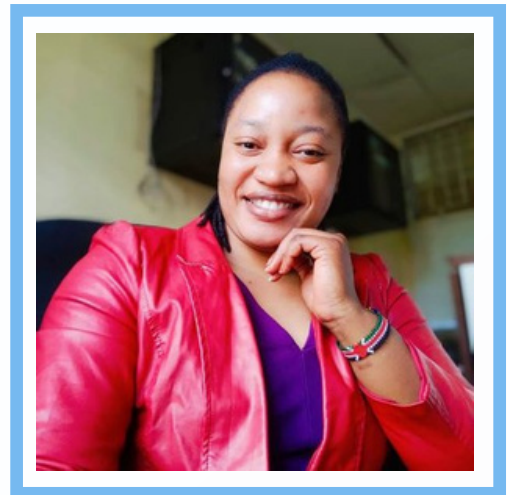
***This Essay is produced for
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to improve Health and Education for all***





Author

Triza Chirwa has 6 years of experience. Currently, she is Youth of Advocate of Sexual Reproductive Youth Advocate with the Tithanizane Youth Support Organization. Prior to this, She Worked with iRISE TALKS Malawi as Co-founder Director. She has done her Bachelor of Science in Public Health from the University of Livingstonia Malawi.





PROJECT:

Pad Plus

Pad Plus is an innovative idea that seeks to increase safe Menstrual Health Management (MHM) in schools. In Malawi, poor menstrual health management for school girls has greatly contributed to absenteeism and poor academic performance.

Additionally, studies have shown that girls miss school during their menses, especially when the school lacks the WASH facilities necessary to maintain hygiene. Since most of the schools, both primary and secondary do not have menstrual health first aid, the Pad Plus program provides menstrual support to school girls with the purpose of helping them to overcome the effects of unsafe menstrual health management. In most schools in Malawi, it is proved that lack of sufficient knowledge on Menstrual Health Management issues is the major cause of all the common myths and challenges faced by school girls during their menstruation. It is against this background that the Pad Plus program provides an educative platform as well as awareness on safe and proper usage of sanitary pads, period hygiene, and educating them on how to handle messes. Girls are also equipped with the requisite knowledge and abilities to take menstruation as a normal issue and always check their calendars to keep track of their menstruation to avoid embarrassment.





The project is so relevant because a lot of skilled girls in Malawi do not attend classes when are in their monthly periods. Since the project centers on equipping participants with skills to make their own sanitary pads, it saves them a great deal of financial burden because they can use the sanitary pads for a longer period of time. The project addressed areas on youth menstrual hygiene, proper usage of contraceptive methods, debunking myths and taboos on periods as well as engaging to understanding a girl's monthly period is the normal and natural process of the body. The project was conducted through in-person workshops as well as online on zoom and it largely focused on human resources. It started on July 20th, 2022 till September 25th, 2022.

The project has helped to reduce the absenteeism of girls at a time when in their menstrual period. Reduction in absenteeism of girls has greatly improved their academic performance hence promoting equality between them and the boys. The project has also built the capacity of girls in menstrual hygiene management (they are able to know their menstrual cycle and the changes that happen during the period). We have also provided free sanitary pads to over 60 girls who would not afford any sanitary material during menses finally we trained communities and other girls on how to make reusable sanitary pads and we have built capacities of girls on breaking menstrual myths and uptake of family planning commodities.



THREE ACTIVITIES THAT I WOULD IMPLEMENT WITHIN 6 MONTHS

Education

There is a high illiteracy rate among youths due to inadequate teaching and learning materials in schools, so we want to enhance education and skills development by reducing illiteracy, we will achieve this by providing our youth center as a complementary basic education center.

Will deploy part-time teachers to teach and provide a well-stocked library.

Health

There is a low family planning uptake by the youths and young mothers.

So we want to step up in SRHR by making sure that we create linkages and referrals between service providers and youths to promote the uptake of both long-term and short-term Family Planning Services and prevention of STI's and HIV/AIDS transmission.

Forest /environment

There is a high rate of degradation of the environment and natural resources due to charcoal production, poor farming practices, and uncontrolled bushfires.

So we will initiate a project that will reduce degradation, and deforestation and increase the the number of trees planted and make sure the tree survival rate increases.



"PAD PLUS"

Author: Triza Chirwa

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