

Launched in 2016, «No Taboo Periods.» is a campaign, which aims to break the silence around menstruation and raise awareness about the fundamental role that menstrual hygiene management (MHM) plays in enabling women and girls to reach their full potential.



NO TABOO PERIODS.

HEALTHY SCOP
HEALTHY LIFE

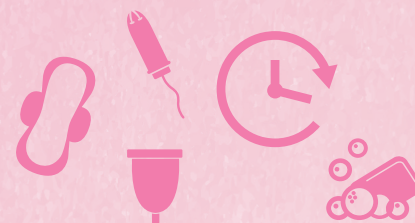
Background



Women and young girls' lack of access to clean and secure restrooms during their periods, perpetuates shame and fear.

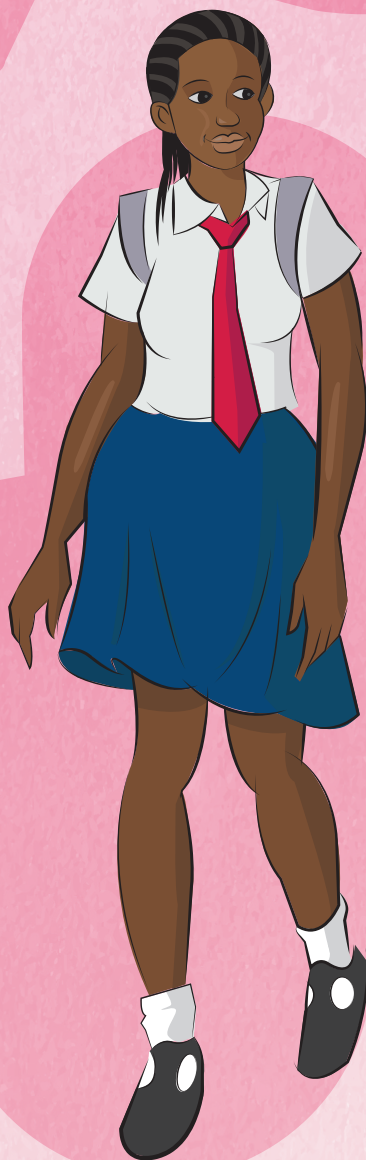
On the long term, repercussions are immense and influence on women's health, education and living conditions.

Objectives



Improve knowledge, attitudes and practices around menstrual hygiene.

Raise menstrual hygiene management as a public health priority in order to generate political support on the issue.



Strategy



Formative research on knowledge, attitudes and practices towards MHM



Interpersonal communication and social mobilization



Recruitment of political leaders



Recruitment of opinion leaders

Community Engagement



Based on the results from the formative research, Speak Up Africa created a safe haven for women, girls, boys and men to freely discuss and exchange on issues related to menstrual hygiene management.

The Speak Up Africa Lab is located in Pikine, in the suburbs of Dakar where the majority of the population lives with **less than \$2 US a day**.

The role of our champions



CONTRIBUTE
to improving girls
and women's
living conditions



IMPROVE
the knowledge,
attitudes and
practices towards
menstrual hygiene
management



LIFT
the taboo around
menstruation



CONVEY
the necessity to
take into account
menstrual hygiene
management
in the highest
spheres of the
gouvernement



SpeakUpAfrica.

Headquartered in Dakar, Senegal, Speak Up Africa is a strategic communications and advocacy organization dedicated to catalyzing leadership, enabling policy change, and increasing awareness for sustainable development in Africa.

Through our platforms and relationships and with the help of our partners, we ensure that policy makers meet implementers; that solutions are showcased and that every sector – from individual citizens and civil society groups to global donors and business leaders – contributes critically to the dialogue and strives to form the blueprints for concrete action for public health and sustainable development.