



Homeland Ghana  
Educational Foundation

**HOMELAND GHANA EDUCATIONAL FOUNDATION**

**FREE SANITARY PADS PROJECT**

**STUDENTS SURVEY REPORT**

**N=65**

## INTRODUCTION

Homeland Ghana Educational Foundation surveyed to gather students' opinions on the free sanitary pads project at Kori Junior High School and Siniensi Junior High School. The survey focused on female students aged 12 to 19 years. The goal was to understand the impact of the project and collect feedback to improve its effectiveness in helping more girls.

The students answered a questionnaire with eight standardised questions to minimise bias. The data was then analysed to assess the project's impact and gather suggestions for improvement.

The following sections include a summary and a detailed analysis of the survey results, conclusions, and recommendations. These recommendations will help improve the free sanitary pads project to better meet the needs of the students.

## BACKGROUND

Sanitary products are essential, but many schoolgirls in rural areas lack access to them. This affects their education and well-being, as they may use unhygienic alternatives or miss school during their menstrual cycles.

To help these girls, Homeland Ghana Educational Foundation started the Free Sanitary Pads Project at Kori Junior High School and Siniensi Junior High School. The goal of the project is to provide free sanitary pads to female students, improving their attitude towards menstruation and creating a better learning environment.

By removing a major barrier to education, the project aims to improve academic performance, increase self-confidence, and promote gender equality in education. To assess the project's impact and gather ideas for improvement, the Foundation surveyed to get feedback from the beneficiaries.

## EXECUTIVE SUMMARY

### 1. Satisfaction with the Free Sanitary Pads Project

95% of the students are very happy with the free sanitary pads project.

### 2. Adequacy of Sanitary Pads

54% of students say the sanitary pads last up to a month, while 46% find them inadequate.

### 3. Impact on School Attendance

97% of students report improved school attendance since receiving the pads. The remaining 3% raised concerns about the pads being insufficient.

#### 4. **Comfort in Class During Menstrual Cycle**

Most students feel more comfortable participating in class during their period. 62 girls feel comfortable, while 3 feel somewhat comfortable. No student reported feeling uncomfortable.

#### 5. **Impact on Academic Performance**

95% of students say they can focus better on their studies since the project began, showing a positive impact on academic performance.

#### 6. **Improved Confidence**

Overall, students' confidence has greatly improved. 60 girls said their confidence has increased, while 3 said it has improved a little. This is likely because they can attend school without missing days.

#### 7. **Project Impact Overview**

The project has led to a 65% improvement in school attendance, 9% say they can focus better on studies, and 22% feel more confident during their period. 1% gave an unclear response.

#### 8. **Suggestions for Improvement**

The project could include menstrual health education, provide more sanitary pads, and offer other items like soap and underwear. These steps would raise awareness of menstrual hygiene practices.

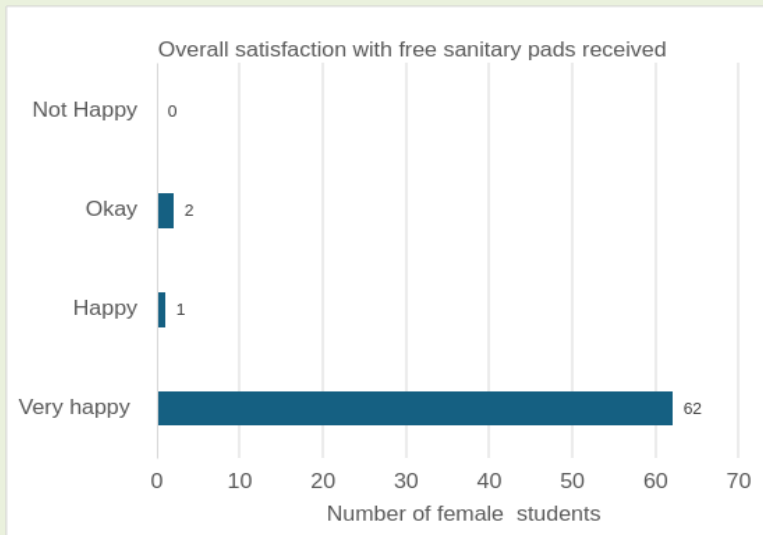
## ANALYSIS OF SURVEY RESULTS

### **Students' impressions of the Pads initiative**

95% of students were “very happy” with the sanitary pads initiative due to its positive impact on their well-being. Some of the benefits include:

- Students no longer worry about affording or accessing pads, which reduces absenteeism caused by menstruation-related issues.
- Reduced stigma, creating a supportive and empowering environment for students.
- Students can focus more on their studies, leading to better academic performance with fewer interruptions.
- Improved confidence by eliminating the stress of managing menstruation without the right resources.

Figure 1:

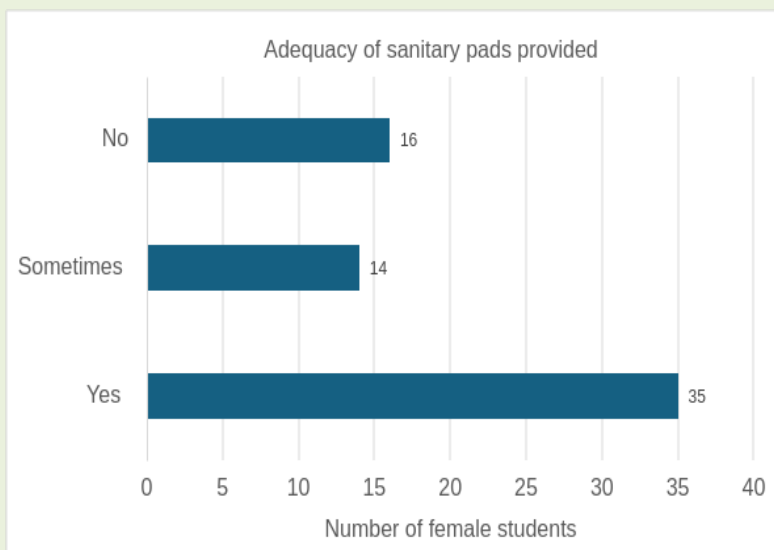


### Adequacy of Free Sanitary Pads

When asked if the pads last a whole month, about 50% of students responded “Yes, they last a whole month.” While students appreciate the free sanitary pads project, the success of the project depends on whether the pads last until their next cycle.

The remaining 46% of students were either dissatisfied or had concerns about the pads not lasting a month. Some of those who were happy with the pads also shared similar concerns.

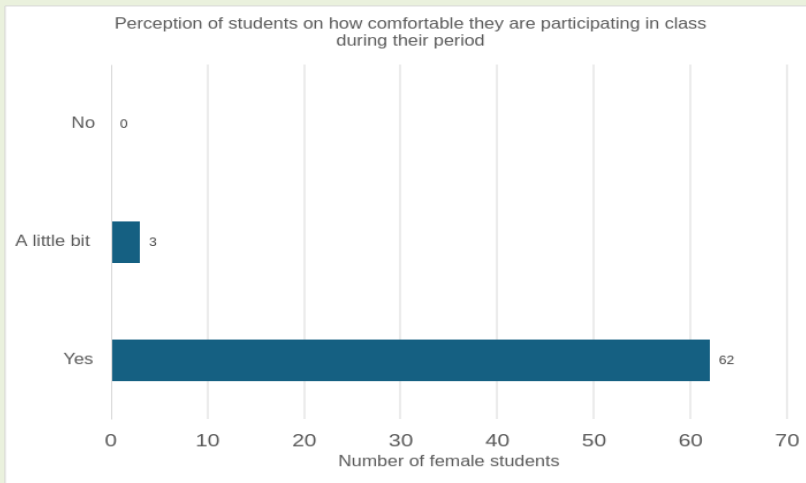
Figure 2:



### Perception of Students on Their Level of Comfort During Their Periods

Sixty-two girls (95%) at Kori Junior High School and Siniensi Junior High School feel much more comfortable participating in class during their periods. The other three girls (5%) felt a little more comfortable, but no one felt uncomfortable. The slight discomfort could be due to not having enough sanitary pads or emotional and physical changes during their menstrual cycle.

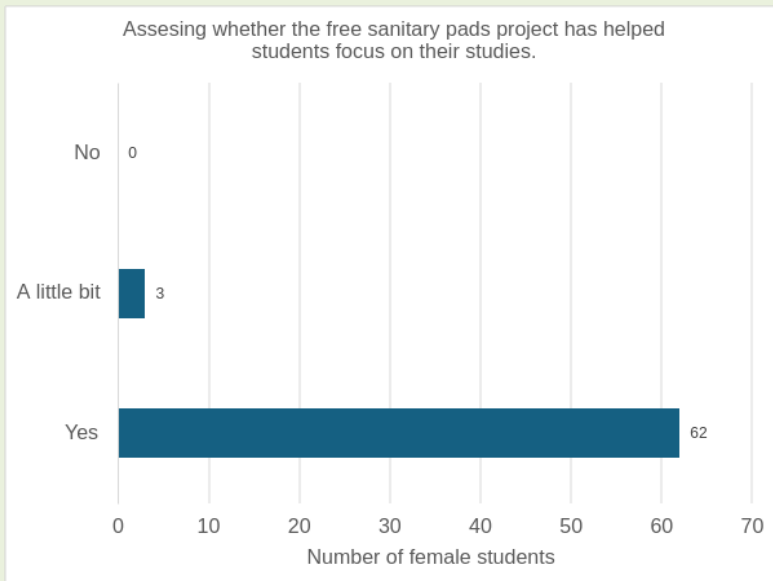
Figure 3:



### Impact of Free Sanitary Pads on Students' Ability to Focus on Their Studies

95% of students can focus on their studies without worrying about missing school or being stigmatised. Many girls miss school during their period due to a lack of proper menstrual products. Even when they do attend, discomfort and fear of leaks make it hard to concentrate. This may explain why 5% of students felt the sanitary pads helped them "a little bit" to focus better on their studies.

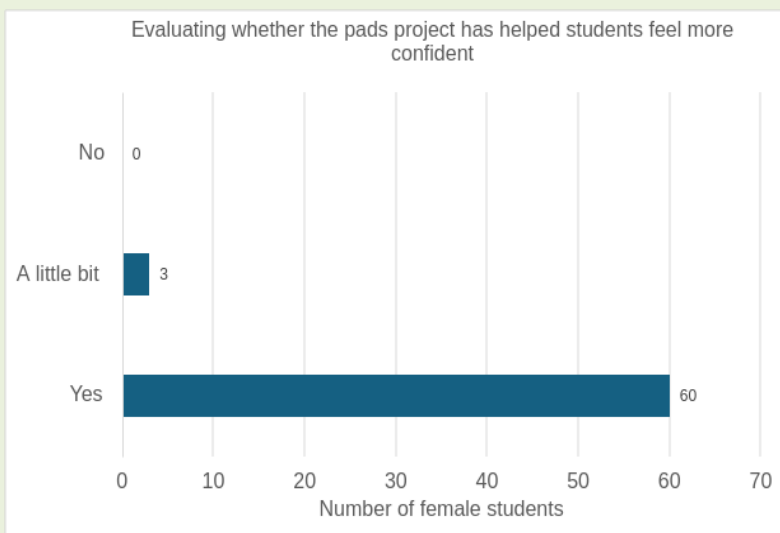
Figure 4:



### Impact of Free Sanitary Pads on the Girls' Confidence

Sixty-two students feel much more confident at school since they started receiving free sanitary pads. Having access to pads improves their hygiene and boosts their confidence. It also helps them challenge the misconception that menstruation is something to be ashamed of. Without the fear of embarrassment, the girls feel more confident participating in class and in the community.

Figure 5:

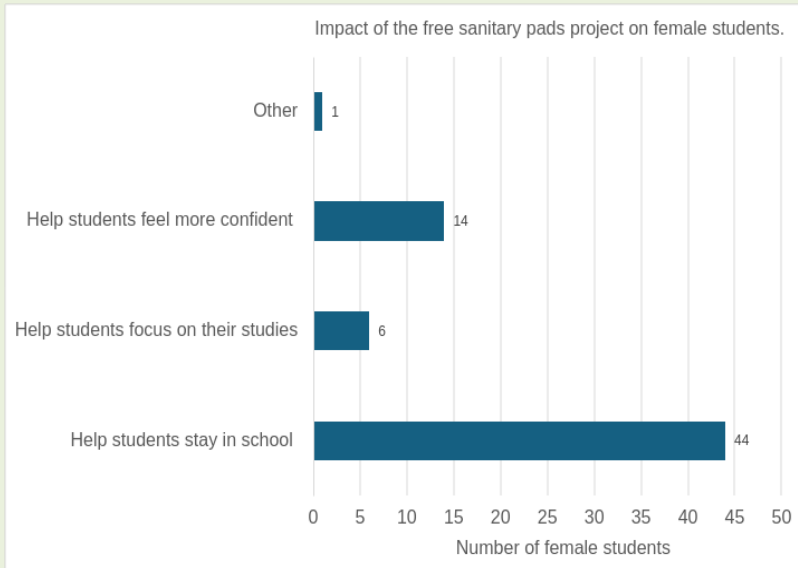


## Positive Impacts of Free Sanitary Pads Project

The free sanitary pads project has had positive effects on the schools, including better school attendance, improved focus on studies, and better academic performance. The girls also feel more confident during their period, allowing them to participate more in class. The main benefit of the project is that it has helped them stay in school. As shown in Figure 6 below:

- 44 girls (67%) stayed in school because of the project.
- 6 girls (9%) were able to focus better on their studies.
- 14 girls (22%) felt more confident.
- 1 girl (1%) selected "other," but did not provide further details.

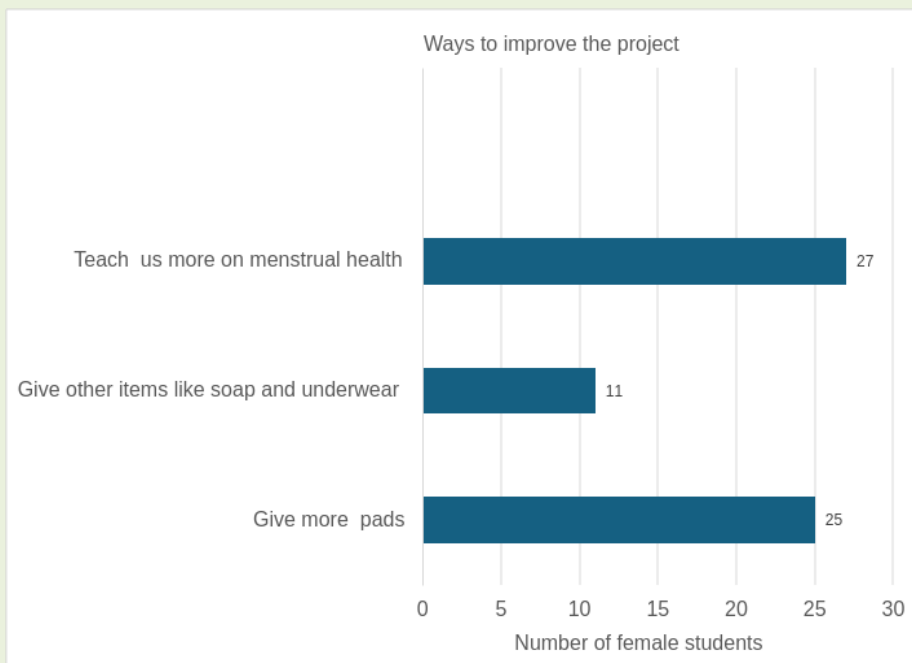
Figure 6:



## Ways to Improve the Project

A significant 43% of students suggested that they would benefit from learning about menstrual health. With the youngest participant being 12 years old, educating students as they transition into adolescence could help reduce the stigma and shame around menstruation. The students also need guidance on proper hygiene practices. Additionally, 17% of students said they would benefit from receiving other items like underwear and soap, while 40% requested more pads.

Figure 7:



## CONCLUSION

The Free Sanitary Pads Project has had a positive effect on the schoolgirls at Kori Junior High School and Siniensi Junior High School. It has helped improve school attendance, academic performance, and student confidence by meeting their menstrual hygiene needs. However, addressing concerns about the quantity of pads and adding more educational and hygiene resources could make the project even better.



## RECOMMENDATIONS

- Expand education: Introduce menstrual health lessons to reduce stigma and teach good hygiene.
- Increase pad supply: Provide enough pads to last students for a full month.
- Offer extra items: Provide additional hygiene products like soap and underwear.
- Get regular feedback: Conduct surveys to assess the project's impact and make improvements.
- Include teachers: Involve teachers in the free sanitary pads project.

## FINAL THOUGHTS

By following these recommendations, the Homeland Ghana Educational Foundation can make the project more effective and help schoolgirls succeed in their education and beyond. The project's efforts to promote gender equality and empowerment will give the schoolgirls the same opportunities as their male classmates.