

Why Menstrual Hygiene Management matters to achieve the SDGs

The Sustainable Development Goals (SDGs) are a commitment to finish what was started - to end poverty in all forms and dimensions by 2030.

This involves targeting those living in vulnerable situations, increasing access to basic resources and services, and supporting communities affected by conflict and climate-related disasters. At Real Relief, we work across the SDGs to contribute to achieve the 17 goals. Among other products we focus on Safepad™, an antimicrobial reusable sanitary pad. As Menstrual Hygiene Management #MHM matters to achieve the SDGs.



Goal 3: Ensure healthy lives and promote well-being for all ages.

Fact: If girls and women lack access to menstrual hygiene products, they are often forced to use other unhygienic materials, that might lead to an increased incidence of reproductive track infections (RTIs)

Solution: Include menstrual health as a critical component of reproductive health #safepad



Goal 4: Ensure inclusive and equitable quality education and promote life-long learning opportunities for all.

Fact: Girls in developing countries miss up to 5 days of education monthly while they menstruate.

Solution: Include menstrual health and education on the school agenda #safepad



Goal 5: Achieve gender equality and empower girls and women.

Fact: Taboos and myths related to menstruation often portray girls and women as inferior to boys and men.

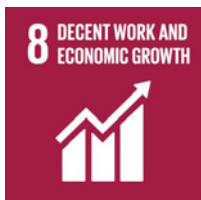
Solution: Ensure that girls and women can manage their menstruation with dignity. Breaking down taboos and helping to build positive norms #safepad



Goal 6: Ensure availability and sustainability of water and sanitation by all.

Fact: 2.4 billion people lack access to improved sanitation facilities. Girls and women are particularly affected by this lack of access to privacy and hygiene.

Solution: Girls and women need adequate water and sanitation facilities including safe and culturally accepted disposal systems and/or reusable hygiene products #safepad



Goal 8: Promote sustained inclusive and sustainable economic growth, full productive employment and decent work for all.

Fact: Female workers do not attend work as the workplaces lack adequate toilet facilities.

Solution: Ensuring that employers provide adequate sanitation facilities at workplaces #safepad

