



**Mitigating Period Poverty:
Addressing Menstrual Health needs
and providing livelihood support in
Lebanon**

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‘Usually we look for the **cheapest product**, whether it’s a **nappy** or a **pad**.’

“A **bread** bundle is worth a **thousand pads**.”

‘If I am using **bad-quality pads** or cloths, **I don’t leave my tent** [...]. If I am using the good ones, I allow myself to go out or visit the neighbours.’

Women make several trips waiting for a woman to be serving for **fear of harassment and embarrassment** of buying from male shopkeepers

“I don’t have access to pads [...]. Mostly **my husband shops** for the family, and he **doesn’t feel comfortable buying pads**.”

‘Sometimes I get inflammations after my period, especially when I use **bad-quality nappies**. They also give me a **rash** and **urine infection**.’



Period Poverty

Girls in School

- 10-20% days / month
- Fall behind/drop out
- Increase risk of child marriage
- Reduced employment
- Dependence & Increased vulnerability



Plan/Fe-male 2021 (n = ~1600)

- 78% said access to products was affected
- 76% due to high price increase (66 - 409%)
- Use of lower quality & quantity of products



Oxfam/AUB 2020 (n = ~130)

- Reluctance to interview teenage girls & to admit alternatives used
- Affordability, shame, fear & dependency prohibiting access



Period Poverty

A lack of access to...

- Decent **products**
- Accurate **knowledge** and **information**
- A **safe place** to change and dispose of products and to talk about menstruation
- Safe washing facilities to maintain **personal hygiene**

What we're doing...





At WingWoman Lebanon we

**SUPPORT THE LIVELIHOODS OF
WOMEN FROM DISADVANTAGED
COMMUNITIES**

through the production & distribution of

HIGH QUALITY REUSABLE ITEMS



What we do...

Reusable
Period Pads
& Diapers



Awareness
Sessions



Livelihood
Programs



"[The pads] are easy to use and wash. I am grateful to know I have them any time I need"

"My girls haven't had to miss a day of school since getting these pads - thank you"

Internal Livelihoods Program & Access to Essential Items



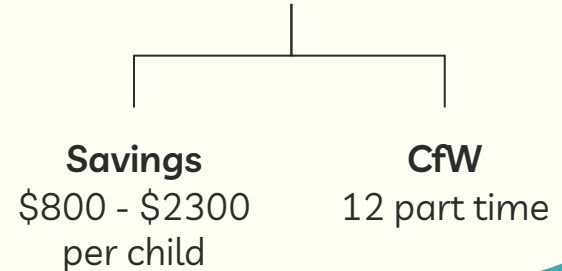
Pads & Awareness

Last 2.5 -3 years
~ 790 disposables



Diapers

Last entire diaper phase of infant
~ 6000 disposables





What this has meant to those involved in production...



"Before joining WingWoman periods were forbidden [...] to talk about at home. Now it's normal to talk about it in front of and with the community"

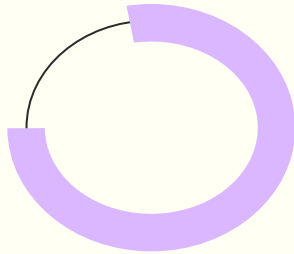
"WingWoman has been very helpful for me because I have been able to help my family in these difficult times"

Pad Evaluation 1

Syrian communities living in houses in and around Saida/Beirut - 47 participants - commissioned through an independent research consultant

75%

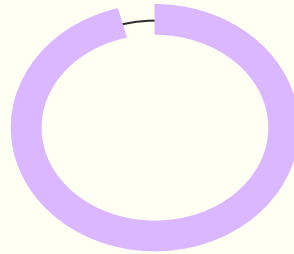
Using the pads 6 months later and satisfied



Including during period & as daily liner

96%

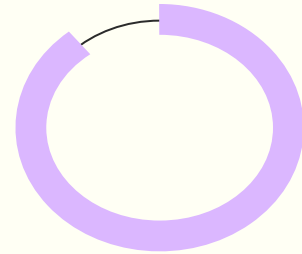
Did not consider 6 pads enough



“I feel less stressed each month just knowing I have something to use”

89%

Would recommend the pads



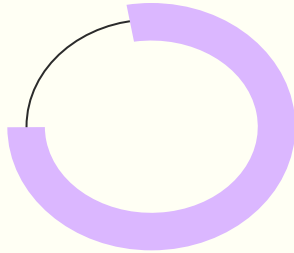
Most had - sharing them with family/friends esp. where several women/ girls

Pad Evaluation 2

Syrian communities in tented settlements in Arsaal - 89 participants - conducted in collaboration with the M&E department of a large INGO (anonymous).

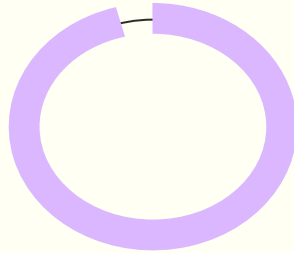
94%

Main reason for using the pads - financial savings



69%

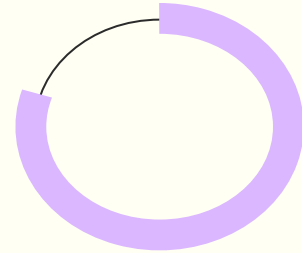
Can rely solely on reusable pads



Inability to clean and change them outside the home as the challenge

74%
80%

Enough water
Enough detergents



Despite reported challenges, 86% had recommended reusable pads to others.

Changes We've Made

- Packs increased from 6 to 8 pads
- Waterproof pouches developed
- Packs of daily liners created
- Discussion about drying pads
- Explanation of financial savings
- Encourage organisations to supply additional detergent



DIAPERS

One pack: 3 diapers & 12 inserts

Positive feedback regarding:

- Comfort
- Lack of rashes
- Suitable sizing
- Improvement from alternatives (plastic bags & old towels/clothes)
- Considerable financial savings mentioned by all.

Concern raised was the need for an increase in washing powder

‘please remember to share this with organisations so people aren’t left without it and so they are able to continue using the diapers’.

~30% of parents expressed it is less convenient when leaving the house - substituting with disposables when necessary.



External Livelihoods Project

1st Cycle

- Period awareness session to 10 trainees
- Provide interactive training on pad making
- Trainees produce 100 packs of pads in a cash for work program over 3 weeks
- Distribute the pads and provide awareness session, alongside the trainees, to 100 people



2nd Cycle

- Awareness session with next 10 trainees
- Previous trainee trains women and monitors their progress producing 100 packs of pads
- Provide awareness sessions for next 100 recipients of the reusable pads





I did not know about reusable pads before



Economic support / CfW



Skills development



Social Inclusion for women



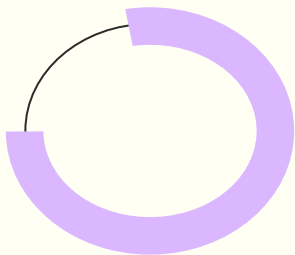
Increased Access to Essential Items

Project Evaluation

Lebanese and Syrian people living in houses & tented settlements - 78 participants
- commissioned through [MAPS Research Center](#)

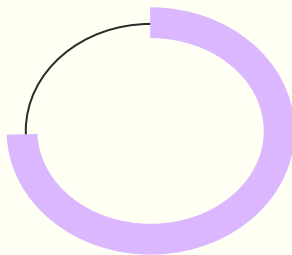
76%

**Using the pads 4
months later**



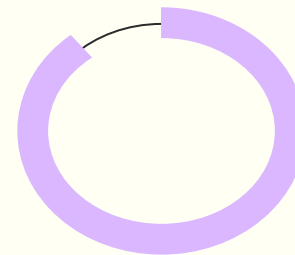
100%

**Using the pads said they
were cost effective**



87%

**Shared awareness
session information.**



Mostly to daughters &
neighbors (6% to husbands).

Thanks!



Please reach out for collaborations to increase **long term access to pads** in a **sustainable manner** or to provide **economic** and **social inclusion** opportunities for women.



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Q & A