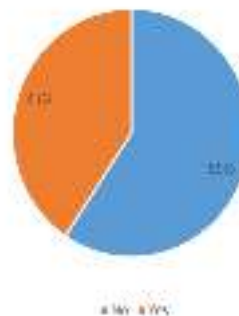

AGYW' ACCESS TO INFORMATION ON MENSTRUAL HYGIENE MANAGEMENT THROUGH STRENGTHENING OF COMMUNICATION CHANNELS AND DEVELOPMENT OF MENSTRUAL HYGIENE MANAGEMENT MESSAGES

According to Belayneh and Mekuriaw (2019: 2)¹, menstruation is normal and a biological development of all women during their reproductive age. However, adolescent girls and young women can properly manage their menstruation and practice good menstrual health management only when they have access to adequate information on menstrual health management.

Vision in Action Cameroon identified four communities in Buea; Mile 16, Ndongo, Bokwaongo, Bwitingi and issued 300 questionnaires after establishing a background to the study with two objectives; to strengthen AGYW'S communication channels and develop communication messages on menstrual health management. 100 were administered in Mile 16, 50 at

Ndongo, 75 at Bokwaongo and 75 at Bwitingi. Analysis from the findings indicates that 17% are AGYW between the ages of 10-15, 27% are 21-25, and 25% are 16-20 while 18% are 26-30.

Statistics on AGYW's as Internally Displaced Persons



Source; Fieldwork 2022

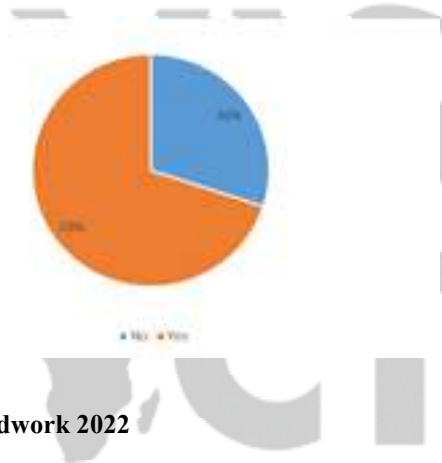
59% of the AGYW are Internally Displaced Persons. 49% have attained at least secondary education and 38% live with their parents.

¹ Belayneh and Mekuriaw BMC Public Health (2019) 19:1595 <https://doi.org/10.1186/s12889-019-7973-9>

Findings also shows that 22% of the AGYW started menstruating at 12 years old.

Despite the fact that 70% had knowledge prior menarche, it is insufficient as they were taught mostly how to care for their body.

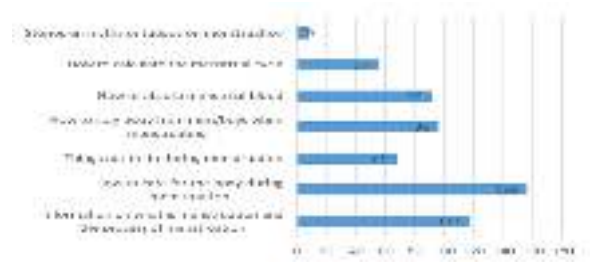
Statistics of AGYW’s knowledge on MHM prior menarche



Source; Fieldwork 2022

Only 18.3% know how to calculate their menstrual cycle and 30.6% to absorb their menstrual blood. While 39% got these knowledge from their mothers, 32% of them choose their parents to be strengthened as their preferred communication channel.

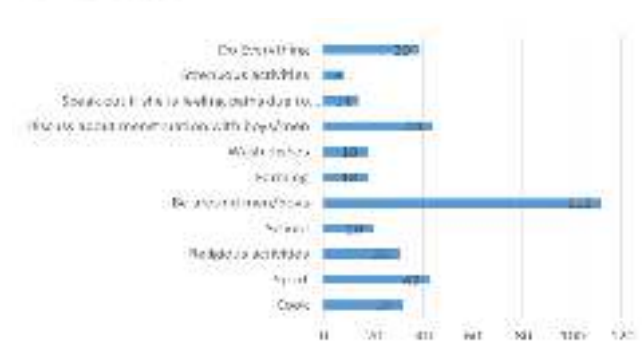
Statistics of AGYW’s knowledge after menarche



Source; Fieldwork 2022

In assessing the knowledge AGYW have on menstrual health management, findings highlights that 30% thinks it is inappropriate to be around men and boys during menstruation. Thus, necessitating the need of developing communication messages on menstrual health management that is comprehensive and suite the needs of adolescent girls and young women in these communities.

Statistics of AGYW’s information on MHM



Source; Fieldwork 2022