

PPAG

PLANNED PARENTHOOD ASSOCIATION OF GHANA

(Incorporated under the Companies Code, 1963, Act. 179)

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Sexual Health For Quality Life

**To: All Media Houses
For Immediate Release**

PLANNED PARENTHOOD ASSOCIATION OF GHANA COMMEMORATES MENSTRUAL HYGEINE DAY 2023

Accra 28th May, 2023

Menstruation is a natural fact of life and a human rights issue, not just a health one. Women or adolescent girls' ability to care for their bodies while menstruating is an essential part of this fundamental right. Poor menstrual health and hygiene therefore represents an affront to this right, including the right to school and work. Insufficient resources to manage menstruation, such as sanitary pads and clean water, worsen the already existing social and economic inequalities. It further undermines human dignity and attacks the confidence of girls and women.

The theme for Menstrual Hygiene Day this year is "**Making menstruation a normal fact of life by 2030**" for us as a Reproductive Health and Rights Organisation, it is a call for the execution of comprehensive approaches that combine education with infrastructure (washrooms) and sanitary products to surmount the hurdles that battle our efforts at achieving good menstrual health for adolescent girls and women.

The Planned Parenthood Association of Ghana (PPAG) passionately appeals to Ghanaian schools, workplaces and public institutions to ensure that adolescent girls and women can manage menstruation with comfort and dignity while being productive.

Our aim is to contribute to the building of a fairer, healthier, gender-responsive Ghana that acknowledges and works towards achieving the vision of sanitation and hygiene under Goal 6 of the Sustainable Development Goals: "By 2030, achieve access to adequate and equitable sanitation and hygiene for all, paying special attention to the needs of girls and women in vulnerable situations".

PPAG calls on Government to increase political priority and ignite action for menstrual health and hygiene. Policies that eliminate period poverty, especially for low-income women and girls who struggle to afford menstrual products and have limited access to water and sanitation services must be expedited. This starts with Government's declassification of sanitary pads as luxury products to end the 20 percent import charge it currently attracts. To the Ghanaian media, let us encourage open dialogue on menstruation. It is a great way to break period stigma and teach young people how to stay healthy and hygienic during menstruation.

END

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