



Assessment Forms MHM Awareness Activities

PRE-ASSESSMENT

To be used right before the awareness training.

No.	Question	Yes	No	Do not know / Not applicable
1)	Have you had access to information on menstruation before menarche?			
2)	Do you usually have access to safe menstrual materials (e.g., sanitary pads) during your menstrual period?			
3)	Previously, during menstrual period, were you able to change your menstrual materials at [<i>adapt to institution</i>] in a clean, private, and safe space?			
4)	Was your participation in school/work/leisure activities limited due to having your period?			
5)	Are you confident that you have the skills to change and dispose of or wash your menstrual materials?			
6)	Do you consider that menstruation is a completely natural physiological process?			
7)	Do you feel comfortable talking about menstruation to friends/family/persons of trust?			
8)	When on the period, should girls and women be restricted from attending school and from taking part in everyday life activities?			
9)	Do you believe boys and men should receive knowledge on menstruation?			

POST-ASSESSMENT

To be used right after the training.

No.	Question	Yes	No	Do not know / Not applicable
1)	Are you confident that you have the skills to change and dispose of or wash your menstrual materials?			
2)	Do you consider that menstruation is a completely natural physiological process?			
3)	Do you feel comfortable talking about menstruation to friends/family/persons of trust?			
4)	When on the period, should girls and women be restricted from attending school and from taking part in everyday life activities?			

5)	Do you believe boys and men should receive knowledge on menstruation?			
6)	The information given out in the training will be useful for me in the future.			
7)	The trainer was knowledgeable and sensitive			
8)	Was there any information you missed? If yes, please explain below			

EVALUATION-ASSESSMENT

To be used ... weeks/months (time frame to be determined depending on activity and context) after the training.

No.	Question	Yes	No	Do not know / Not applicable
1)	Do you usually have access to safe menstrual materials (e.g., sanitary pads) during your menstrual period?			
2)	Previously, during menstrual period, were you able to change your menstrual materials at (adapt to institution) in a clean, private, and safe space?			
3)	Was your participation in school/work/leisure activities limited due to having your period?			
4)	When on the period, should girls and women be restricted from attending school and from taking part in everyday life activities?			
5)	Are you applying the knowledge obtained in the training in your everyday life?			