

BROOKINGS

QUALITY. INDEPENDENCE. IMPACT.

The Impact of Mentoring on Learning Outcomes

Adolescent Girls and the Challenges of Menstruation

Mary Akinyi Otieno | Guest Scholar
Center for Universal Education
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Presentation Outline

1. State of Adolescent Girls' Education Worldwide
2. Impact of Menstruation on Girls' Education
3. My Intervention: Mentoring



State of Adolescent Girls Globally and in Kenya

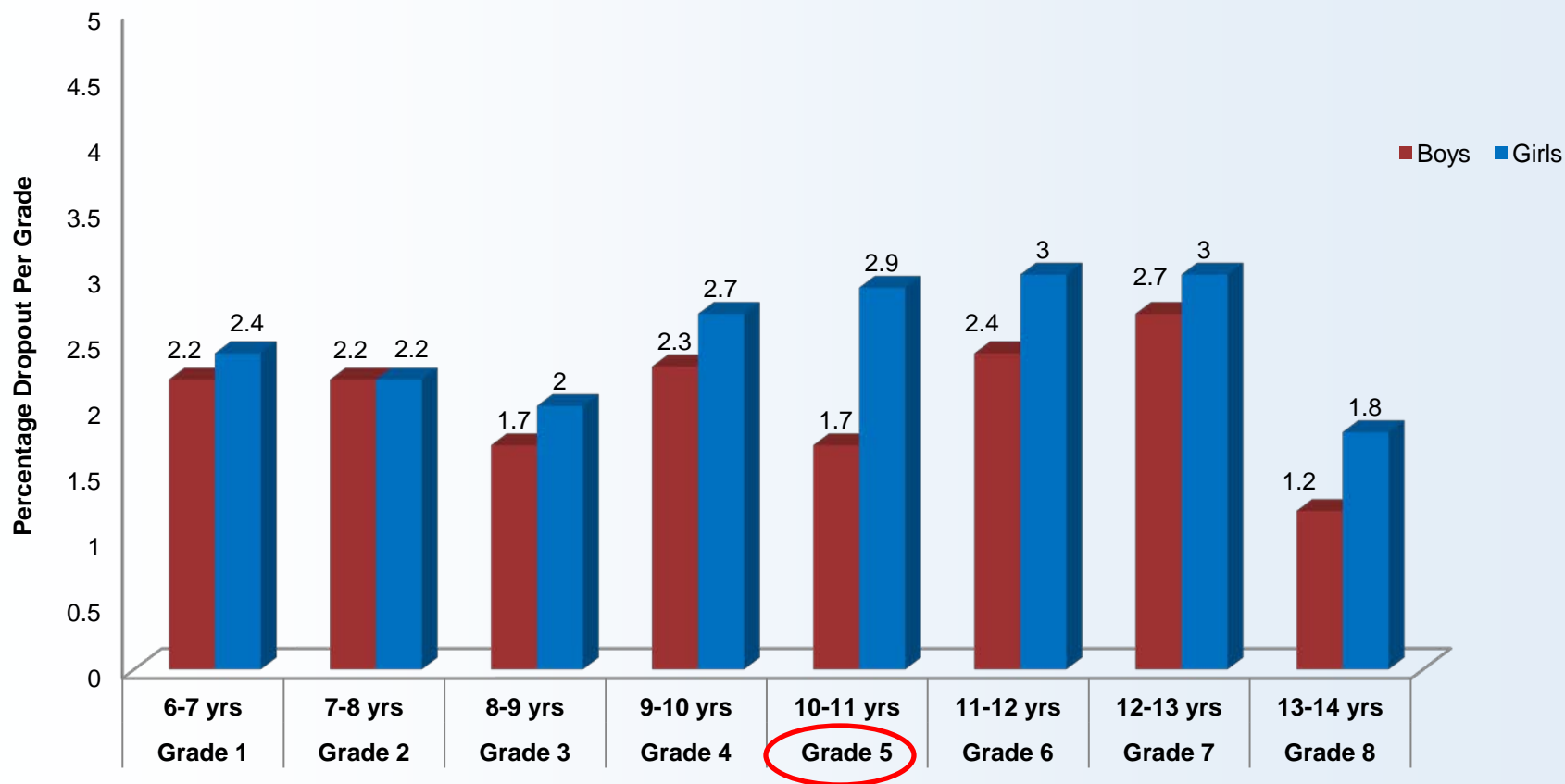
Global

- Adolescents make up 1/5 of the female population world wide
- Half of adolescent girls are married by the age of 20

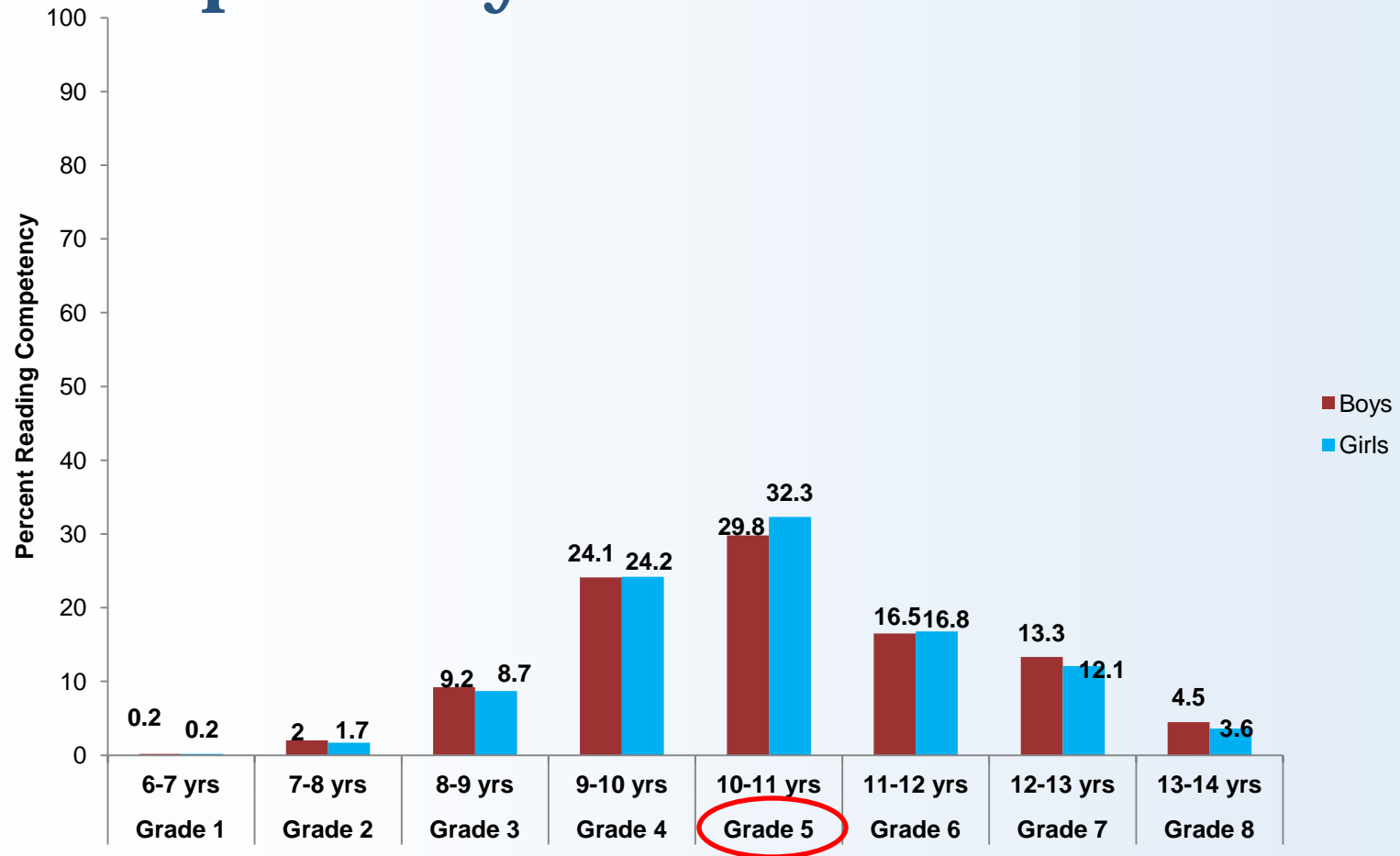
Kenya

- Adolescent girls make up 1/4 of the female population in Kenya
- 36% of adolescent girls are either pregnant or mothers by the age of 20 (26% of these before age 18)
- HIV prevalence in girls aged 15-19 in Kenya is 4% and doubles by age 20-24 (three times as much as boys of the same age)

Dropout Rates Per Grade in Kenya



Students Reaching Reading Competency Level at Grade



Source : SACMEQ, 2011

Challenges Faced by Adolescent Girls Due to Menstruation

- Stigma
- Medical issues
- Lack of access to modern sanitary products



Review of Research on the Impact of Menstruation

- Kenyan girls miss 3.5 days of school every month
 - Provision of sanitary products reduce absenteeism by 14%
- Lack information about the menstrual cycle
 - Use of unhygienic sanitary products (such as rags)
 - Limited support at home and in school during menstruation

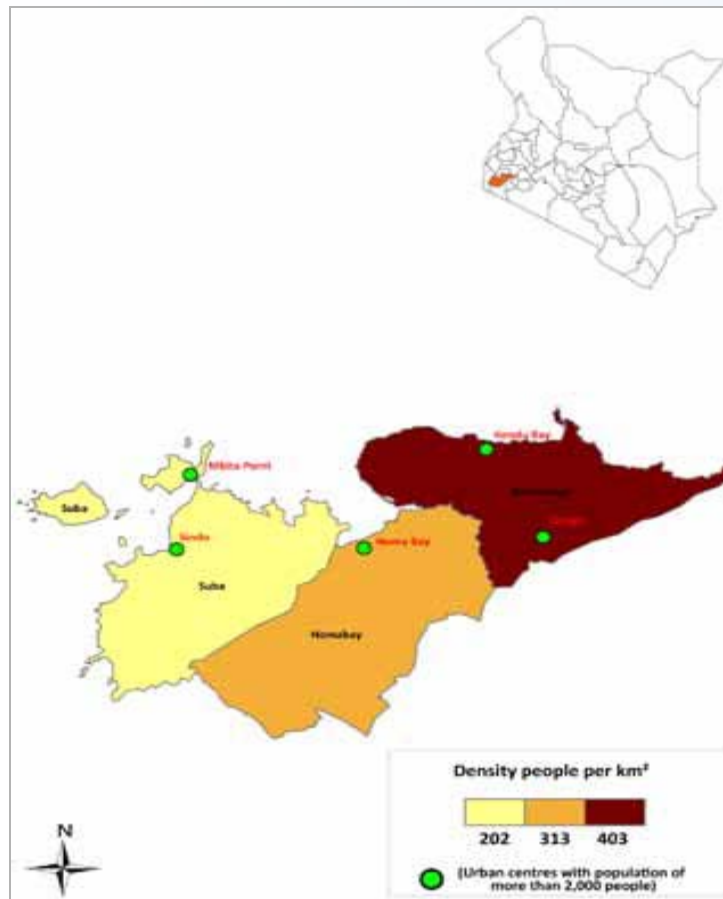
Underlying Causes of Menstrual Challenges

- Lack of information/awareness
- Lack of free sanitary products
- Lack of support from home and school
- Social stigma around menstruation

Possible Solutions

- Education on menstruation
- Provision of sanitary products
- School support
 - » Gender friendly sanitary facilities
 - » Informed and supportive teachers
- Positive attitudes on menstruation from girls, peers, parents and teachers

Homabay County



- 50% live below poverty line
- 40% absenteeism rate
- 90% of Class 3 students cannot read a Class 2 story
- High dropout rate

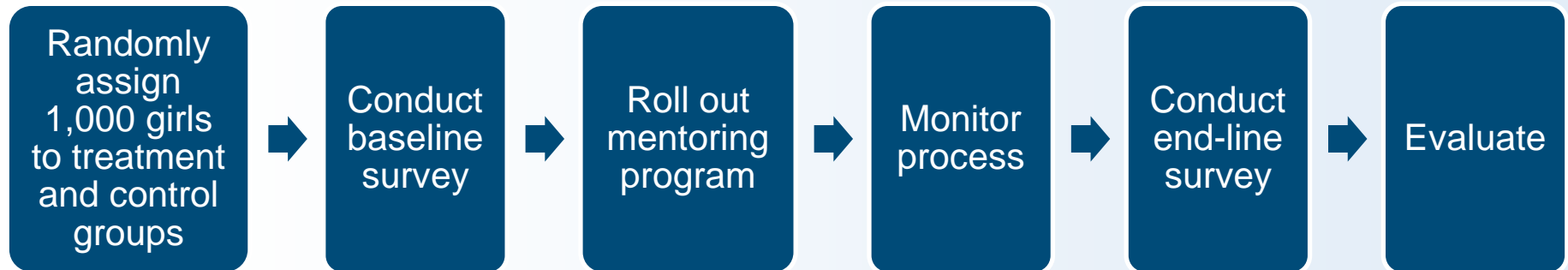
Proposed Intervention

Enhanced Mentoring for girls ages 10-15 on (1) menstrual, (2) educational, and (3) psychosocial challenges by:

- Providing information on menstrual cycle
- Free distribution of modern sanitary products
- Enhancing school support
- Providing information on common psychosocial challenges such as the consequences of HIV/AIDS and benefits of positive self-esteem

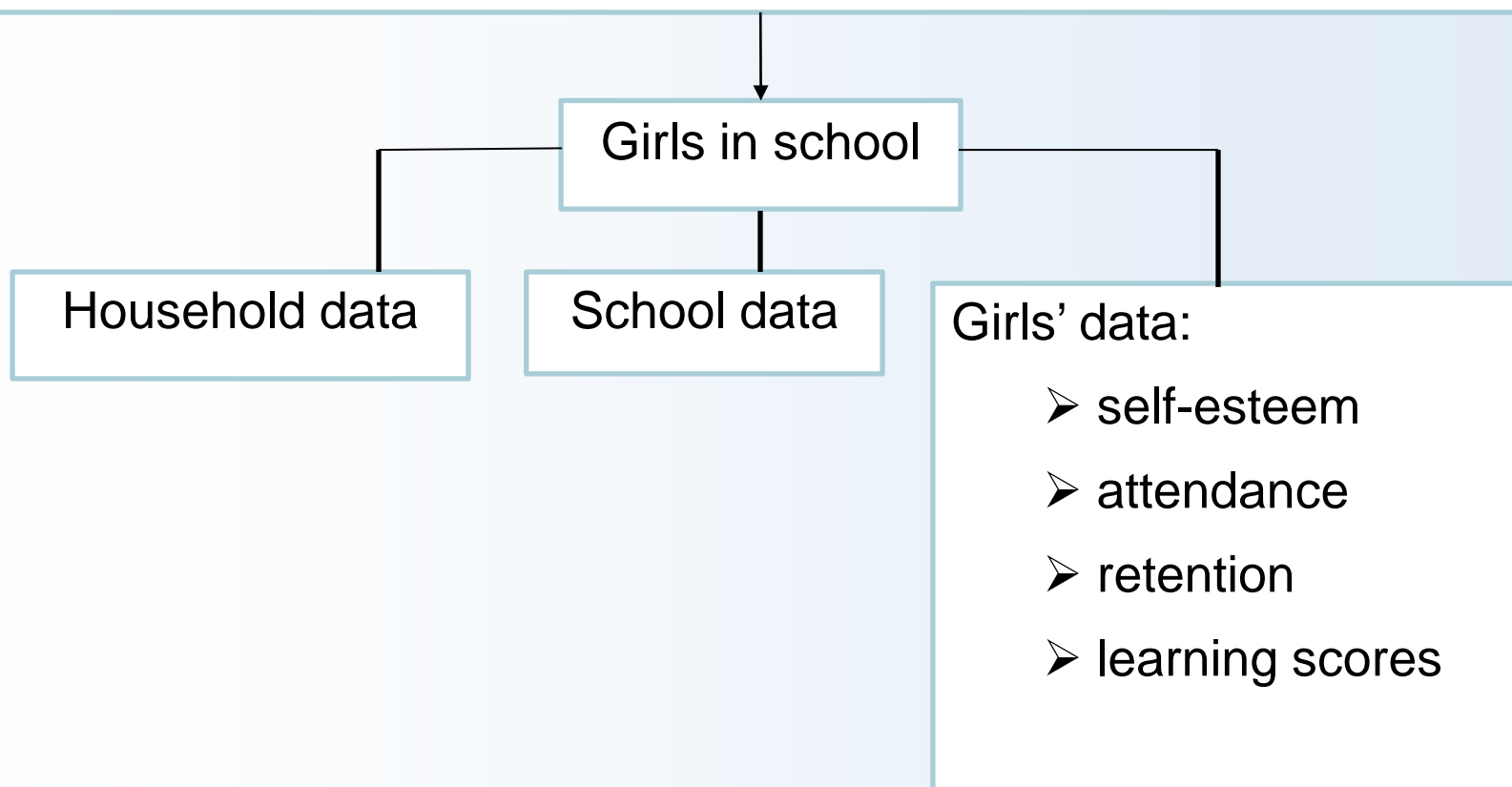
Proposed Evaluation Methodology

Randomized control trial at the school level.



Baseline

500 girls ages 10-15 in Treatment and Control groups = 1000 in 20 schools

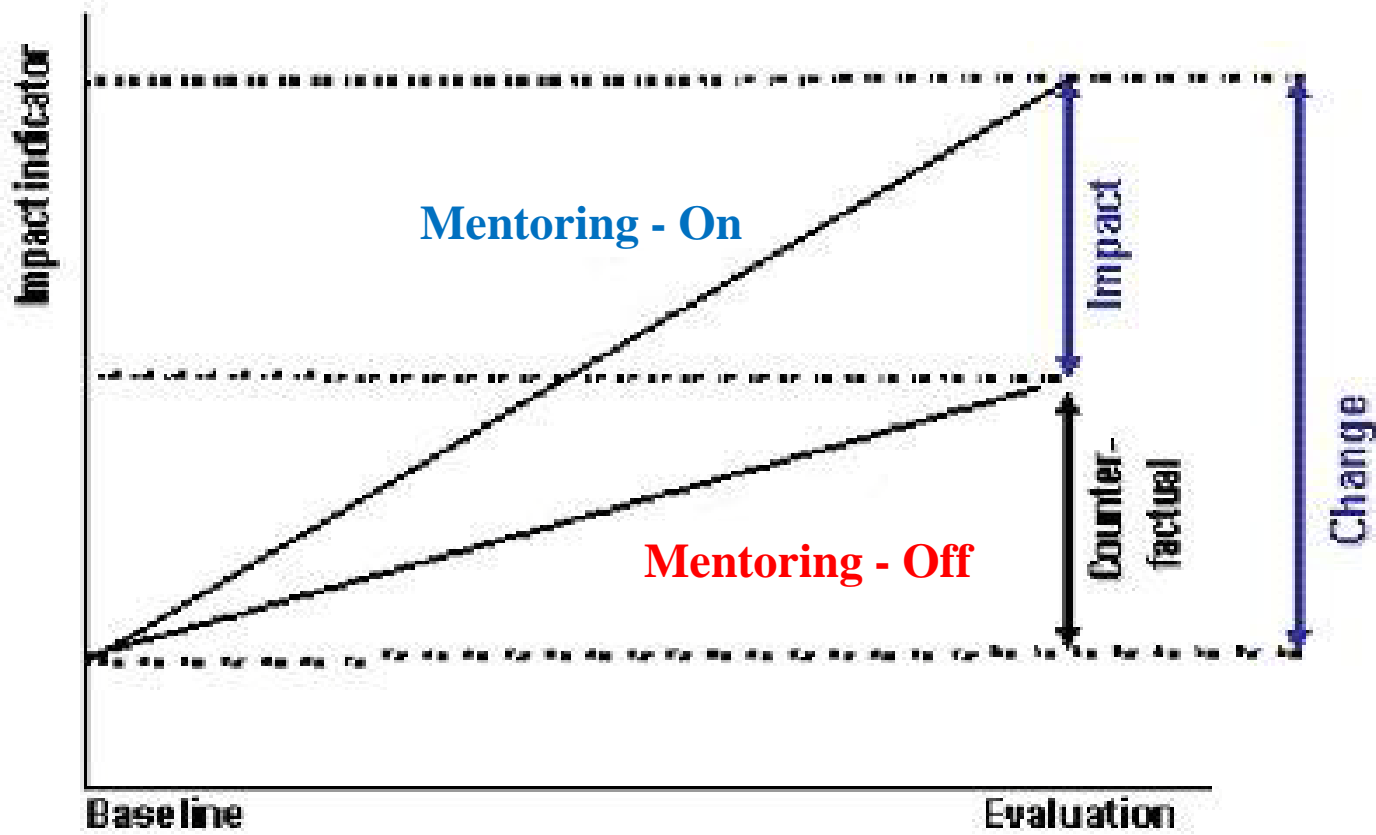


Impact Evaluation

Analyze change over time between baseline and end-line surveys through:

- Document analysis
- Conducting in-depth interviews
- Administering questionnaires
- Moderating focus group discussions

Expected Impact of the Enhanced Mentoring Program



Outcomes of the Mentoring Program

- Increased attendance
- Increased retention
- Increased self-esteem
- Better learning outcomes

Spill-over outcomes

- Greater transition to post-primary education
- Reduction in HIV/AIDS prevalence

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Thank You!
