



RED PRIDE WEEK

ACTIVITY PACK

(24TH - 28TH MAY, 2023)

#WeAreCommitted #RedPride



TABLE OF CONTENTS

01 Dedication

02 Acknowledgement & Foreword

03 Activities Dashboard

05 Day 1: Unveiling the Red Pride Week

07 Day 2: Awareness Creation

10 Day 3: Red Pride Webinar

11 Day 4: Stakeholders' Calls to Action

13 Day 5: MH Day Celebrations

16 OTHER RECOMMENDED RESOURCES



DEDICATION

This Activity Pack and all the activities herein are dedicated to all girls and young women across the world who are suffering and are affected by period poverty.

ACKNOWLEDGEMENT & FOREWORD



Robina A. Sentumbwe
Global Programmes Manager

With great pleasure, The YESS Girls' Movement presents The 2023 RED PRIDE WEEK Activity Pack. We trust that this pack will bring girl guides and girl scouts world wide together in solidarity to make a commitment to removing any barriers that hinder girls and young women from realising their full potential because they menstruate.

Carefully packaged with 13 activities to be done across 5 days (from 24th to 28th May), the pack gives girls and young women the space to get innovative and have fun as they create awareness and engage different stakeholders in taking responsibility to make commitments towards breaking barriers, taboos and stigma around menstruation.

Bringing this resource to life has been an impressive, combined effort of different people including a 30 Member Planning Team (which included the WAGGGS YESS Coordination Team; MO YESS Task Force Members and representatives of the WAGGGS strategic Partnerships team). Over 50 young women pre-tested the Activity Pack to ensure its viability and usability. So it is a tried, tested and proven resource.

Thank you to our friends at WASH United who make MH Day happen each year and created the Rosie's World programme, which has already reached over 100,000 Girl Guides and Girl Scouts across the Africa Region with education and confidence building to manage and speak out about their periods.

Very special appreciation goes to the WAGGGS-NOREC Collaboration which supports Red Pride as one of the Core initiatives of the YESS Girls' Movement.

Wishing all Girl Guides and Girl Scouts Worldwide a happy Red Pride Week and Menstrual Hygiene Day.

ACTIVITIES DASHBOARD

Day 1

UNVEILING THE
RED PRIDE WEEK

Day 2

AWARENESS
CREATION DAY

Day 3

RED PRIDE
WEBINAR

Day 4

STAKEHOLDERS
CALLS TO ACTION

Day 5

MH DAY
CELEBRATIONS





SAFEGUARDING AND CONSENT

Consent and Permissions

All pictures and videos captured during the activities of the Red Pride Week should receive consent from participating members and further given a consent form to fill. Fully inform participants of the use of the media provided and its probable usage for participants to fully understand to what they are consenting to;

Click on the link below for the consent form; 

https://duz92c7qaoni3.cloudfront.net/documents/WAGGGS_Consent_Form.pdf

For more information on facilitating a Brave Space,

Go to page 8 of the WTD 2023 using this link;

<https://www.wagggs.org/en/resources/world-thinking-day-2023-activity-pack/>

Go to page 3-5 of 16 Days of Activism using this link;

https://duz92c7qaoni3.cloudfront.net/documents/EN_16_Days_Activity_Pack.pdf

UNVEILING THE RED PRIDE WEEK

Activity 1: Creating A Banner

Create your Red Pride Week Banner for your website and social media accounts as follows:-

- (i) Design the banner with a group of your Association's Girl Guides happily holding or symbolising anything about Menstruation e.g. A bracelet; a sanitary pad; putting on red, etc.
- ii) Put the following words on your banner:

Celebrating the Red Pride Week
#WeAreCommitted #RedPride
24th to 28th May, 2023

Example of a Red Pride Banner



- iii) Post the banner on your main Association's website and all social media handles (Facebook, Instagram; Twitter; YouTube and TikTok).
- (iv) Leave the banners up until the Red Pride week ends (after 28th May)

UNVEILING THE RED PRIDE WEEK



Activity 2: Pin Post

- (i) Draft a post to announce to your members that it is the Red Pride Week and encourage them to engage in the week's activities.
- (ii) Attach the Activity Pack so that your members can have a soft copy to be able participate in the activities wherever they will be.
- (iii) At the end of the post please insert these hashtags

#WeAreCommitted to #RedPride

(iv) Pin the post on your website and on all your social media pages (Facebook, Twitter, Instagram and YouTube). Leave it there until the Red Pride Week ends after 28th May.

Example of a pinned post:

All Girl Guides and Girl Scouts worldwide celebrate the Red Pride Week from 24th to 28th May. To join the celebrations, pick your Activity Pack from this link; *(then you attach the link)*

#WeAreCommitted #RedPride





AWARENESS CREATION

Activity 1: The MH QUIZ

"Test Your Menstrual Knowledge: Fun Facts and Trivia on Menstrual Health and Hygiene"

PHYSICAL ACTIVITY

Step by step guide

- Create a quiz of 10 questions that include facts about menstruation and menstrual hygiene management.
- Create groups of 10-15 girls. Create not more than 10 groups at a time. Ask each group to give themselves a name and also choose a representative. Give each group a sheet of paper and ask each group representative to write the name of the group on top of the paper.
- From your quiz, read out one question at a time and give the groups 2 minutes to discuss and agree on an answer. Ask the group representatives to write their group's answers on the sheet of paper you gave them. Do this until all the questions are answered and each group has all their answers written down.
- Collect all the papers with answers and redistribute them ensuring that each representative gets a paper from a different group.



· In a participatory way, go through each question – one at a time and announce the correct answers. As you announce the correct answers, each representative will be marking another group's paper. Once all the answers are given ask the representatives to count and give marks to the group they have marked.

· Announce and reward the winning group in a suitable and fun way.

PS: Take nice action pictures and post at least 2 on your social media accounts (Facebook, Twitter, Instagram, YouTube and TikTok)

Always remember these hashtags:- #WeAreCommitted #RedPride

Find quiz sample questions on page 8.



Online Activity: Kahoot!

Have one moderator for the online activity, download the app and login as participants. Share the link on your WhatsApp

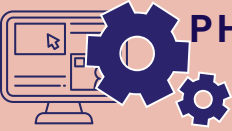




AWARENESS CREATION

Activity 2 A Touch of Red

PHYSICAL & ONLINE ACTIVITY



On this day, all girl guides and girl scouts are encouraged to paint our social media red. Encourage all your members to put on red or if they do not have red, to at least put on something with a touch of red in it. This will symbolise our solidarity as girl guides and girl scouts in the fight against stigma and any barriers associated with Menstruation.

PS: Take nice action pictures and post at least 2 on your social media accounts (Facebook, Twitter, Instagram, YouTube and TikTok)

**Always remember these hash tags:-
#WeAreCommitted #RedPride**



Activity 3 – Campfire

PHYSICAL ACTIVITY



Step by step guide

- Choose a safe and suitable location for the campfire.
- Set up the campfire, including logs or camping chairs, to accommodate all participants that will be in attendance.
- If you are unable to get logs, you can choose to have a candle for each girl (and they have to keep them lit)
- Choose a topic depending on your local situation and relevance E.g. My first day to have my period;
- In a fun, non judgemental atmosphere (punctuated with singing and dancing), facilitate the girls to share their experiences or ideas on the selected topic of discussion

PS: Take nice action pictures and post at least 2 on your social media accounts (Facebook, Twitter, Instagram, YouTube and TikTok)

Always remember these hash tags:-
#WeAreCommitted #RedPride

ONLINE ACTIVITY

Participate in the discussions that will be put on the WAGGGS Campfire on this day. An invitation will be shared with all MOs on this day.



CAMPFIRE

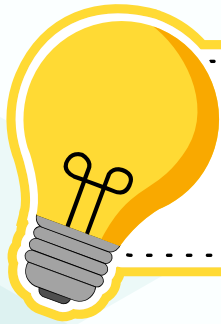


AWARENESS CREATION

MENSTRUAL KNOWLEDGE SAMPLE QUIZ QUESTIONS

(You can develop your own questions depending on the age groups of your groups)

1. How long does a period cycle last on average?
 - a. 28 Days
 - b. 3 Months
 - c. 1 year
 - d. 2 weeks
2. How often should a sanitary pad be changed?
 - a. Every day
 - b. Every four hours
 - c. Every two days
 - d. Every four to eight hours
3. At about what age do girls get their first period ?
 - a. 6 - 8 years old
 - b. 9 - 14 years old
 - c. 14 - 16 years old
 - d. When they get married
4. At about what age do your periods start to become irregular again?
 - a. 30 - 35 years old
 - b. 42 - 50 years old
 - c. 50 - 55 years old
 - d. 60 - 63 years old
5. What can help reduce pain and discomfort during your period?
 - a. Gentle exercise
 - b. Applying gentle heat to your abdomen
 - c. Iron rich food
 - d. All of the above
6. Which of the following can you do during your period ?
 - a. Play with your friends
 - b. Prepare food
 - c. Hold a baby
 - d. All of the above
7. How do you get a cloth ready to be reused?
 - a. Wash and dry in the sun
 - b. Throw it away
 - c. Wash and dry it indoors
 - d. Just leave it to dry after use
8. Who can you tell when you get your period ?
 - a. No one
 - b. Your parents
 - c. Whoever you want to
 - d. Your friend
9. What do you do with a used sanitary pad?
 - a. Throw it on the ground
 - b. Wrap in newspaper and put in the bin
 - c. Wash it and reuse it
 - d. Hide it from everyone



RED PRIDE WEBINAR

THEME: MENSTRUATION AND MENTAL HEALTH

- Date: Friday 26th May
- Webinar Platform - Zoom
- Time: 08:00 - 10:00 UTC
14:00 - 16:00 UTC

NB: Webinar will be in English and French.

OBJECTIVE OF WEBINAR:
Awareness creation on the realities of the impact of Menstruation or period poverty on mental health; and calling for commitment to address the problem.

To register to participate in the Red Pride Week and to attend the webinar, please go to this link:

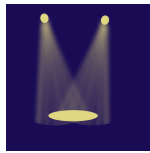
<https://s.surveymonkey.com/Oz7nczt6>

The zoom login details will only be shared with those who register



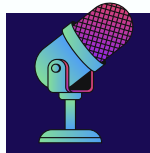
CURTAIN RAISER (RED PRIDE VIDEO)

5 MINS



Official Opening

5 MINS



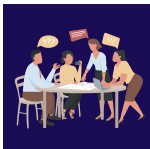
KEYNOTE SPEECH

10 MINS



RECORDED SKIT

3 MINS



PANEL DISCUSSION

30 MINS



QUESTIONS & ANSWERS

30 MINS



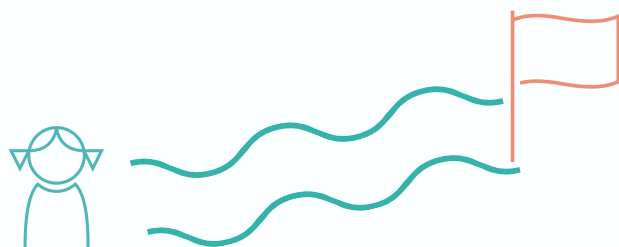
MY STORY: VIDEO

3 MINS



CLOSING REMARKS

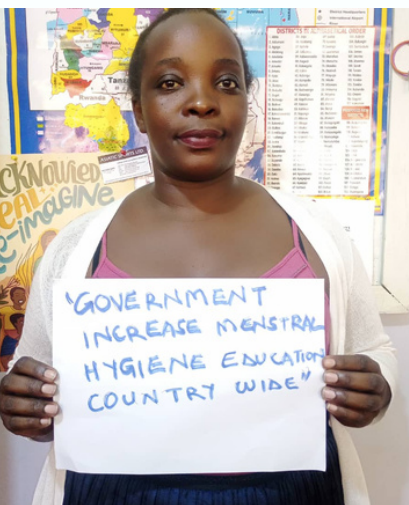
4 MINS





STAKEHOLDERS' CALLS TO ACTION

ACTIVITY 1 - CALL TO ACTION PLACARDS



- Encourage girls and young women to identify one of their main issues of concern related to Menstrual Hygiene and Management in your country
- Ask them to identify a stakeholder category whom they want to call action to (E.g. relevant Ministry; politicians, parents; management of schools, opinion leaders etc)
- Give each of them a placard and ask them to write their issue of concern; their call to action; and also name which stakeholder the call to action is addressing:

Eg. Government please remove taxes from sanitary towels !

- Ask each of the girls to hold the placard and take a picture
- Post picture on social media.

NB: Have as many girls and young women as possible doing the placard calls.

ACTIVITY 2 - THE PETITION



- Choose one issue of concern related to Menstrual Hygiene and Management in your country
- Get a big piece of paper (Size A1; A2 or A3 depending on your target.
- Write the petition on your selected size of paper.

Eg. We the undersigned young women of Kenya, on behalf of other young women, petition government for the removal of taxes on sanitary pads.

PS: Ensure the petition defines these 3 things: who you are (in the above example they are the young women of Kenya); who you are petitioning (in the above example its government being petitioned) and what you are asking to be done (in the above example, to remove taxes from sanitary towels)

(continuation on page 12)



STAKEHOLDERS' CALLS TO ACTION

ACTIVITY 2 - THE PETITION (continuation)

P.S.S; Get girls and young women to append their signatures on the petition. Collect not less than 100 signatures but the more the better; and the stronger the petition.

- Take a picture of the fully signed petition.
- Post the petition on social media.

(Optional activity) If you are able to, call a press conference and address the issue



ACTIVITY 3 - SANITARY PAD DRIVE

- Identify a group of 8-10 girls in need of sanitary products,
- Conduct a session on how to sew, use reusable pads and maintain hygiene. Video record the session
- Get one of the girls and video record her as she explains what the girls are doing; why they are doing it and call to well-wishers to donate materials and machines to produce large quantities of reusable pads



ACTIVITY 4 - VIDEO CALL TO ACTION

- Select pictures and videos from Activity 1, 2 and 3 above; and make one 2-3 minute video summarising the day's three activities
- Take video in landscape orientation
- Avoid the use of filters.
- Post the video on all social media
- Remember to use these hashtags

For more resources to support and guide your calls to action, please get

WAGGGS Advocacy Tool Kit from here

<https://www.waggs.org/en/resources/advocacy-toolkit-speak-out-her-world/>



MH DAY CELEBRATIONS



ACTIVITY 1: THE MENSTRUATION BRACELET

Make a Menstruation bracelet using white and red (or pink) beads; and wear it.

The menstruation bracelet is a global symbol for menstruation. It stands for our joint commitment to create a world, by 2030, where no woman or girl is kept from realising her full potential because she menstruates. The Menstruation Bracelet consists of 28 elements, 5 of which are red (28 = average duration of the cycle; 5 = average days of bleeding)

- By wearing the menstruation bracelet, you'll show your support to MHM.
- By wearing the bracelet, you'll show that periods are nothing to hide.
- By wearing the bracelet, you'll help to end period stigma.

Step by step guide on how to make the bracelet:

- Get 23 white and 5 red beads: a string and a needle.
- Using a needle and thread, make the bracelet (ensure the 23 white ones are next to each other and the 5 red ones are also close to each other).
- Be as creative as possible! You may wish to use different materials such as fabric or paint. Use your imagination!

Using the same steps, you may also get more adventurous, by making and wearing extra items like a Menstrual cycle crown or necklace and gift them to friends or family. When you give out the bracelet remember to explain what it represents

PS: Make a frame or a template where people will take photos of themselves wearing the Menstruation bracelet, crown and necklaces; and add a quote or caption of what they are committed to.



MH DAY CELEBRATIONS

ACTIVITY 2: BALLOON MENSTRUAL CYCLE SYMBOL

- **Step by step guide:**
- Get 23 white balloons and 5 red balloons; masking tape and thread/string.
- Carefully blow each of the balloons to medium size, tightly tying them with a thread to ensure they don't lose air
- Place the balloons in a circle and attach them to each other using masking tape.

PS: For best results roll each piece of the masking tape in circular motion to ensure the sticky part is all round it so it can stick the balloons on all sides together. Ensure the 23 white balloons are following each other and 5 red balloons are next to each other to form the bracelet.

Once your balloon bracelet is ready, get creative and have fun with it. e.g. You can use it as picture frame; you can play different balloon games; you can make it fly; you can decorate your front desk or wall to mark the MH Day etc

Whatever you choose to do with it, take pictures with your Balloon Menstrual Cycle Symbol and share on social media.





MH DAY CELEBRATIONS

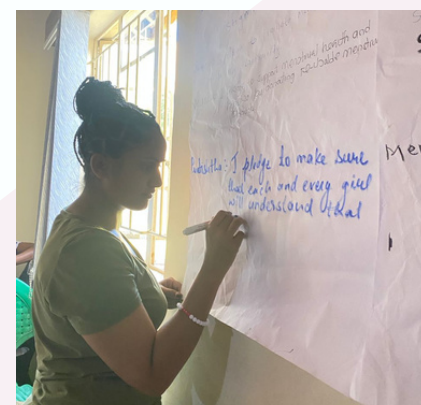
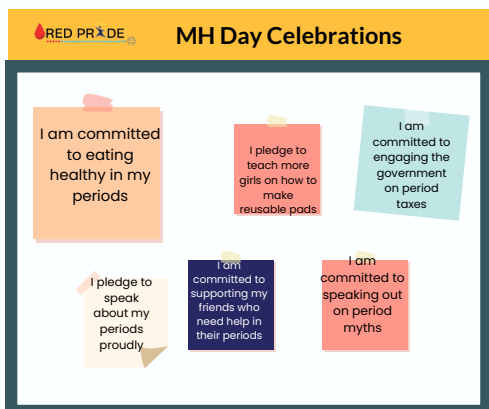
Activity 3: PADLET AND DASH BOARD UNITY

With this link: https://padlet.com/WAGGGS_WORLD/red-pride-week-2023-we-are-committed-pledges-x0dhv7tut0n84vm1

Log in and make a commitment statement towards MHM. Just press a plus sign to write your commitment.

NB: You are free to use any of the WAGGGS languages to share your commitment or pledges.

You may choose to have your own dashboard as an Association where you can invite members to come and write their commitment statements. Take a picture of the whole dashboard when all are done writing their statements and post on your social media platforms



To create your MHM frames and motifs, please find some user-friendly resources from WASH United from here 

<https://menstrualhygieneday.org/materials/materials2023/>





OTHER RECOMMENDED RESOURCES

For Menstrual Hygiene Management Education



ROSIE'S WORLD

<https://www.wash-united.org/mhm-guide/mhm-guide.html>

Other Resources of the YESS Girls' Movement



WELCOME TO MY WORLD

A membership Recruitment Pack

https://campfire.waggs.org/WTMW_Activity_Pack?fbclid=IwAR2Php3ayBFTSgUKDTDiX1-fuEng1-eyKiHnKj7nymf887BpLq_4XHGtjIQ&mibextid=Zxz2cZ



CAREER BRIDGER

Empowering young women to adjust to the new normal

<https://campfire.waggs.org/CareerBridger?fbclid=IwAR1-GnJQifuLuBrrS2Pae4prj0h8OR5ztww7c6aHI3GnL78u3EJn6rKbHcA&mibextid=Zxz2cZ>



COVID-19 SURVIVAL STRATEGIES HANDBOOK

A resource designed to keep Girl Guides and Girl Scouts engaged, connected and active during the pandemic.

<https://www.waggs.org/en/resources/yess-movement-covid-19-survival-strategy-handbook/>



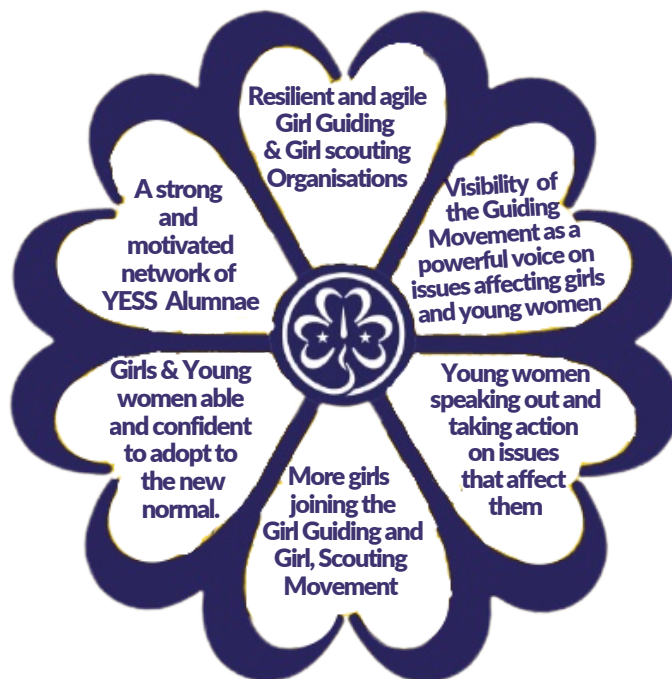
ABOUT THE YESS GIRLS' MOVEMENT



Dubbed the journey of a lifetime, the YESS Girls' Movement is **WAGGGS' International exchange program** for young women (18 to 35 years) - undertaken in collaboration with NOREC, a Norwegian government agency.

Our program focus for 2022 to 2026

Program Mission: To create an empowering environment where young women confidently lead, raise their voices and make a difference on issues important to them at local, national, regional and global levels.



-  Yessgirlsmovement.waggs.org
-  Facebook: Y ESS-Girls Movement
-  Instagram: @yessgirlsmovementwaggs
-  Twitter: @YessMovement
-  Youtube: YESS Girls Movement-WAGGGS
-  TikTok: @yessgirlswaggs

This Activity Pack is a resource developed by The YESS Girls' Movement
The YESS Girls' Movement is a WAGGGS programme

 <https://www.waggs.org/en/what-we-do/yess-girls-movement/>

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