



**Khmer Students'  
Experiences  
Participating in  
Days for Girls  
Menstrual Health  
Programming,  
Ratanakiri 2024**



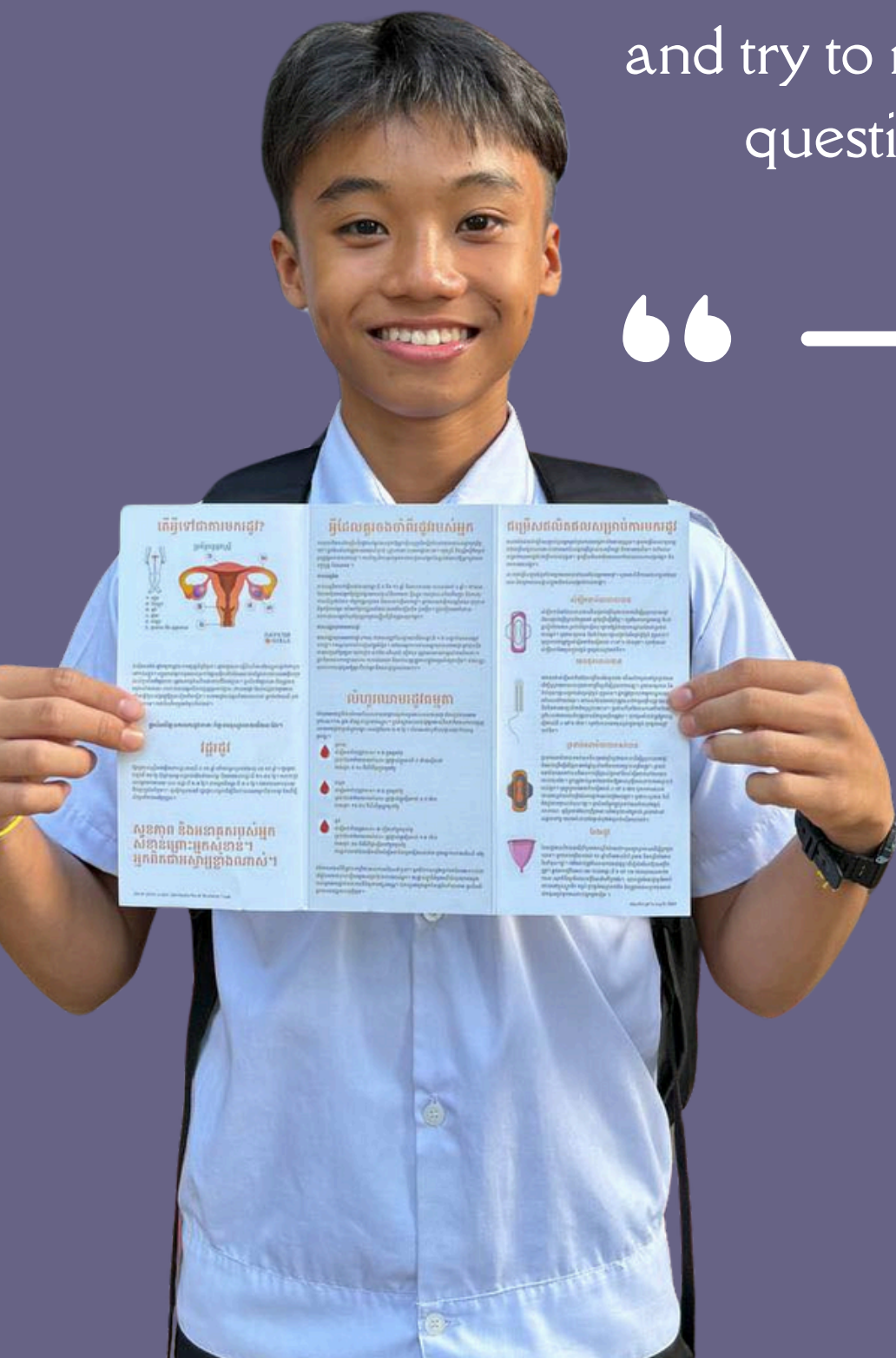
“I appreciated the materials used during the training, especially the practice session on how to use washable pads. I also enjoyed the Q&A games, which were fun and informative. The teaching style was engaging and created a relaxed learning environment.”

-Female student, Borkeo





“I like the practical demonstrations because I can see everything clearly, which helps me understand and remember easily.” “I like the Q&A because it makes me rethink the lesson and try to remember it in order to answer the questions.” -Male student, Veun Sai



“I will share this information with my younger sisters, friends, and anyone else who is unaware. I can advise younger girls when they get their first period, explaining how to use menstrual products, maintain hygiene, and address common misconceptions. If boys ask me, I will share information with them as well. I also plan to share on Facebook, posting about menstrual hygiene and other related topics.”

-Female student, Borkeo





“I am happy to learn because there were pictures, which made it easy for me to understand. We were happy to ask and answer questions, as some of the questions and answers made us laugh.” -

Male student, Lomphat



“As I am a student club member, I will share it with those who did not learn about it today and with my family members. I will share it with my younger sisters, so they know how to prepare themselves when they get their period, how to maintain hygiene, and how to use sanitary pads.”

-Male student, Veun Sai





“I gained more knowledge; previously, we only knew general information about menstruation, but now we understand it well. I know how to use sanitary pads.”  
-Female student, Veun Sai



“I will share this information with my younger sister, aunt, or my mother because they all have menstruation, so they can calculate their menstruation cycle and maintain hygiene.”  
-Male student, Buthong Tes Anlong







**In 2024, Days for Girls trained and supported teachers in Ratanakiri Province, Cambodia to teach Menstrual Health education to 6040 students. These quotes were collected by Indochina Research Company during qualitative Focus Group Discussions that were part of monitoring, learning and evaluation of the project.**

\*To honor anonymity within our MLE, the voiced-experiences included here do not correspond with the photos of participating students