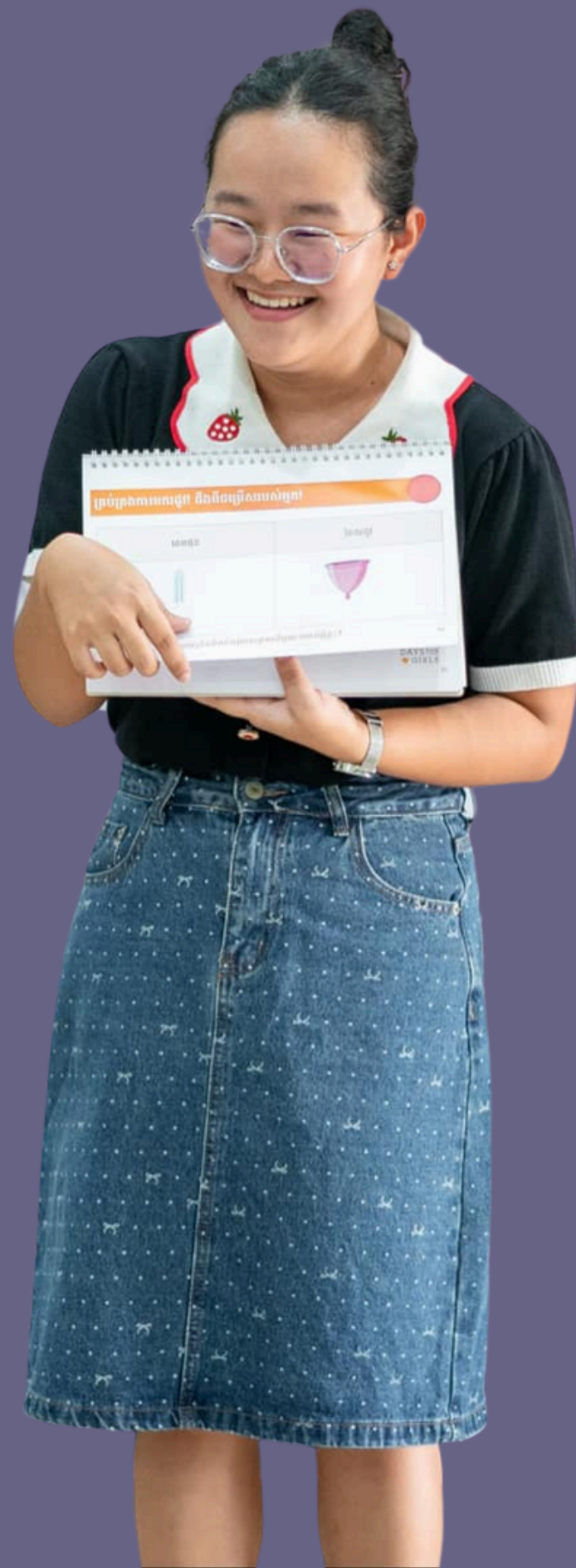




**Khmer Teachers'
Experiences
Participating in Days for
Girls Teacher Training
Ratanakiri 2024**



“In the past, I believed menstruation was a secret that should not be shared, especially with boys. However, participating in the DfG training illuminated the fact that menstruation is a natural part of womanhood that cannot be avoided and should be understood by everyone, including men.”



“One thing that sets DfG apart from other NGOs I’ve trained with is their teaching techniques and demonstrations of menstrual products, which made the information easy to understand and share with my students. I feel confident teaching my students because DfG provided all the necessary materials”



Previously, I only knew about disposable pads, but DfG showed and taught me how to use various types of menstrual products, several of which I had never seen before. I plan to try using them.



“I never dared to ask about menstruation in the past because I felt shy and thought it was not my concern. Since joining the DfG training, I’ve lost my shyness and gained a lot of new knowledge about the male and female reproductive organs.”

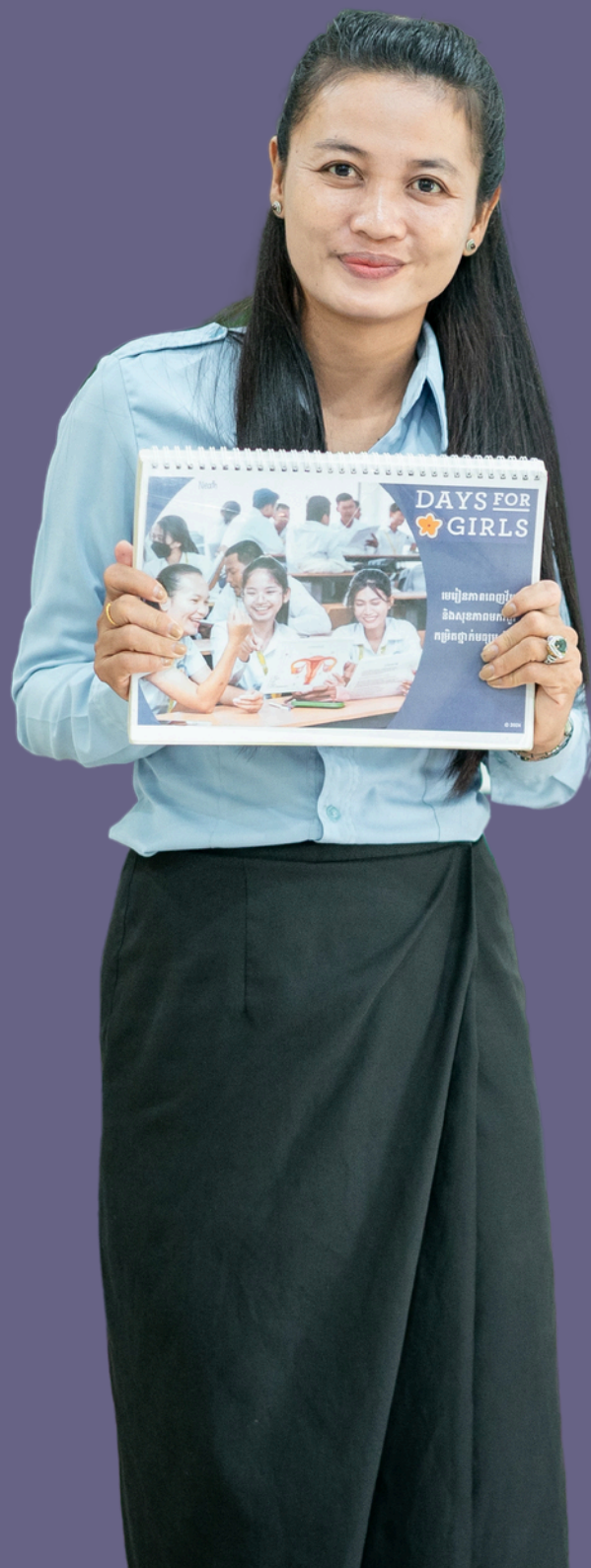


I didn't feel bored during the DfG training because the trainers were engaging, and I enjoyed their demonstrations and opportunities to practice using all types of menstrual products



Initially, my students felt shy when I showed them pictures, but after explaining, they became more confident and started asking more questions. Now, I feel more confident teaching my students because of the knowledge I gained from DfG





“ DfG is a part of my heart
because they empowered me
with knowledge that I can
share with my students

”

“
As a man, I had no knowledge
of the menstrual cycle before.
However, since learning with
DfG, I have a good
understanding of it.
”



“I had learned about puberty and menstruation before, but I was too shy to ask any questions... I had lingering questions...I received clearer answers from DfG. Now I’m starting to understand myself better



“ In the past, I felt shy about learning about puberty and menstruation. However, when I joined the training with DfG, I was happy to learn because the trainer was well-educated and explained the lesson clearly. ...Now, I am no longer shy, and neither are my students ”



Now, I am confident sharing the information I learned with my students and they seem more open to discussing their menstruation-related questions and concerns with me



“
The trainers explained things
clearly and gave us good
practice opportunities. Now I
know how to calculate the
menstrual cycle, so I can
share this information with
my future wife
”





In 2024, Days for Girls trained and supported 128 teachers in Ratanakiri Province, Cambodia to teach Menstrual Health education to their students. These quotes were collected by Indochina Research Company during qualitative interviews 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 teachers*