

## Distribution

Distribution can be very embarrassing for women, especially in conservative communities where they can even hesitate to collect the kits. In order to reach targeted women/girls, partners should:

- Provide information prior to the distribution (what, when, where, how) so women and girls can plan and feel safe to collect the dignity kit.
- Organize the distribution in a discrete place, by women staff to women/girls beneficiaries. If other distributions are done at the same time (food, shelter, etc.) designate another space for dignity

## Awareness raising in hygiene promotion

During and/or after the distributions, hygiene awareness sessions should be held:

- Undertake house to house awareness raising sessions.
- Employ education specific materials to promote hygiene, including menstrual hygiene, with drawings.
- Discuss with women how and where to wash and dry the re-usable cloths in a hygienic way, or how and where to ensure a proper way to dispose the used sanitary napkins and empty the bins when they are full.
- Undertake awareness raising sessions with men and boys to minimize their negative attitude toward women not having access to proper clothes and hygiene articles especially during the humanitarian crisis.



## FEMALE DIGNITY KITS

Making a difference for women and girls in Myanmar

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# DIGNITY MATTERS

During times of conflict or natural disaster, women may have left their homes with little or no belongings in order to reach safety. They are at increased levels of vulnerability as a result of high stress levels in communities, a lack of privacy and a breakdown in social protection mechanisms.

As a result of a lack of belongings, women and girls do not often have clothes or appropriate clothing to be able to venture out of their shelters to seek assistance, commodities or access essential services. If women and girls do venture out they are exposed to potential harassment from the community.

Female dignity is also related to personal hygiene, including menstrual hygiene. Without access to culturally appropriate clothing or female hygiene items, women and girls are compelled to stay at home and may even remain invisible to humanitarian actors and miss being targeted for assistance.

## DIGNITY KIT

Female dignity should be considered as a core element of the humanitarian response in Myanmar, sometimes as a lifesaving element, ensuring it is adapted to the cultural practices and preferences. Having locally acceptable clothing and female hygiene items can have a major impact on the lives of women and girls during a humanitarian crisis. Of the many benefits, the most important ones are:

**Protection**  
Women and girls dressed appropriately are less exposed to harassment, abuse and violence. The provision of these items reduces the financial burden on women and girls to seek those items, and reduces their risk of being abused when seeking money to buy them.

**Mobility**  
Women and girls can move more freely and safely, and participate in daily life and access humanitarian assistance and services.  
• Girls can attend school every day.  
• Women can participate in economic activities, approach registration and distribution points, reach health facilities and participate in capacity building activities and in community committees.

**Health**  
Hygiene articles, including menstrual hygiene items, prevent infections & diseases.

**Self esteem**  
Having their dignity preserved is essential to maintain self-esteem and confidence, which is important to cope in stressful and overwhelming humanitarian situations. Self-esteem and confidence are also necessary to ensure the care and protection of their children.

**Budget**  
The articles contained in the kits have been developed through rigorous consultation with women and girls in Myanmar and field tested by UNFPA for quality. The total cost of a dignity kit is USD \$15 and the kit will serve the needs of a woman or girl for one month.

- 1. Bag
- 2. T-shirt
- 3. Longyi "Sarong"
- 4. Shampoo
- 5. Soap bar
- 6. Tooth Brush
- 7. Tooth Paste
- 8. Nail Clipper
- 9. Rubber Slippers
- 10. Plastic comb
- 11. Detergent
- 12. Underwear x 2
- 13. Sanitary Napkin (10 pads per pack) x 2
- 14. Bra x 2
- 15. Bath Towel
- 16. Rain Coat