

Did you know?

Globally, on any given day, 300 million women and girls menstruate. For any girl or woman in the world periods can be a struggle. To reduce these struggles we need to improve Menstrual Health Management across the globe.

The film "Break the Silence" from Shirati in Tanzania, gives you a glimpse of what the challenges of having menstruation looks like for many girls in rural areas of Sub-Saharan Africa and how Menstrual Health Management can be improved to achieve sustainable development.

Kila siku ulimwenguni kote wanawake na wasichana milioni 300 hupata hedhi. Kwa msichana yeote au mwanamke, katika kipindi chake cha hedhi inaweza kuwa ni matatizo. Ili kupunguza matatizo haya tunahitaji kuboresha usimamizi wa afya ya hedhi duniani kote.

Filamu hii kutoka Shirati nchini Tanzania, inakupa maelezo ya changamoto zinazowapata wasichana wengi wakati wa hedhi kama inavyoonekana katika maeneo mengi ya vijijini barani Afrika, hasa Kusini mwa Jangwa la Sahara na jinsi Usimamizi wa afya ya hedhi unaweza kuwa bora na wa maendeleo endelevu.

Watch it on Youtube today and let us break the silence!
Itazame sasa kupitia Youtube ili tuvunje ukimya!

[Youtube.com/LUCSUSLUMES](https://www.youtube.com/LUCSUSLUMES)





Break the silence! Kuvunja ukimya!

A film from Lund University Centre for Sustainability Studies, www.lucsus.lu.se
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