Peace Corps

Standard Sector Indicator Reference Sheet

INDICATOR: Number of individuals who have access to materials they need to manage their menstrual flow

STANDARD SECTOR INDICATOR CODE: HE_YOUTH_275

HEALTH SECTOR ❤️

PROJECT AREA: Youth Health and Well-Being

Type: Outcome

Unit of Measure: Individuals

Disaggregation: Male by Age: <1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+
Female by Age: <1, 1–4, 5–9, 10–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50+

Related Objective: Increase the knowledge and skills of youth to improve their health and well-being through health and life skills education and linkages to youth-friendly services (Objective 1)

Precise definitions

Individuals: The Youth Health and Well-Being project focuses on young people between the ages of 10 and 19 because this is such a crucial time in terms of developing lifelong behaviors that impact health. Each country may have its own definition for youth and posts can use this definition to align with government reporting and priorities. The age disaggregations should be used to reflect the actual age of the participants, but an individual of any age can be captured under this indicator.

Have access: requires that a girl/women is able to obtain the sanitary products when she needs them, at a price she can afford, and a location that is within a reasonable distance.

Materials they need to manage their menstrual flow: Options for sanitary products for girls/women are:

- disposable pads (usually sold in local stores)
- homemade reusable pads
- commercially available reusable pads
- period panties (underwear lined with thin rubber that are used along with another product)
- menstrual cup (small silicon cup attached to a tube and inserted into the vagina to catch blood)
- tampons

Each of these options will require a girl/woman to change them multiple times a day. That means they may require multiple products to manage their menstrual flow during a day.

More information can be found in the WASH in Schools Toolkit:
https://pclive.peacecorps.gov/pclive/index.php/pclive-resources/resource-library/2141-m0124-wash-toolkit/file

Data collection

Tool: Youth Health Outcomes Survey

The Youth Health Outcomes Survey is intended to be given to youth who participate in a multi-session training focused on Youth Health and Well-Being facilitated by a PCV and their counterpart. This survey tool should be used three times:

1) As a pre-test at the start of the first training session/meeting;
2) As a post-test at the last session/meeting to assess change during the time of the training; and
3) Three to six months after the training/activity has finished to assess whether knowledge is retained.

All youth should be given the pre-test and post-test. Only youth who attended at least 75 percent of the defined information sessions should be included in the survey three to six months afterward. Therefore, the results of Step 3—the follow-up survey—should be used to calculate this indicator.

If the timing of a PCV's close of service (COS) or other factors will not allow for this, a survey could be conducted earlier, but some indicators may need to be modified. The survey should be conducted by the PCV and their counterpart or co-facilitator of the group following the instructions provided in the outcomes survey tool closely. The survey should only include the topics that were included in the training on Youth Health and Well-Being. Questions should be removed from the survey if not discussed in the training.

Reporting

To be counted for this indicator the following criteria must be met:

- The individuals must have received at least 75 percent of the training sessions and/or information offered on youth health and well-being.
- The information must have been provided by a PCV or their partner in an individual or small group setting with 25 people or less.
- Attendance at each session must be documented by the Volunteer or their partner.
- The individual must be assessed after the conclusion of the intervention using the Youth Health Outcomes Survey tool.

In the VRT, outcome indicators have two fields: "achieved" and "total." Please enter the total number of individuals who took the survey in the "total" field and the number of individuals who indicated that they do have access in "achieved." The answer key can be found in the instructions for the outcomes survey.