



Guidance note for female youth educators on the distribution of Adolescent Girl Kit



The Adolescent Girl Kits are specialized kits targeting girls between 10 and 19 years old and are specially designed based on the expressed needs of Afghan girls. The purpose of the Adolescent Girl Kit is to provide essential supplies to help ease the lives of adolescent girls during humanitarian crises. Supplies of menstrual products and supporting materials are crucial for adolescent girls to manage menstruation health and hygiene in times of crisis in a safe and dignified manner. These products enable them to continue participating in daily life, including accessing services. Without appropriate, adequate, and acceptable quality products, girls and women may be restricted in their mobility, face health risks, and experience additional barriers in participating in social activities.

Adolescent Girl Kit helps girls by:¹

- **Contributing to the hygiene, physical and emotional well-being of girls.**
- **Improving mobility of women and girls by providing specific sanitary items.**
- **Contributing to the protection of adolescent and young girls, by including items such as flashlights and whistles.**
- **Allowing budget substitution for families to purchase other important items, such as food, and girls can share some items with other female members of their family (i.e. nail clipper, torch, detergent).**

Contents

Each Adolescent Girl Kit specifically designed for adolescent girls in Afghanistan is packed in a backpack with the following products: a bar of soap in a plastic holder, bath towel, comb, detergent/washing powder, undergarments, shampoo, torch, toothbrush and toothpaste, whistle, head cover, a set of nail clippers, hand sanitizer, disposable sanitary pads, reusable menstrual pads, and socks. For a full overview of the contents and their quantity, please see Annex 1.

Awareness

All female youth educators will be trained on the Adolescent Girl Kit before or during the distribution of the kits. The training will utilize the adolescent girls' Menstrual Hygiene Management training toolkit, which contains relevant exercises and awareness messages for adolescent girls.

Female youth educators will provide awareness sessions to adolescent girls and their caregivers before planning the distribution of the Adolescent Girl Kits. These awareness sessions will include adolescent and youth-friendly information, activities, and practical information on using adolescent girl kits.

¹ [Guidance-note-Menstrual-Hygiene-Management-kit-and-Cash-and-Voucher Assistance BY plan International Dignity Kits](#)
[Guidance Note - Global protection cluster - GBV Sub-cluster Turkey](#)

Environmental Considerations

Adolescent girls and young women will receive training on the proper disposal of single-use sanitary pads and other items. Environmental aspects were considered while selecting items for the Adolescent Girl Kit. Adolescent Girl Kits are packaged in backpacks made of canvas material that can be reused; reusable pads and many other items are added, and plastic packaging is avoided, to the extent possible.

Eligibility Criteria for the Adolescent Girl Kit

Adolescent Girl Kits are to be distributed to girls between 10 and 19 years old who received menstrual hygiene awareness in such facilities as Women-Friendly Health Space (WFHS), Basic Health Center (BHC), Family Health House (FHH), Integrated Youth Center (IYC), or via youth spaces. Preference is to be given according to the level of vulnerability of adolescent girls. Please refer to Annex 2 for the detailed eligibility criteria for Adolescent Girl Kit distribution.

Distribution²

The “Do No Harm” principle is a key consideration for the safe and appropriate distribution of the Adolescent Girl Kit.

Distribution of the kit risks increasing a girl’s vulnerability, as receiving an Adolescent Girl Kit can be embarrassing in conservative communities, and some girls may be hesitant about collecting the kit.

- Only female youth educators, in collaboration with female midwives, psychosocial counselors, and female M&E officers will be involved in the selection of beneficiaries for Adolescent Girl Kits, as well as the distribution and data collection for monitoring and evaluation of the distribution.
- Prepare different messaging when needed to be shared with adolescent girls’ parents, community elders, boys and men, or local authorities in relevant communities.
- Provide information before the distribution (what, when, where, how) so women and girls can plan to collect their Adolescent Girl Kit safely and discreetly.
- Organize the distribution to a small number of girls in a discreet place in the WFHS, FHH, IYC, BHC and youth spaces, to girl beneficiaries by women staff.
- Prepare the activity tools (distribution list, pre- and post-activity survey, etc.) to ensure attention to gathering disaggregated age and gender data.
- Provide awareness sessions for adolescent girls around their menstrual hygiene management. Refer to the details of the adolescent girl menstrual hygiene management training toolkit.
- Consider if the time of distribution allows girls to be back at home before dark.
- Consider safety and risk mitigation for distribution, and if trained staff are available, select a security focal point for the distribution.

M&E of Distribution

Partners to conduct post-distribution monitoring (PDM) and record best practices and lessons learned from the distribution. UNFPA may also conduct an online PDM one month after completion of distribution.

² Adapted from [Dignity Kits Guidance Note – Global protection cluster – Sub-cluster Turkey](#)

ANNEX 1:

Adolescent Girl Kit items description and quantity³



	Short Description	Qty
	Backpack	1
	Bath soap	2
	Plastic soap holder	1
	Bath towel	1
	Comb	1
	Detergent/washing powder	1
	Shampoo	1
	Toothbrush	1
	Toothpaste	1
	Torch/flashlight (self-powered)	1
	Whistle	1
	Female deodorant	1
	Female socks (medium thickness)	2
	Head cover/head scarf/hijab	1
	Nail clipper	1
	Slippers (flip-flop)	1
	Disposable sanitary pad, regular, pack of 10	4
	Reusable menstrual pad, regular, pack of 6	1
	Antiseptic solutions (for bathroom cleaning)	1
	Hand sanitizer	1
	Face mask (reusable)	2
	Notebook - pocket book	1
	Pencil	1

³ Kindly note some kits may not have items from number 24 to 28 due to unavailability

ANNEX 2:

Eligibility Criteria

No.	ESSENTIAL CRITERIA	REMARKS
1	Adolescent girls between 10 and 19 years of age	
2	Adolescent girl received menstrual hygiene management awareness in WFHS/BHC/FHH/IYC/Youth Spaces	
No .	PREFERRED CRITERIA ⁴	REMARKS
1	Family of the adolescent girl is a recent IDP or returnee	
2	Family of the adolescent girl is a female-headed household (i.e., female is the main income earner), no adult male present	
3	Family of the adolescent girl is a female-headed household (female is main income earner), with male present but disabled	
4	Family of the adolescent girl is child-headed household (under age 18), without other adults present in the household	
5	Family of adolescent girl is all female, with no close male family members present in the community	
6	Family of the adolescent girl is elderly-headed household (above age 55)	
7	Family member has a disability, chronic illness or special needs (mental or physical)	
8	Family of the adolescent girl has more than 7 members	
9	Family of the adolescent girl has debtor sold their assets to meet basic needs	

⁴ The eligibility criteria is adapted from general dignity kits eligibility criteria