Girls rated their top three concerns out of 14 commonly cited MHM challenges. The girls were aged 11-12 years; more than 90% had started their period. 

Myths and misunderstanding
• 13% of girls thought menstruation was a disease
• 38% thought it contained harmful substances
• 39% thought ‘used menstrual cloths attract evil spirits’

Religious restrictions
• There was little evidence of widespread restrictions among Christian groups.
• Restrictions were much stronger in the Muslim community.

Girls’ experience
The response of faith leaders, teachers and faith women’s groups was very positive.
• They recognised the importance of MHM.
• They endorsed the idea of an MHM toolkit for Christian and Muslim schools.
• They called on faith schools to become examples of best practice.
• All adults – including mothers – greatly underestimated the extent of the girls’ sense of shame and embarrassment.

Conclusions
• When engaged on MHM, faith groups recognise its importance and are keen to be involved in national initiatives.
• Faiths are significant providers of education in Uganda; failing to engage them is a missed opportunity.
• Future MHM initiatives and campaigns should actively involve the faiths and faith schools.
• Muslim beliefs around the ritual purity of blood are a significant factor in religious practice.