



DIGNITY KITS GUIDANCE NOTE

GENDER BASED VIOLENCE (GBV) SUB-CLUSTER, Myanmar

June 2023

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Introduction

Scope of the Guidance Note and Target Audience

This guidance note was developed by the GBV Sub-Cluster Myanmar to support good practice and facilitate a standardized but context-specific approach to the procurement, prepositioning and distribution of dignity kits (DK) by GBV and other humanitarian actors, including UN agencies, international and national NGOs, CBOs, and CSOs.

It seeks to provide guidance on assessments, specific content, procurement, and coordination of DK responses for humanitarian actors operating in Myanmar in both urban, rural and camp/camp-like settings. Any context-specific guidance developed at the sub-national level should be aligned with the present Guidance Note to ensure a harmonized and quality response.

Background Information

In times of crisis, women and girls often struggle to meet essential material needs. They lack items that enhance their safety, facilitate basic hygiene, enable access to humanitarian services, and promote their mobility and presence in public spaces. Women and girls need basic items to interact comfortably in public and maintain personal hygiene, particularly menstrual hygiene. Without access to culturally appropriate clothing and hygiene products, women and adolescent girls are at greater risk of GBV, their health is compromised, their mobility is restricted, and they may become increasingly isolated.

Like the emergency assistance packages, the dignity kit should be predictable, to enable a displaced woman to continue her daily routine, with dignity and respect despite displacement. The items contained in the dignity kit should also be culturally appropriate, sufficient and should be hygienic for use by the girls and women.

In emergencies, dignity kits with protective items contribute to the protection of women and girls, by including items such as flashlights; contribute to the mental well-being of affected populations; allow budget substitution for families to purchase other important items needed in the emergency, such as food. Kits are explicitly tailored towards the needs of women and girls of reproductive age as opposed to the more generic “hygiene” or “family” kit and aims beyond meeting immediate hygiene needs. Displaced women and girls of reproductive age have thus remained exposed to the risk of infection and indignity, as well as excluded from social, economic, and public activities at the time of menstruation. The procurement and distribution of dignity kits have been challenged by the lack of supplies due to limited funding for this life saving intervention.

The kits help fulfill the GBV and protection service provider’s commitment to providing gender-specific hygiene and sanitary items to the reproductive age group of women and girls in line with their rights to health, dignity, and protection in emergencies.

Dignity kits contain hygiene and sanitary items, as well as other items explicitly tailored towards the local needs of women and girls of reproductive age in particular communities. Generic hygiene kits help people improve cleanliness (with items such as soap, sanitary materials, toothbrushes, and toothpaste). Whilst dignity kits are like basic hygiene kits often distributed at the onset of emergencies, dignity kits serve a broader purpose and so contain a wider range of items.

Dignity kits help women and girls maintain their dignity during humanitarian crises. Preserving dignity is essential to self-esteem and confidence and critical to protection, including GBV risk mitigation and response.

Dignity kits focus on promoting mobility and safety of women and girls by providing age, gender, and culturally appropriate garments and other items, such as Longyi (traditional Myanmar skirt), headscarves, whistles, torches, underwear, bra, thanaka (cream used for sun protection), and small containers for washing personal items, in addition to sanitary supplies and basic hygiene items. Dignity kits are designed in partnership with affected communities to ensure the most appropriate items are included, and distribution is carried out in a manner that minimizes the risk of GBV against women and girls.

The GBV Sub-Cluster (GBV SC) proposes to create this response by facilitating a standardized but context-specific approach to the development and distribution of dignity kits. The GBV SC also promotes the integration of GBV risk mitigations measures, including dignity kits in all humanitarian interventions, and advocates for dignity kit resource mobilization as part of humanitarian funding processes.

Purpose of Dignity Kits

Dignity kits help women and girls by:

- Providing information about hygiene, reproductive health, GBV related issues, and services though the inclusion of health and protection information.
- Improving mobility of women and girls by providing specific sanitary items. In some contexts, mobility can also be enhanced by including items such as clothes or a covering, without which women cannot be seen in public.
- Contributing to the psychosocial and physical wellbeing of women and girls, by including items such as intimate wash and pads which help women and girls maintain appropriate hygiene and feel comfortable.
- Allowing budget substitution for families to purchase important items, such as food.
- Contributing to the protection of women and girls, by including items such as flashlights and whistles, so that women and girls do not have to walk in the dark and feel that they can call for assistance, if needed.
- Allowing girls to go to school and continue to learn whilst on their periods.

Dignity kits can be used in the context of life saving emergency response and as part of regular GBV programming - in several ways, including:

- Deployed at the onset of an emergency, to respond to personal specific menstrual health needs and protection needs of women. Supporting women's self-esteem and confidence also assists them in providing care and protection to their children.
- As an entry point to assess women's needs and concerns and to identify the GBV risks in the community, and to advance GBV prevention and response and mitigation responses.
- To raise awareness during distribution, encouraging communities to engage in discussions on important topics such as preventing and responding to GBV.
- To share information on where women can access GBV services. Distribution of dignity kits can be focused on reaching women at risk; GBV survivors, pregnant and lactating women, women head of household, women and girls with disabilities, women and girls living in remote areas.

- To provide additional support to GBV survivors if distribution is carried out in collaboration with GBV service providers.
- Assembly of dignity kits can be set up as an income-generating activity for women affected by crisis. In addition to the important economic support, bringing affected women together for kit assembly also presents opportunities to organize awareness raising sessions, educational chats, or group counseling sessions.

Dignity Kits Programme Planning and Coordination

Like the emergency assistance packages, the dignity kits should be predictable to enable a displaced woman to continue her daily routine with dignity and respect despite displacement.

The GBV SC approach prioritizes the development of country-specific dignity kit plans that include the implementation of common standards for development and distribution. The GBV SC advocates for a coordinated response among its members involved in distributing dignity kits and the WASH, NFI/Shelter clusters involved in distributing hygiene kits.

These terms of common standards will apply to all partners involved in dignity kits programming. The GBV SC promotes dignity kits programming that considers the following:

- Responds to the specific needs of women and girls,
- As culturally appropriate, consider distribution of menstrual cups, menstrual panties, reusable sanitary pads, which could be manufactured locally,
- Produced, procured, and assembled locally (if possible), adhering to quality,
- Partners should demonstrate that their programming engages, builds capacity, and empowers local women and girls led organizations,
- Demonstrates that women and girls are involved/employed in the production, procurement, and assembly of kits,
- Distribution coordinated with other humanitarian organizations through the GBV SC. This will also extend to coordination with WASH and NFI actors engaged in hygiene kit distributions through their specific cluster coordinators,
- Distribution to serve as an entry point for broader GBV programming and response services, accompanied by discussions and awareness-raising around safety, information on services, rights, etc¹,
- Demonstrates capacity for contingency. It is important to maintain contingency stocks in case of new displacement and emergency if secure storage can be assured,
- Always keeps in mind the principle of 'do no harm'. Potential risks should be assessed, and all measures taken to eliminate them. Do not further expose people to physical hazards, violence, or human rights abuses. It is also essential to have a clear prioritization framework when selecting beneficiaries if this can be done in a safe and transparent manner.

¹ The exception to this is when dignity kits distribution is undertaken as an acute emergency response activity (e.g., in the first 3 days of the emergency).

Sub-Cluster Coordination

To avoid duplication of services, ensure the most vulnerable is prioritized, set, and uphold quality standards, and mitigate negative impacts on the supply chain and markets, it is essential that organizations liaise with the GBV Sub-Cluster Coordination team both at national and sub-national levels. All organizations should coordinate the availability of dignity kits, location and identification of target population and share precise (planned and completed) distribution data. The GBV Sub-Cluster shall put in place tracking tools and information management protocols to compile dignity kit data, ensure best practice and to share lessons learned with the members of the humanitarian response.

The GBV Sub-Cluster will be responsible for maintaining an overall dignity tracking tool sheet and monitor distribution gaps per location, in consultation with the sub-national GBV Working Group coordinators concerned. Organizations will be required to share updates on distribution plans and distribution progress on a quarterly basis through the sub-national GBV Working Groups. The status of DK distributions will be a standing item at the sub-national coordination meetings to ensure timely information-sharing about any gaps.

The GBV SC coordination team will share available needs assessment data with all partners and relevant clusters, to avoid duplicative assessments. The GBV SC coordination team is also responsible for using this data and feedback from partners to plan for and advocate for dignity kits resource mobilization as part of humanitarian funding processes.

Dignity Kits Need Assessment

Assessing the needs of women and adolescent girls affected by crises to identify the culturally appropriate items to be included in the kits is an indispensable step of dignity kits procurement and distribution. Needs assessments should be designed to identify the distinct needs and preferences of local communities, with a particular emphasis on the needs of women and adolescent girls.

An organization considering procurement of dignity kits as part of GBV programming should first assess its capacities to store the kits in an effective way, distribute the kits in a safe and appropriate manner, and conduct post-distribution monitoring. The following aspects should be taken into consideration before requesting the kits:

- Availability of basic GBV services in organization's operational area to ensure linkages between kits and services (GBV referrals)
- Availability of storage place
- Transportation of the kits from the storage site to the distribution site
- Capacity to ensure distribution respecting distribution principles (including availability of female staff able to explain how to use the kits and provide information on services available)
- Capacity to ensure safety audits, post distribution focus group discussion and provide feedback.

Meeting the basic needs of women and girls in emergencies, and ensuring their dignity, requires an understanding of what constitutes dignity in each context and in relation to the cultural and religious practices of each community. The Inter Agency - GBV Minimum Standards clearly state that the 'appropriate items should be identified in consultation with affected women and girls. It is also important to realize that women and girls are not a homogenous group. The needs of elderly women, women with disabilities, pregnant and chronically ill women, and adolescent girls, for example, should also be

considered (IASC, 2006, p. 90). Any assessment conducted should thus include women and girls from different age groups, backgrounds and in different locations to ensure that the response is relevant to a specific context.

Standard questions for needs assessments in view of assessing the needs of women and girls through focus group discussion (FGDs) could include:

- What are the basic hygiene products that you need to stay clean and healthy?
- What do you use for washing your body?
- What do you use for washing clothes?
- What types of sanitary materials do you usually use during menstruation? If the answer is reusable sanitary pad, also ask:
 - Do you have safe access to water to wash the sanitary pad?
- What kind of items would help you to move around more freely and to spend time outside your shelter? (Probe: hijab, etc.)
- Do you have safe access to water to wash the cloth?
- Do you need any specific clothing items to carry out your daily tasks?
- What items do you miss from home that, if you had them, would provide comfort?
- What kind of packaging would you like items to be in? What is more useful? (Backpack, bucket, etc.)
- Does a project that supports your hygiene needs, and which involves vouchers/cash instead of in-kind gifts, is appropriate for you, in your point of view?

In addition to FGDs with women and girls of reproductive age, Interviews with key informants should be conducted to complement the information collected through the FGDs.

Distribution/Selection Criteria

Depending on the purpose of distribution and capacity of GBV and other humanitarian actors, the distribution could be organized as an integrated and coordinated response service for programming or as blanket distribution to address the needs of all displaced women and girls.

In the case of blanket distribution of dignity kits, all populations in need are usually targeted depending on the number of kits procured vis-à-vis the number of people in need. In this context, all women and girls affected by humanitarian crises and all newly displaced women will be reached through blanket distribution to promote the health and well-being of all displaced women, mitigate GBV risks, and reduce their vulnerability to exploitation and abuse. Should the number of eligible women and girls in a certain area targeted through blanket distribution be higher than the number of available dignity kits, clear and transparent prioritization criteria need to be developed considering the specific context of the location (see below on the criteria).

GBV partners planning distributions for certain groups need to inform their sub-national GBV coordinators to ensure criteria are harmonized and to avoid duplication, as well as to coordinate with WASH/NFI actors engaged in distribution activities at the same site.

Bulk distribution of dignity kits in high-need humanitarian settings (such as camps, collective shelters) should be conducted on a quarterly basis (each three months). The quantity of items in the kit should be

selected accordingly (e.g., the quantity of sanitary napkins should at least suffice for 3 months). It is preferable that kits contain infographics/brochures on women and girls' hygiene's good practices.

Also contextualized regular service-based distribution modalities will be encouraged to link with the service delivery and set criteria prioritizing the selection of target beneficiaries to the most vulnerable women and girls of reproductive age.

Prioritization will be done when:

- The number of target beneficiaries are higher than the number of kits in each area/ camp.
- When the humanitarian actor does not have sufficient capacity to reach all displaced women and girls or new arrivals in each community
- When dignity kits are used in the context of GBV programming as an entry point for protection or GBV programming, identify GBV risks, link survivors and vulnerable women with GBV and other lifesaving services and information.

The most vulnerable groups in this case include (selected households to have at least 3-4 criteria):

- Women of reproductive age (15 – 49 years)
- Women and girls living with disabilities / or caring for disabled family member.
- Women heads of households
- Unaccompanied and/or separated adolescent girls.
- Recently displaced women and girls
- Pregnant and lactating women
- New returnees –women and girls
- Survivors of GBV
- Women and girls living in remote area.
- Family member with >65 years old

In general, when identifying target groups to receive dignity kits, GBV and other humanitarian actors should consider the following criteria:

- Immediate/acute needs, paying particular attention to underserved communities and women and adolescent girls at increased risk of GBV due to barriers to participation and access (see Introduction). For example, older women may not need menstrual hygiene materials but could benefit from other items to improve safety and mobility. Adolescent girls face high risks of sexual exploitation and abuse when they are unable to meet their basic needs.
- Programmatic opportunities to provide sexual and reproductive health and GBV information, referrals, and services.
- Geographical location: identify a specific area, considering the number of affected people and presence of partners to help with distribution.
- Coordination with partner agencies on the content and distribution of dignity kits.
- Specific individual criteria such as age, reproductive health status or other criteria as needed in the local context.

Dignity Kits Content

Assessments should be the primary source of information to define the kits' contents. Consultation should be conducted with targeted women and girls in each community to identify cultural, age-appropriate, and relevant items.

The partners should consider the following parameters when identifying relevant and appropriate contents of dignity kits:

- Relevance of the items
- Cultural sensitivity
- Context
- Environmental considerations
- Quantity
- Frequency of distribution, and
- Price

While there is no standard content, the below listed regular five **hygiene items**, most suggested to be included in dignity kits, are:

- Sanitary pads
- Underwear
- Hand soap
- Toothbrushes
- Toothpaste

Suggested list of clothes included in dignity kits are: Longyi, scarf, t-shirt (short sleeve), and rubber slipper.

A few other hygiene items (shampoo, combs, hairbrush, nail clippers, laundry items, etc.) are also often included in the kits. The appropriate items should be identified in consultation with affected women and girls. Specific items can be included to address protection concerns, such as flashlights and whistles.

Customized items: Culturally appropriate items should be identified because of focus group discussions with affected women and girls.

Item quantities: As women and girls are typically the primary caregivers of their extended families, they tend to share the contents of the kits with their families. It is advisable to include larger quantities of some items, such as toothbrushes and underwear that can support multiple family members. Providing extra items in the kits may also minimize the risk of backlash by male family members or others against those women and girls who have received the kits.

Contents of dignity kits should last for at least for three months, as per SPHERE standards.

Environmental considerations

Keep environmental considerations in mind when choosing dignity kits' contents! Avoid unnecessary waste (e.g., plastic wrappers) and check the waste management system that is in place to see what it can accommodate (e.g., disposal of sanitary pads). Consider including solar-powered flashlights rather than battery-powered, as batteries will run out quickly and should be disposed of safely.

Sanitary pads or re-usable cloths?

Dignity kits are often distributed in areas where women use cloths and not sanitary pads for menstrual hygiene. When this is the case, including reusable cloths (always of dark color) is generally the best and most culturally appropriate option. It also presents the advantage of being a longer-term solution (no need to replace the cloths as often as sanitary pads) and to avoid the issues of where and how to dispose of the pads, and of the potential environmental consequences of trying to dispose of non-biodegradable items. However, using cloths assumes that women and girls have access to safe water and a place to hang the cloths to dry. This can be a challenge and should be factored when assessing which sanitary items to include in the kits. It is important to remember to include laundry soap in the kit, especially when providing reusable cloths. If sanitary pads are distributed in an area where women and girls are not familiar with them, the kits should also include information leaflets on how to use the pads.

Packaging: The packaging for a dignity kit can often be an item of use itself. For example, many organizations have used buckets as the container for their dignity kits; once emptied of its contents, the bucket can be used for cleaning babies, washing clothes, fetching water, or carrying other goods. Ask women about which kinds of packaging they prefer. Find out if it is appropriate and acceptable to display logos on dignity kit packaging (In some areas in Myanmar, this may not be appropriate, or safe).

Price range: On average, a dignity kit costs between \$25 and \$50 USD. Acknowledging that kit contents vary from one location to the other and that cost of living can widely fluctuate between locations, partners are advised to keep the price per kit as low as possible.

To facilitate procurement procedures and ensure harmonization of DK contents, please consult the standard specifications for dignity kits developed by UNFPA Myanmar (Annex 5).

Dignity Kits Procurement

When possible, local procurement is preferred. An assessment should be made of the availability and reliability of local capability/market before sourcing from outside the area. Care needs to be taken to ensure that sourcing locally does not cause or exacerbate hostilities and do more harm in the community. Transparent contracting procedures are essential to avoid suspicion of favoritism or corruption. To maintain an audit trail, sufficient procurement documentation and forms (waybills, stock ledgers, reporting forms, etc.) should be available at all locations where goods are received, stored, and dispatched.

When considering dignity kits production and assembly as a potential income-generating activity for women, it is important to look at whether all the materials (in the desired quality) are available locally and whether the organization has the capability and capacity for supply chain and distribution management. Packaging and distribution staff may need training. Spot checks prior to packaging and distribution can help to ensure that the kits contain the exact planned contents.

In the instances where local partners are not able to procure dignity kits, or where UN agencies do not have a separate frame agreement for procurement of dignity kits in place, partners are encouraged to reach out to the GBV Sub-Cluster for support.

Transportation and Storage

When selecting a warehouse for storage of dignity kits, humanitarian partners should consider the following factors: security, capacity, ease of access, structural solidity, and absence of any direct threats. The storage of dignity kits is not generally problematic, as most items are non-perishable or have long shelf lives. In some areas it might be challenging to keep stock, including dignity kits, for any period due to the security risks. When selecting storage for dignity kits, attention should be given to:

- Location: Ensure appropriate road access for the largest vehicles that may need to come to the warehouse. Avoid warehouses situated in low-lying land.
- Accessibility: If possible, locate the warehouse in a place where the kits can be easily received and distributed.
- Security: In many situations, security guards are employed to reduce looting or theft.
- Capacity/space: Warehouse facilities must have sufficient capacity for both storage and handling.

Transportation is the costliest element of the dignity kit supply chain. Transportation costs are incurred at two points: i) the transportation of items from the supplier to the specified docking station/warehouse and ii) transportation of the kits to community distribution.

Transportation costs often rise dramatically in the aftermath of the emergency for a variety of reasons: elevated fuel costs, damaged infrastructure and compromised road access, security considerations associated with transportation in the case of conflict-affected zones, the remoteness of disaster-affected locations, inflation due to increased demand, and increased operating fees for transporters. Partners facing serious challenges in this regard are encouraged to reach out to GBV Sub-Cluster to liaise with the logistic working group for transportation and storage support.

Dignity Kits Distribution

Consideration for Safe and Appropriate Distribution

At a minimum, three basic conditions should be met for any intervention including dignity kits to be undertaken by an organization.

First, dignity kits should be distributed only as part of an integrated, coordinated response. Second, the dignity kits should be procured and prepositioned in advance for timely distribution when needed.

Third, dignity kits provision must serve as an entry point for broader protection and health programming on Sexual and Reproductive Health (SRH), Gender Based Violence (GBV), and/or psychosocial support for women and girls. Dignity kits distribution should be understood **as distinct from and not a replacement for NFI distributions.**

Therefore, distribution of dignity kits cannot be a standalone activity. It must be accompanied by discussions, information sharing, and awareness raising. The distribution of kits provides an opportunity to meet and speak to women and girls, share information, and better understand their concerns.

In both camp and non-camp settings, distribution of dignity kits runs a risk of increasing the vulnerability of women. Receiving a dignity kit can be very embarrassing for some women and girls, especially in conservative communities. Some women may thus be hesitant about collecting dignity kits. When

organizing distribution, consider potential safety and security risks, specifically GBV related risks, and seek to devise ways to address these.

There are several ways in which organizations distributing dignity kits can ensure that distribution is safe and appropriate, and that the kits go to targeted women and girls:

- Include women in the process of selecting the distribution points and dates, providing information prior to the distribution (what, when, where, and how) so women and girls can plan to collect their dignity kits safely and discreetly.
- Organize the distribution in a discreet place, by women staff to women/ girls' beneficiaries usually preferred.
- If other distributions are taking place at the same time (food, shelter, etc.), designate a separate space for dignity kits.
- Avoid locations a long way away from shelters as this may increase GBV risks.
- Encourage women to create collectives, to stay together during the kits collection journey.
- Consider using females or male in the distribution team.
- Sensitize any male volunteers on the need to stay out of women-only spaces and ask them to assist in creating safe entry and exit points from the area for women and girls.
- Consider if the time of distributions allows women to be back at home before dark.
- Audit dignity kits distribution as part of safety audits if trained staff are available; select a security focal point for the distribution.
- Prepare the activity tools (distribution list, pre and post distribution/activity survey etc.) to ensure attention to gathering data disaggregated by age and disability data.
- Ensure the distribution personnel know the referral pathways and services available so that they can provide information and assist GBV survivors if necessary.

Distribution Locations

The distribution site should be selected in consultation with women and girls of all ages and abilities, including those from marginalized groups within the affected population, and any other relevant stakeholders (such as, camp management agencies) prior to the actual distribution.

Considerations for Dignity Kits Distribution in the context of COVID-19 Pandemic

Distribution of culturally relevant dignity kits with additional items for the COVID-19 context can be highly valuable in reducing the vulnerability of women and girls to violence and to connect women and girls to GBV related information and response services, especially as these may have changed since the COVID-19 outbreak. Indeed, the COVID-19 environment may exacerbate immediate/acute needs for underserved communities and women and adolescent girls at increased risk of GBV due to heightened barriers to access to basic services or necessities.

Several items within the dignity kits may be utilized to assist with COVID-19 prevention.

Those items are:

- Sanitary Napkins
- Shampoo
- Antiseptic Hand Soap

- Towel
- Wet Wipes
- Hand Sanitizing Gel
- Laundry detergent powder
- Face Masks
- All kits distribution will be accompanied with information dissemination sessions (*Refer to guidance note on information dissemination during Dignity Kit distribution for key messages*)

Post-distribution Monitoring and Assessment

It is a best practice to conduct post distribution focus group discussions with women and girls 1-3 months after they have received the dignity kits to assess the effectiveness and appropriateness of distribution and make recommendations to partners through careful analysis and evaluation of information obtained from the assessment aimed at improving the service delivery quality of the emergency response. Organizations distributing the kits should collect the results of the FGDs and share with the GBV Sub-Cluster and sub-national coordinators for review within one – three months after distributing the kits.

Annex 1

Integrated Needs Assessment Questions

An indispensable step of dignity kits program development is to assess the needs of women and adolescent girls affected by crises through assessment and consultation. Through understanding communities' particular needs and preferences, culturally appropriate and context specific items can be included in customized dignity kits.

Sample Questions for Dignity Kit Needs Assessment

The following questions may be helpful in planning how to assess the need for dignity kits, in FGDs with women and girls, or in informal discussions.

- What are the basic hygiene products that you need to stay clean and healthy?
- Do you have what you need for washing your body? (If not, what would be useful?)
- Do you have what you need for washing clothes? (If not, what would be useful?)
- What kind of items would help you to move around more freely and to spend time outside your shelter? (Probe: specific clothing items, sanitary items)
- Do you need any specific clothing items to carry out your daily tasks?
- Is there any other item you need for your daily life here (in the camp/shelter/gathering centre)?
- What types of sanitary materials do you usually use during menstruation? If the answer to the question on types of sanitary materials is reusable cloth, also ask:
- Do you have safe access to water to wash the cloth?
- What kind of packaging would you like items to be in? What is more useful? (Backpack, bucket, etc.).
- Does a project that supports your hygiene needs, and which involves vouchers instead of in-kind gifts, is appropriate for you, in your point of view?

Annex 2

Dignity Kits Preparedness and Planning Form – Organizational Capacity

1. What Needs Assessment will be used to plan distribution?
(Please note that partners are encouraged to use pre-existing needs assessments and should only do an assessment if one does not already exist)
2. What gender-based violence programming intervention will Dignity Kit distribution complement and support?
3. Does your organization have the procurement capacity to comply with the Sub-Cluster guidelines for kits contents?
4. Does your organization have adequate storage space for the kits, and for how long?
5. Do you have transportation and distribution systems for the kits?
6. What is the scheduled date of the post-distribution assessment? (Please provide a copy of assessment to the GBV Sub-Cluster within 1-3 month of completion)
7. After the distribution of these kits, how many kits do you have in your contingency stock and where are they stored?

Annex 3

Post Distribution Monitoring Sample Checklist

1. Do the distributed dignity kits address your hygiene and sanitary needs?
2. Were the contents of dignity kits appropriate and culturally sensitive?
3. Who received dignity kits, and how were beneficiaries selected?
4. What did the dignity kits include? And how many times did you receive?
5. Were you, or any other women you know, consulted before the dignity kits distribution in identifying a kit that is culturally appropriate and explicitly tailored towards your need?
6. From the dignity kits, what type of sanitary napkin did you receive?
 - a. If the sanitary napkin was disposable, where and how did you dispose of the napkin after use? If in toilet, did you have a bin for disposable sanitary supplies? If not did you throw it into the trash? or burn it?
 - b. If the sanitary napkin was reusable, did you have access to water and laundry soap? Did you have a private area to wash your undergarments and sanitary supplies?
7. Were dignity kits delivered on time to serve their purpose?
8. What other items would you have preferred was included in the dignity kits?
9. How did the availability of dignity kits help you in undertaking your regular day to day work? Regarding mobility? In addressing psychosocial and physical wellbeing?
10. Was the distribution of the kits organized in an effective way? If not, how would you suggest re-organizing the distribution in the future?
11. Do you feel that the dignity kits helped meet women's hygiene needs?
12. Do women and girls receive information on how to use the kits?
13. Do women and girls receive information or other GBV/women empowerment services during the distribution?

Attention!

- Who to collect data _ A female GBV staff (ideally engaged in dignity kits programming)
- From whom to collect data _ Girls and women who have received dignity kits
- When to collect data _ Not less than one to three months after distribution
- Where to interview _ Confidential place

Annex 4

Key GBV Messages during Distribution

Know your rights!



All assistance provided by humanitarian organizations is based on need and is free of charge for everyone, including women, men, girls, boys, the elderly and persons with disabilities.

Stay safe!



If you feel you have been discriminated during a distribution or you have been asked by someone working in a humanitarian organization (government officials, activists, volunteers, drivers and security personnel, distributors of food etc.) to do something inappropriate in exchange for their help, please **report them to an organization or authority you trust**. No one has the right to demand any favors, touch you or demand sex in return for helping you.



Men and boys who commit violence often target women and girls while they are doing everyday tasks such as washing in communal bathing areas, going to the latrines and collecting waters. **Women and girls should do these activities in groups. Children should always be accompanied by adults, especially at night.**



Being forced out of your home and having to relocate to a new community can cause a lot of stress. **If you or another adult get so angry or frustrated that you think a disagreement may turn into a fight with your partner, children or other family members, take a break (pray, meditate, read or do some sports) and talk about the matter later when everyone is less angry.** Violence is never the solution and may result in harm to yourself or your children.



Those who may be vulnerable - unaccompanied and separated children, young people, pregnant and lactating women, persons with disabilities, elderly and female heads of the household **may need special attention. Check on them constantly to make sure they are well.** If they are not well, please **refer them to any agency** in your location so that they can receive assistance.

Annex 5

UNFPA Dignity Kit Content

Dignity Kit Content as of 2022

No	Existing Item in LTA	Unit
1	Carry Bag (Textile, water-resistant durable Size: min L-37cm x H-28cm x W-9cm)	1
2	T-shirt (Short) (100% cotton Rounded neck T-shirt long sleeve Size M/L)	1
3	Longyi (100% cotton, thick skirt-like wrap. To include A Htat Sin, upper belt layer in black color, (approx. 8 – 10 cm wide)	2
4	Shampoo (200ml w/safe closing cap)	1
5	Hand Soap (85g – 100g with plastic Holster/ cover. Un- perfumed, antibacterial, hypoallergenic, skin friendly)	1
6	Toothpaste (160g tube Concentrated paste, with fluoride)	1
7	Toothbrush (Strong plastic toothbrush, adult size, medium bristle)	3
8	Nail Clipper (Large size Durable metal, sharp cutting surface)	1
9	Rubber Slipper (one flexible strap (no sandal or ankle straps) Thick sole Size: EUR 35/36)	1
10	Plastic Comb (Plastic with handle Size: big, minimum 20cm)	1
11	Detergent Cream (Max 400g per pack, for washing laundry by hand, packed in closable jar/container)	1
12	Panty (100% cotton Premium quality elastic band and cotton fabric, Size: XL & XXL size), free size	2
13	Bra (short)(100% cotton, Adjustable straps, Size 36 – 40)	1
14	Bra (long) (100% cotton, Adjustable straps, Size 36 – 40)	1
15	Sanitary Pad (Cotton soft Heavy flow sanitary pad with wings XL wings (min 25 cm))	5
16	Towel (100% cotton Size: min. 100 x 50 cm Min. weight 220g Thick and absorbent Color: fixed dye, all colors except light/white)	1
17	Foldable pocket mirror	1
18	Thanaka (Ready Made Cream Cosmetic paste made from Thanaka tree bark In a jar/plastic container Minimum 100g)	1
19	Blanket	1
20	List of Content	1

Contents of Mini-Dignity Kit

No	Existing Item in LTA	Unit
1	Carry Bag (good quality, easy to carry, waterproof)	1
2	Flashlights (two ways charger, solar & Electric)	1
3	Detergent Cream (Max 400g per pack, for washing laundry by hand, packed in closable jar/container)	1
4	Hand Soap (85g – 100g with plastic Holster/cover. Un-perfumed, antibacterial, hypoallergenic, skin friendly)	1
5	Toothpaste (125 ml tube Concentrated paste, with fluoride)	1
6	Toothbrush (Strong plastic toothbrush, adult size, medium bristle)	1
7	Panty (100% cotton Premium quality elastic band & cotton fabric, Size: XL or XXL size)	2
8	Bra (short) (100% cotton, Adjustable straps, Size 36 – 40)	1
9	Bra (long) (100% cotton, Adjustable straps, Size 38 – 40)	1
10	Sanitary Pad (Cotton soft Heavy flow sanitary pad with wings XL wings (min 25 cm))	4
11	Towel (100% cotton Size: min. 100 x 50 cm Min. weight 220g, Thick and absorbent Color: fixed dye, all colors except light/white)	1
12	Hand Sanitizers (80-100 ml, 70% alcohol involve))	1
13	Prepaid Top Up card (at least one year life-term)	1