

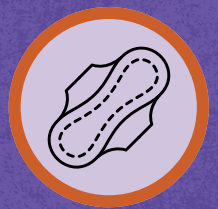
# DIGNITY KITS

## Guidance Note - Cox's Bazar

Updated- January 2025



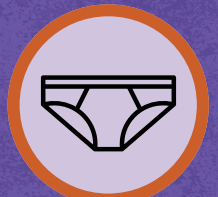
Bucket with lid



Sanitary Napkin



Plastic Mug



Female Underwear



Orna



Solar Torch



Soap



Saree



Umbrella



Thami with Blouse



Whistle

# Table of Contents

<b>1.Dignity Kits Background Information</b>	<b>03</b>
<b>2.Purpose of Dignity Kit.</b>	<b>04</b>
<b>3.Dignity Kits in GBV programming.</b>	<b>05</b>
<b>4.GBV Sub-sector Coordination Role.</b>	<b>06</b>
<b>5.Key Components of Dignity Kit Programming</b>	
<b>A. Organizational Preparedness</b>	<b>07</b>
<b>B. Needs Assessment</b>	<b>08</b>
<b>C. Dignity Kit Contents and Packaging</b>	<b>09-14</b>
<b>- Vulnerability Criteria.</b>	<b>15</b>
<b>D. Transport and Storage</b>	<b>15-16</b>
<b>E. Distributions</b>	<b>16-18</b>
<b>F. Post-Distribution Assessments.</b>	<b>19</b>
 <b>ANNEX- 1</b>	
<b>Dignity Kits Preparedness and Planning Form</b>	<b>20</b>

# BACKGROUND INFORMATION

During emergencies caused by conflict or natural disasters, populations are forced into displacement for safety, leaving behind their belongings and possessions. This brutally disrupts daily life, dislocates family ties, destroys community support networks and puts affected populations in extremely poor and hard living conditions. The humanitarian situation that follows emergencies also reinforces existing inequalities, thus exacerbating the conditions of the most vulnerable groups in the communities. Women and girls face increased risks or face new risks created by the displacement—they have their own needs that need to be considered in all the responses to ensure the basic needs are met and dignity restored.

Part of the humanitarian response includes the provision of basic NFI materials intended to ensure the affected population can at least be able to fulfil their daily life critical chores for their survival. Most NFIs include material for temporary shelters, for cooking, fetching and storing water. However, women's and girl's specific materials, such as hygiene materials, menstrual management materials, are overlooked despite their criticality in the lives of women and girls and their agency to interact or participate in public life. The distribution of dignity kits should be put in the first place in response to humanitarian emergencies. As part of emergency preparedness, GBV SS partners preposition basic supplies to ensure immediate distribution at the onset of an emergency.

Dignity kits help women and girls maintain their dignity, safety, and mobility during humanitarian crises. Preserving dignity and safety is essential to self-esteem and confidence and critical to protection, including GBV risk mitigation and response. Therefore, access to dignity kits provides them safety, dignity and maintains their psychosocial makeup in the community.

# PURPOSE OF DIGNITY KITS

This is a package comprising the basic necessities that displaced women and girls require to maintain feminine hygiene, dignity and respect in their daily lives, despite displacement. 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 similar to 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 by:



Contributing to the psychosocial and physical well-being of women and girls by including items such as intimate wash and pads.



Improving the mobility of women and girls by providing specific sanitary items. In some contexts, mobility can also be enhanced by including items such as headscarves or hijabs, without which women cannot be seen in public.



Allowing budget substitution for families to purchase other important items, such as food or condiments,



Contributing to the protection of women and girls by including risk mitigation items such as flashlights and whistles, so that women and girls do not have to walk in the dark and can call for help.



Providing information about hygiene, reproductive health, GBV-related issues, and services through the inclusion of health and protection information.

# 3 DIGNITY KITS IN GBV PROGRAMMING.

Dignity kits can be used in the context of GBV programming – prevention, response, reduce risks and mitigate consequences of GBV experienced by women, girls, boys and men - in a number of ways, including:

- As an **entry point** to begin working with women & adolescent girls to identify the GBV risks in the community and to advance GBV prevention and response programs.
- 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 & adolescents can access GBV services. In particular, the distribution of dignity kits can be focused on reaching women & girls at risk: GBV survivors, pregnant and lactating women, women heads of household, women and girls with disabilities, women and girls living in remote areas;
- To provide **additional support to GBV survivors**, if the distribution is carried out in collaboration with GBV service providers.
- The **assembly of dignity kits** can be set up as an income-generating activity for women affected by the crisis. In addition to the important economic support, bringing affected women and girls together for kit assembly also presents opportunities to organize awareness-raising sessions, educational conversations, or group counseling sessions.

## GBV SUB-SECTOR COORDINATION ROLE

The GBV Sub-Sector (GBVSS), led by UNFPA, plays a central role in coordinating dignity kit distributions in both emergency and regular programming. The GBVSS team advocates for resource mobilization and facilitates coordination among partners to ensure a timely and needs-based response. Organizations must coordinate with the GBVSS Coordination Team on several aspects, including identifying target populations through needs assessments, selecting distribution locations, sharing distribution dates and data, and following post-distribution monitoring protocols.

At the camp level, GBV Camp Focal Points (CFPs), Alternate CFPs, and distributing agencies—supported by the GBVSS—coordinate with other actors such as NFI, WASH, and the Camp-in-Charge (CiC) during emergency distributions. For regular programming, close collaboration with relevant sectors and working groups is essential to ensure that women and girls consistently receive necessary NFIs, including hygiene materials.

Organizations procuring dignity kits for the first time are required to complete the designated form provided by GBVSS. Existing distributing agencies must participate in monthly and ad hoc stockpiling surveys, upon GBVSS request. The GBVSS Coordination Team is responsible for **maintaining up-to-date stock mapping** to support preparedness and ensure an effective, coordinated response—especially during emergencies. Additionally, GBVSS shares available needs assessment data with partners to prevent duplication of efforts and guide planning and advocacy for resource mobilization.

# 5 KEY COMPONENTS OF DIGNITY KIT PROGRAMMING

## A. Organizational Preparedness Assessment

An organization considering procurement of dignity kits to support GBV programming should first assess its capacities to store the kits effectively, distribute the kits safely and appropriately, and provide post-monitoring feedback. The following aspects should be taken into consideration before requesting the kits:

- **Availability of basic GBV services** in the organization's operational area to ensure linkages between kits and services
- **Staff & community volunteer orientation** on dignity kits (importance, contents, distribution modality, etc.)
- Availability of **storage space**.
- Capacity to ensure the **timely transportation** of the kits from the storage site to the distribution site.
- Capacity to ensure distribution respecting **distribution principles** (including the availability of female staff & community volunteers able to explain how to use the kits and provide information on services available)
- Capacity to ensure **post-distribution focus group discussion** and provide feedback.



See **Annex 1** for the Preparedness and Planning Checklist.



## B. Needs Assessment

If the organization has the potential preparedness to integrate dignity kits into GBV programming approaches, it should determine if there are unmet needs that it may be able to fill with a specific dignity kit intervention. An indispensable step in determining the appropriate modality for dignity kit distribution is to assess the needs of women and adolescent girls affected by the crisis. Wherever possible, information from multi-sector needs assessments and other data sources (e.g. safety audits, WASH assessments, family counting, and registration data, etc.) should be compiled and used to evaluate needs and plans. Partners should also consult the Joint Response Plan and the GBV sub-sector to find out if there are areas or volumes that are specifically needed to implement the Sub-Sector's planned response.

If broader needs assessment and appropriate demographic data are not available, pre-distribution focus group discussions (FGD) should help assess the needs of women and girls in specific areas and help understand how to organize the distribution and select beneficiaries. In a **pre-distribution FGD**, the possible questions could be:

- Are there places where you do NOT feel safe? What do you think could be done about this?
- Is there a place where you prefer to gather during the day?
- What are the basic hygiene products that you need to stay clean and healthy?
- Do you have what you need to wash your body? If not, what would be useful?
- Do you have what you need to wash clothes? (If no, what would be useful?)
- What kind of items would help you to move around more freely and to spend time outside your shelter? (e.g. probe existing kit items, including preferred garments for covering/modesty, safety items like portable lights/whistles, or weather-appropriate footwear, etc.)
- 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 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 clothes?
  - What kind of packaging would you like items to be in? What is more useful? (bag, pack, bucket)

Interviews with key informants should complement the information collected through the FGDs.

## C. Dignity Kits Contents.

Dignity kits typically contain standard hygiene items such as sanitary pads, hand soap, and underwear, amongst other things. The items must be culturally appropriate and in line with the affected population's preferences and needs. Consultations with women must be conducted to design the kit's contents, including quality, quantity and price considerations. If multiple partners are procuring and distributing kits, then the contents need to be harmonized to ensure consistency and equity in the distributions.

The following is the standard and updated list of dignity kit contents; however, it is not exhaustive. Based on insights gathered from community consultations and findings from pre- and post-distribution monitoring, additions or modifications to the list should be made as needed. The prices mentioned alongside each item represent estimated costs based on recent partner procurement and are intended for planning purposes only; actual market prices may vary over time and should be regularly reviewed to ensure accuracy.



Sl	Name of Item	Description	Category	No	Unit	Unit Cost	Total Cost
1	Bucket with lid	Durable plastic bucket made of PP, UV resistant and safe for food and water storage. The top is reinforced to prevent ovaling. The bucket has a tight-fitting lid of the same material of the bucket. 20 liters approx. Can be bigger to fit all dignity kit items., Primary use: to carry dignity kits. Later, the bucket will be used to carry miscellaneous items; therefore, the handle has to resist a minimum of 30 kg.	Local Manufacture	1	Pcs	250	250
2	Plastic Mug	Material: Polypropylene Dimension (LxWxH): 19X18X14.5 CM Capacity: 1.5L Color: Red	Local Manufacture	1	Pcs	50	50
3	Flash Light (Solar Operated)	Solar Operated Flash Light (1Pcs), Handheld portable torch light, Power Source: rechargeable	Imported	1	Pcs	280	280
4	Plastic Rubber Sandal	Sandal/ Slippers (UOM: 1 Pair) Rubber slipper (flip flop style), size Euro 39 (60%) and size Euro 40 (40%) multi colors, rubber sole with y-shaped strap (no sandal or ankle strap), non-toxic or harmful material	Local Manufacture	1	Pair	150	150

Sl	Name of Item	Description	Category	No	Unit	Unit Cost	Total Cost
5	Whistle	Whistle with Ribbon Size: 4.5 x 1.8 x 2.1 cm High Tone Metal whistle	Local Manufacture	1	Pcs	50	50
6	Umbrella	Auto Open 10 Spoke 3 fold Heavy duty Aluminum Alloy + Steel Fabric Material: Polyester + Vinyl	Local Manufacture	1	Pcs	400	400
7	Thami	Thami (UOM: 1 Pcs) Length: min 48 inches Width: min 72 inches Fabric: Cotton Print, Color & Design : Floral print, vibrant color & design (multi-color) Color except white body color Fastness: wash color fastness (to pass through basic wash test)	Clothing	1	Pcs	200	200
8	Reusable Menstrual Pad	Readymade/ecofemme pad/handmade pad with soft cloth materials in the front and other absorbent material inside. Size: Length-29 cm, Width-23 cm Fabric: 100% Cotton, Color: Dark Color (Preferably navy blue/red/merun/deep brown except black or printed).	Sanitary/ Hygiene	3	Pcs	100	300
9	Blouse	Printed Cotton-Arabindo 4.5 Feet/3.5 Feet (Arai Hat Bohor) piece of cloth	Clothing	1	Pcs	180	180

Sl	Name of Item	Description	Category	No	Unit	Unit Cost	Total Cost
10	Female Underwear	3 PCs Set: 1 Large and 2 Medium Women's underwear (panties) of brief type with elastic waistband, elastic leg openings and crotch panel. Made of breathable and stretchable material. Not transparent. Made of 100% cotton. Not containing any allergic substances. Size: Large 40%, Medium 60% (considering local context) Solid Color: black or dark brown, fixed dye. With the provision of two black elastic properly shaped and placed with double stitch at the inner part of underwear to keep hold the napkin.	Clothing	3	Pcs	50	150
11	Biodegradable Menstrual Pad	UOM: 8 Pcs set Material: The top sheet is made with 100% cotton; the core is made of pulp and the back sheet will be made of potato starch, which will help the product fully decompose within 6 months. Size: Length- 29 cm, Width- 23 cm.	Sanitary/ Hygiene	1	Pcs	180	180
12	Coconut Oil	Product Type: Oil Variant: Coconut Capacity: 200ml Shelf Life: 15 months	Manufacture	1	Pcs	180	180

Sl	Name of Item	Description	Category	No	Unit	Unit Cost	Total Cost
13	Antibacterial Bathing Soap	1 Bar (100 gm for personal hygiene. Unscented, antibacterial, hypoallergenic, free of harmful or dangerous substances. Antibacterial / Germ protection ingredients BSTI/other international standards Original factory pack.	Sanitary/ Hygiene	1	Pcs	75	75
14	Laundry Soap	1 Bar for washing laundry by hand, individually wrapped, Net volume: 130 gm, not containing mercury or any other toxic substance, not harmful or causing allergy for hands, long durability (does not melt easily). Original factory pack BSTI/BSTI/another international standard	Sanitary/ Hygiene	1	Pcs	50	50
15	Burkha with scarf	Burkha with scarf (1:1) Product type: Abaya Borka Main Material: Comfortable Dubai fabric, embroidery and sewing work Gender: Women Long: S. 52 /M, 54 /L, 56 inc	Clothing	1	Pcs	750	750

Considering the **host community** of Bangladesh and the need to remain inclusive of all religions, the **thami and blouse** can be **replaced** with the following **two items**. Again, for the host community, based on insights gathered from community consultations and findings from pre- and post-distribution monitoring, additions or modifications to the list should be made as needed:

Sl	Name of Item	Description	Category	No	Unit	Unit Cost	Total Cost
1	Maxi	Cotton, Body Size: 42 inches and long: 50 inches	Clothing	1	Pcs	228	228
2	Orna	Cotton, printed; Size: 36" * 90"	Clothing	1	Pcs	156	156

Partners must carefully map their distribution sites at the block prior to initiation of programming to ensure there is no overlap or conflict between different types of kits in close proximity to one another. No new kits should be ordered without prior consultation with the sub-sector on current assessment feedback and the standard contents.

The Dignity Kit content may vary over time according to the needs and feedback of the affected population. The GBV sub-sector will review the contents of the kits based on **post-distribution monitoring** conducted by organizations **every 3 months** (the estimated life of the standard kit in an emergency phase).

For actors providing both hygiene and dignity kits, and who are covering areas where other actors are providing hygiene kits, coordination on the contents of kits should be discussed to avoid duplication of materials and to ensure coverage of essential female sanitary items. The WASH, Camp Management and NFI/Shelter clusters should be provided with information about Dignity Kit distributions regularly and coordinate as needed.



## Vulnerability Criteria:

The selection of recipients should be guided by a set of objective criteria to ensure the most effective use of available resources. The eligibility criteria have been revised to prioritize women and girls of reproductive age (typically defined as 12 to 49 years), while also recognizing that menarche can occur earlier and menopause later than these ages, and that elderly women may also be survivors in need of support. These criteria apply equally to both the Rohingya refugee camps and the surrounding host/local communities. The post distribution assessment should further document good practices, lessons and the overall impact of the items on the women and girls' well-being. The updated criteria are as follows :

### **Priority recipients:**

1. Women and girls affected by man-made and natural disasters (conflict/displacement/fire/flood/cyclone/landslide)
2. Survivors in need.

These **two criteria** can include any of the following conditions:

Women-headed households, Women and girls with disabilities, Pregnant women and lactating mothers, unaccompanied and separated adolescent girls, extreme vulnerability, including poverty and inequality (marginalization, social exclusion, and discrimination due to gender, social status, disability, and age), Recently displaced women and girls, Extremely poor households, chronically ill women and girls, households dependent on community support with no remittances from family, household members without employment opportunities in the local area.<sup>1</sup>



## D. Transportation and Storage:

Ensure the transportation means are appropriate to avoid any damage or loss of kits content after purchasing. This will cause a delay in distribution and can alter the quality of the materials. When selecting a warehouse for storage of dignity kits, 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 of time due to the security risks. When selecting storage for dignity kits, attention should be given to:

<sup>1</sup> Community consultations need to be conducted to identify and address bottlenecks, ensuring appropriate and need-based distribution of Dignity Kits.



**Location:** Ensure appropriate road access for the largest vehicles that may need to come to the warehouse. Avoid warehouses situated on 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.

## E. 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 can be procured and distributed in a timely manner, as determined by the emergencies of the emergency. **Third**, dignity kit provision must serve as an entry point for broader protection and health programming on Reproductive Health (RH) Gender Based Violence (GBV), and/or psychosocial support for women and girls. Dignity kit distribution should be understood as distinct from and not a replacement for NFI distributions.

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

Distribution of dignity kits may be done alongside other relief items targeting females' shelter, food and NFI. For instance, information on critical issues can be shared before distribution such as where/how to access humanitarian services and information on reproductive health, legal rights, child care, hygiene, and GBV. The distribution also

presents an opportunity for awareness rising on hygiene issues, such as how and where to wash or dispose of menstrual items and explanations of each item in the kit.

Dignity kits entail distributing items to a small number of people. Potential risks should be assessed and all measures are taken to eliminate them. It is important to ensure that humanitarian interventions, and the environments in which these are provided, 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.

In both camp and non-camp settings, the distribution of dignity kits runs a risk of increasing the vulnerability of women & adolescent girls together. When organizing distribution, consider potential safety and security risks, specifically GBV-related risks, and seek to devise ways to address these.

There are a number of 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 & adolescent girls in the process of selecting the distribution points and dates, providing information prior to the distribution (what, when, where, how) so women and girls can plan to collect their dignity kit safely and discreetly



Organize the distribution in a discreet place, by women staff to women/ & adolescent 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 these may increase GBV risks



Encourage women & adolescent girls to create collectives, to stay together during the kits collection journey



Consider using female or male porters



Sensitise 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 kit distribution as part of safety audits, if trained staffs are available; select a security focal point for the distribution.



Prepare the activity tools (distribution list, pre and post activity survey etc.) to ensure attention to gathering disaggregated age and gender data.



Ensure the distribution personnel know the referral pathways and services available so that they can provide information and assist GBV survivors if necessary

### Good Practices during Distribution:

To ensure a survivor-centered and dignified approach, organizations involved in dignity kit distributions are encouraged to follow the good practices outlined below—please note that this list is not exhaustive:

- **Pre-distribution briefing:** Provide women and girls with a short briefing on the contents, purpose, and use of the dignity kits before the distribution begins.
- **Community feedback mechanisms:** Set up a help desk or assign staff at distribution sites to receive and respond to community feedback and queries.
- **Referral information:** Where possible, include printed referral pathway information inside the dignity kits to support access to services.



## F. Post-distribution Monitoring and Feedback from beneficiaries

It is a best practice to conduct post distribution focus group discussions with women & adolescent girls 1-3 months after they receive the dignity kits to assess or evaluate dignity kit effectiveness in the lives of vulnerable women & adolescent girls of reproductive age. It is recommended that approximately 2-5% of the women & adolescent girls receiving the kits should be involved in the post-distribution FGDs.

**The standard questions to guide the FGDs are the following:**

1. Were the contents of dignity kits appropriate and culturally sensitive?
2. Who received dignity kits, and how were beneficiaries selected?
3. Were dignity kits delivered on time to serve their purpose?
4. Do you feel that the dignity kits helped meet women's & adolescent girls' hygiene needs?
5. Do you feel that the kits helped restore women's & adolescent girls' dignity?
6. Was the distribution of the kits organized in an effective way? If not, how would you suggest to re-organize the distribution in the future?
7. Do women & adolescent girls receive information on how to use the kits?
8. Do women & adolescent girls receive information or other GBV/women empowerment services during the distribution?
9. Were women & adolescent girls able to access other services as a result of using items in the kits?

Organizations distributing the kits should collect the results of the FGDs and share them with the GBV Coordinator for review within one month after distributing the kits.

## ANNEX - 1

### **DIGNITY KIT Preparedness and Planning Questions:**

1. Were the contents of dignity kits appropriate and culturally sensitive?
2. Who received dignity kits, and how were beneficiaries selected?
3. Were dignity kits delivered on time to serve their purpose?
4. Do you feel that the dignity kits helped meet women's & adolescent girls' hygiene needs?
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**Cox's Bazar GBV Sub-Sector**