

How can I support girls who are in menstruation?



- > **BE CONSIDERATE**
By privately alerting the girl if I notice blood stains on her dress.
- > **DON'T TEASE**
Not making fun of the girl.
- > **GET HELP**
Asking a teacher for help in case the girl is not able to stand up and/or if her dress is badly stained.
- > **OFFER ENCOURAGEMENT**
Encouraging girls to actively participate in class and other activities.

AS A BOY...

- > I need to understand and appreciate the body changes that both I and my sisters go through so that I develop a positive attitude towards others.
- > I need to understand menstruation so that I support my sisters.
- > I need to respect the positive choices girls make.
- > Every girl is my sister; I do not leave her at home during school time.
- > I need to respect girls, not tease them or peep in the girls wash rooms.



**BE
BRAVE**

STAND UP FOR GIRLS

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What is menstruation?

It is the monthly flow of blood from the uterus through the vagina in all girls and is normal and natural. Menstruation is sometimes referred to as periods or menstrual period.

When does it happen?

Between 9 and 15 years, a girl will start menstruating every month. The period will last for 3 to 7 days.



Menstrual flow is a natural body fluid that can be washed out with soap and cold water.

FREQUENTLY ASKED QUESTIONS

- > Is it dangerous for a girl to be in menstruation?
The girl's monthly period is not like bleeding that occurs with a cut or wound. It is perfectly natural.
- > Do girls have to stop playing sports while they have their menstruation?
No. Girls can play sports and engage in sports as long as they do not have severe pain. Sometimes, being active can also reduce the pain.
- > Is it normal for a girl to miss a period for one month?
It is normal for a girl to miss her period for one month, it may be caused by stress, too much exercise, weight loss, or an unbalanced diet. In the absence of a menstrual period for 3 months or more – please advise her to see a doctor.

What are signs that menstruation will soon start?

Menstruation begins at different ages for different girls. However, it usually begins after the appearance of any or all of these common signs in most girls: breast development, growth of some pubic hair (in arms pits and private parts), enlarged hips, rapid body growth and whitish discharge from the vagina.



How does a girl know when her period is due?

She can tell the time of her next period by counting the number of days. A menstrual cycle starts with the first day of monthly period/flow. The last day of the menstrual cycle is the day before the next monthly period starts.

MYTHS

- > Big girls are the only ones who menstruate.
Wrong. Girls can start menstruation at 9 years and above. Therefore, her size does not matter.
- > A girl cannot get pregnant if she has sex during menstruation.
Wrong. A girl can get pregnant during menstruation. Having sex during menstruation can be unhygienic and leaves girls more vulnerable to diseases. It is better to abstain.
- > A girl cannot get pregnant before her first period.
Wrong. Girls can get pregnant before they get their first period. Please abstain.
- > When girls get their first period it means that they are ready for marriage.
Wrong. Girls should stay in school and finish their education. When they are ready and are of legal age, they can get married and have children.

