

## MENSTRUATION

# THE MODULE : MENSTRUATION



**MENSTRUATION**

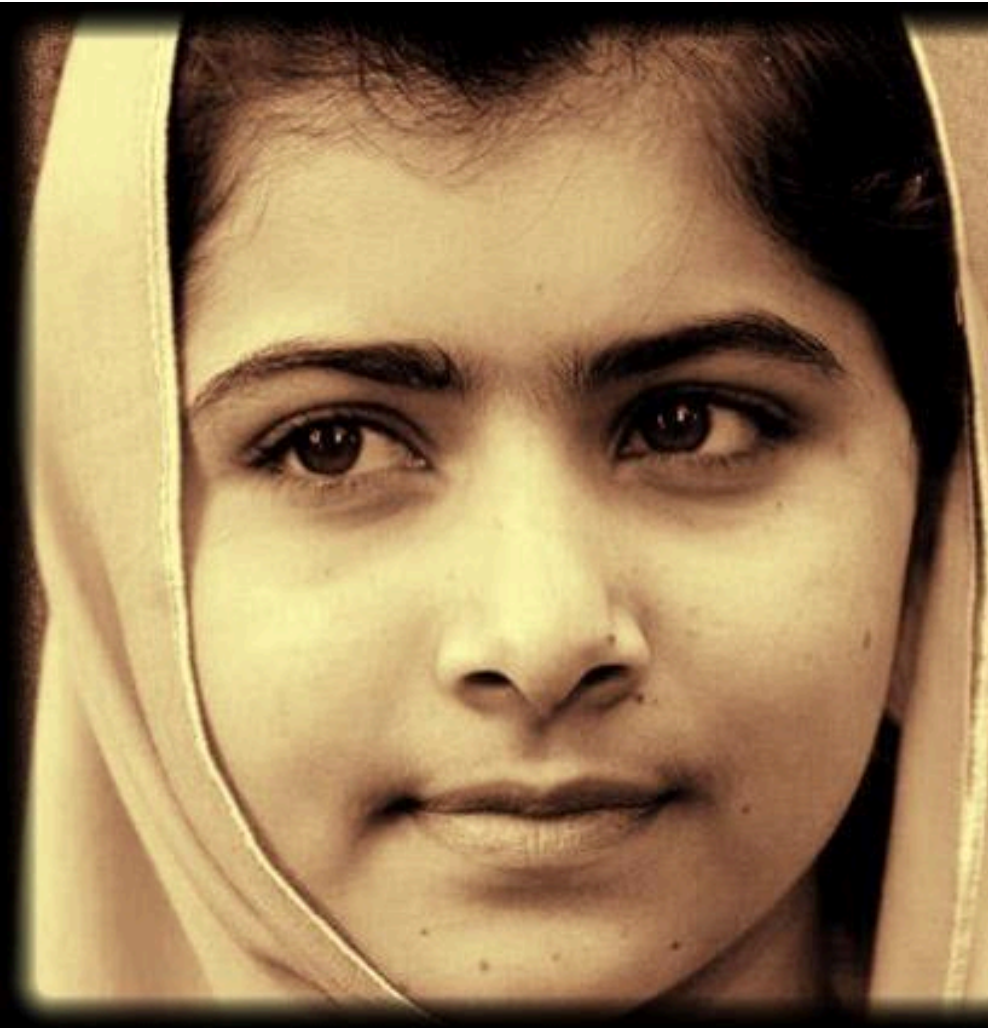
**CLASS - FIRST**

**A Girl Child**



# MENSTRUATION

## GIRLS CHANGE THE WORLD



"I don't mind if I have to sit on the floor at school. All I want is education. And I'm afraid of no one."

-Malala Yousufzai

# MENSTRUATION

## GIRLS CHANGE THE WORLD



YOUSAFZAI MALALA

### WHO IS SHE

A young girl from Pakistan. At the age of 17 she received the Nobel Peace Prize.

When only boys were allowed go to school, she struggle against the suppression of children and young people and for the right of all children to education.

She stood up and defended the right of every young girl to go to school.

**SHE IS THE YOUNGEST EVER NOBEL LAUREATE.**



# MENSTRUATION

## GIRLS CHANGE THE WORLD



MAMATA BANERJEE

### WHO IS SHE?

She is the Chief Minister of West Bengal since 2011.

**SHE IS THE FIRST WOMAN CHIEF MINISTER OF WEST BENGAL.**

She opposed forceful land acquisition for industrialization in West Bengal at the cost of agriculturists and farmers.

# MENSTRUATION

## GIRLS CHANGE THE WORLD



**INDRA KRISHNAMURTHY NOOYI**

### **WHO IS SHE?**

She is a Business Manager who was born in India.

**SHE IS THE FIRST INDIAN  
CHAIRPERSON AND CHIEF  
EXECUTIVE OFFICER OF  
PepsiCo**

She believes in Performance with Purpose.

## MENSTRUATION



*“A Baby girl .... One of the most beautiful miracles in life, one of the greatest joys we can ever know, and one of the reasons why there is a little extra sunshine, laughter and happiness in the world today.”*



# A GIRL CHILD GETS MENSTRUATION?

There are different names to call it:  
**Menstruation, Menses, Period or Monthly**

*In HINDI it is called माहवारी Māhavārī*

*In Bengali it is called কুসুম Kusuma*



**IT IS A SIGN OF GOOD HEALTH  
NOT OF SHAME**



# MENSTRUATION

..... becoz .... Little girls **ONLY** grow up to be beautiful mothers ....



# MENSTRUATION



## ACTIVITY – And YOU...

- Do you feel it's more difficult to be a girl than a boy?
- Do you feel less special because you are a girl?
- **YOU ARE POWERFULL!**

**What would you like to do to improve  
GIRL POWER?**

**Please speak a few lines on YOU – how  
COULD YOU change the world**

MENSTRUATION

**CLASS - TWO**

# What is Menstruation?



# MENSTRUATION

## INTRODUCTORY ACTIVITY

**ACTIVITY 5 – Please find the words in the list B which are opposite from the list A and match them together.**

CLEAN
PADS
HEALTHY
WOMEN
FERTILITY
NORMAL

INFERTILITY
UNHEALTHY
UNNORMAL
DIRTY
CLOTH
MEN

# WHAT IS MENSTRUATION?

There are different names to call it:  
**Menstruation, Menses, Period** or **Monthly**

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# MENSTRUATION IS ....

- .... Starts anytime between 9 to 15 years of age
- .... It happens every month on nearly the same date
- .... It lasts for between 3 to 7 days
- .... It ONLY happens to girls and not to boys



# MENSTRUATION IS ....



.... it is the time of each month when a girl / woman

passes **MENSTRUAL BLOOD**

# WHAT IS MENSTRUAL BLOOD?



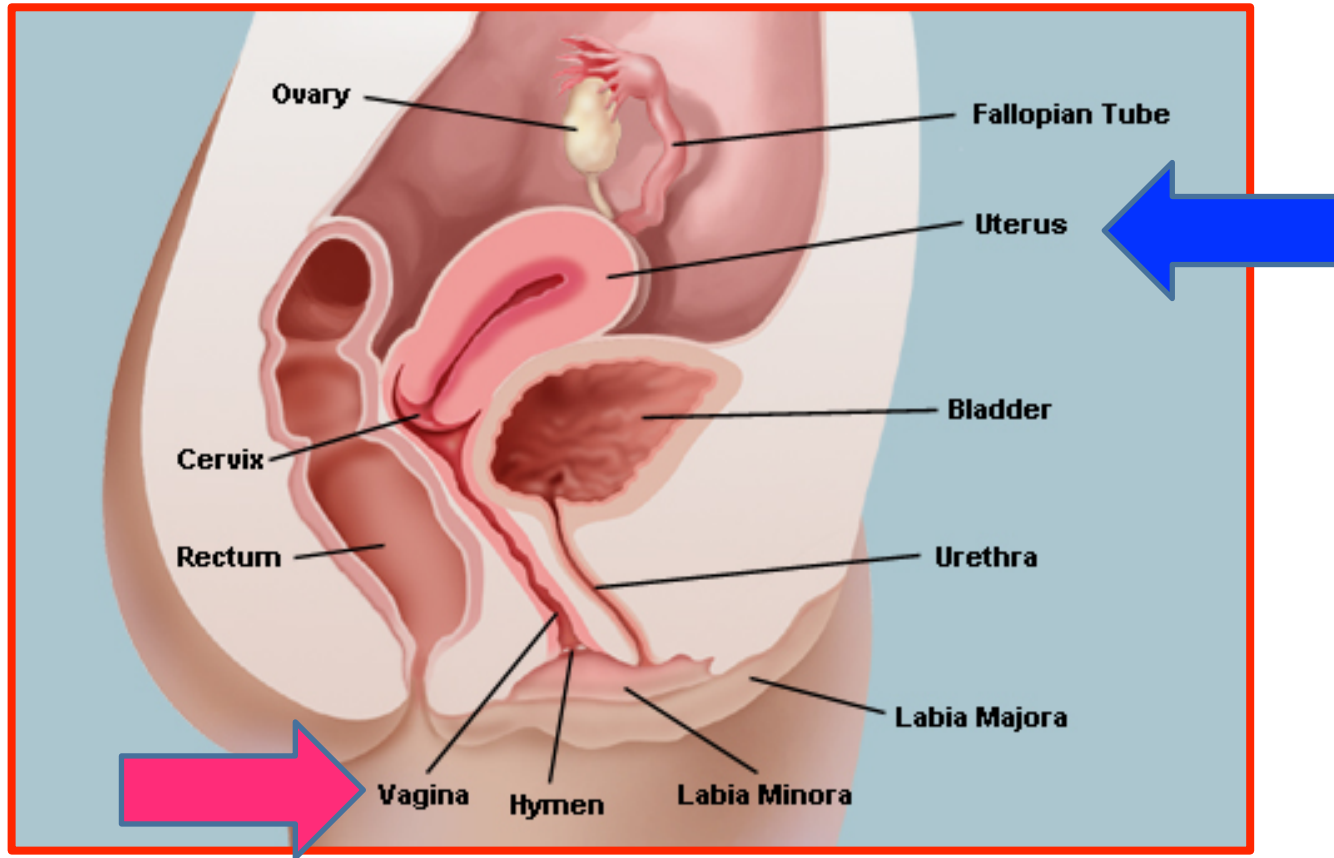
MOST OF IT IS **BODILY FLUIDS**

SOME OF IT IS **BLOOD**

IT IS **NOT ALL BLOOD**

IT IS A SIGN OF GOOD HEALTH, IT **DOES NOT MAKE YOU WEAK**

# BLOOD COMES OUT THROUGH THE VAGINA?



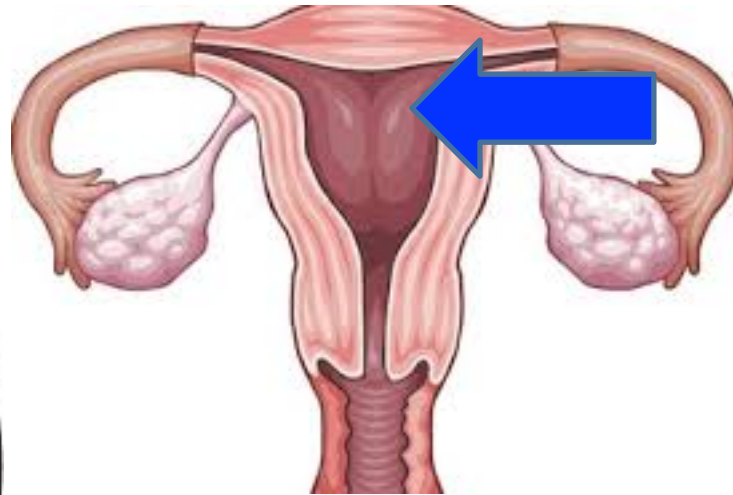
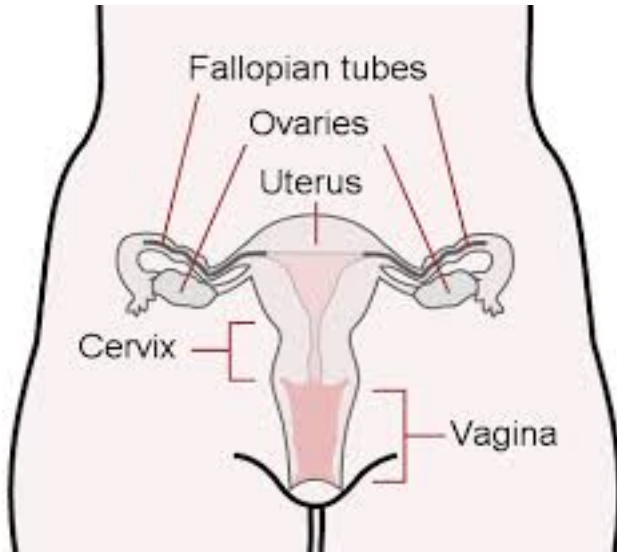
“The place where the menstrual blood comes out is called **vagina**”

*It is Blood mixed with Other Body Fluids*

**MENSTRUATION DOES NOT MAKE A GIRL WEAK**

# MY UTERUS?

*“only a girl / woman has a UTERUS”*



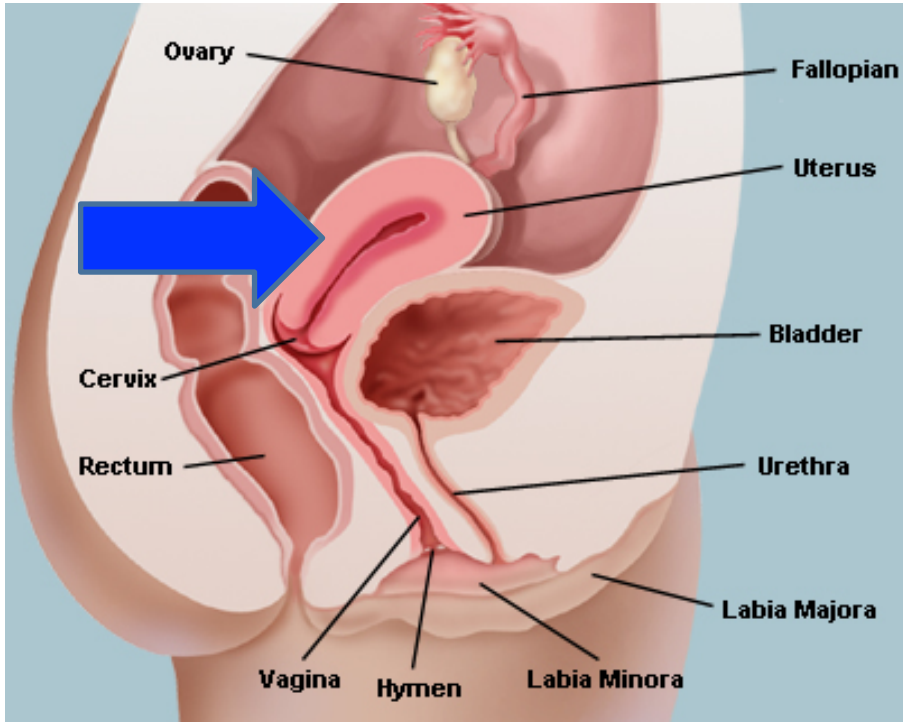
**“Uterus is the baby’s home  
inside her mother’s body”**

*Uterus is also known as “WOMB”*



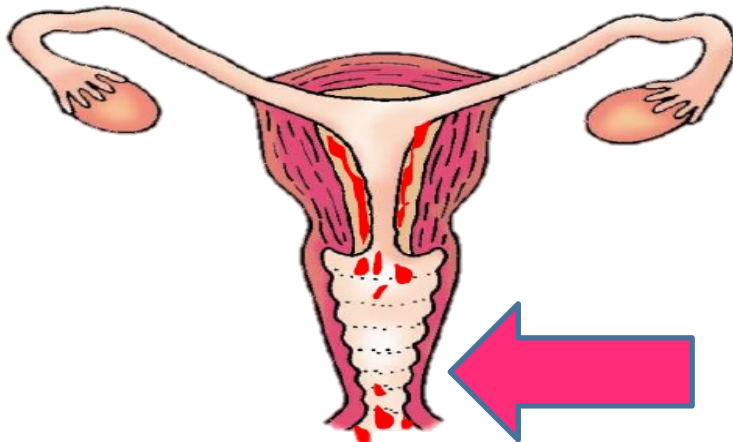


# WHY DO WE HAVE IT?



MENSTRUATION **starts** anytime between 9 to 15 years of age

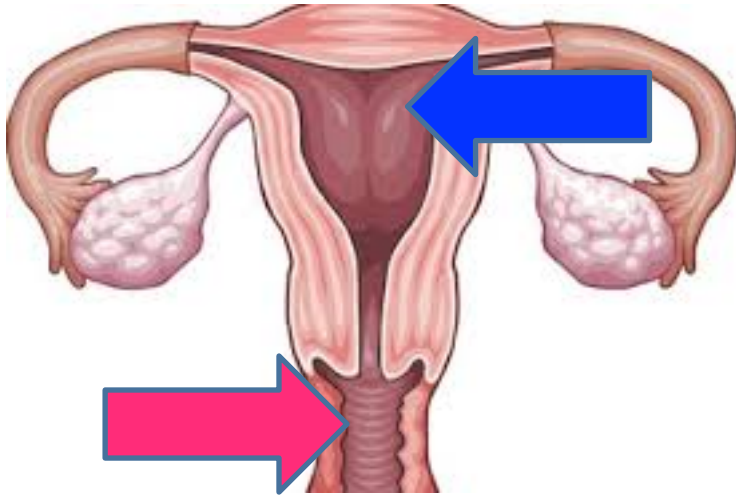
In MENSTRUATION every month our **UTERUS** builds a thin **lining of blood and tissues**, at the end of that month, that thin lining comes out through your vagina



*blood comes out of the vagina*

# MENSTRUATION AND PREGNANCY?

*“only a girl /woman can become pregnant”*



A girl / woman can become **PREGNANT** anytime after the starting of Menstruation

***UNDERAGE PREGNANCY & CHILDBIRTH MAY LEAD TO COMPLICATIONS AND IS A THREAT TO THE LIFE OF BOTH, MOTHER AND CHILD. BEST AGE IS BETWEEN 20 to 35***

# MENSTRUATION MAKES ME FEEL GOOD



It's **normal** and **healthy** to have Menstruation

Only **girls** and **women** get it

A girl **can become pregnant** after Menstruation starts

# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

ACTIVITY 6 – Find the 6 following which are related to menstruation:

- MENSTRUATION
- HEALTHY
- CLEAN
- PADS
- WOMEN
- NORMAL

A	B	Y	U	W	O	M	A	N	R	B	S
M	E	N	S	T	R	U	A	T	I	O	N
F	W	F	H	J	K	A	W	P	A	D	S
Q	W	W	H	E	A	L	T	H	Y	H	H
W	X	M	N	B	N	T	F	F	G	H	M
H	T	C	L	E	A	N	S	S	F	H	J
J	H	F	F	D	C	N	O	R	M	A	L

# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

ANSWER:

A	B	Y	U	W	O	M	A	N	R	B	S
M	E	N	S	T	R	U	A	T	I	O	N
F	W	F	H	J	K	A	W	P	A	D	S
Q	W	W	H	E	A	L	T	H	Y	H	H
W	X	M	N	B	N	T	F	F	G	H	M
H	T	C	L	E	A	N	S	S	F	H	J
J	H	F	F	D	C	N	O	R	M	A	L



MENSTRUATION

**CLASS - THREE**

**How do we feel?**



# MENSTRUATION

## RECAP (REMEMBERING WHAT WAS STUDIED IN THE LAST CLASS) ACTIVITY OF 1<sup>st</sup> CLASS

ACTIVITY 7 – In each of this 4 sets of pictures there is always one of them that is more correct than the other.

Please select the right and the wrong

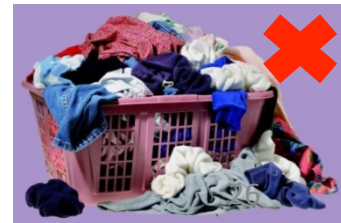
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# MENSTRUATION

## RECAP (REMEMBERING WHAT WAS STUDIED IN THE LAST CLASS) ACTIVITY OF 1<sup>st</sup> CLASS

ANSWER:



# MENSTRUATION IS ....

- .... Starts anytime between 9 to 15 years of age
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# WHAT IS MENSTRUAL BLOOD?



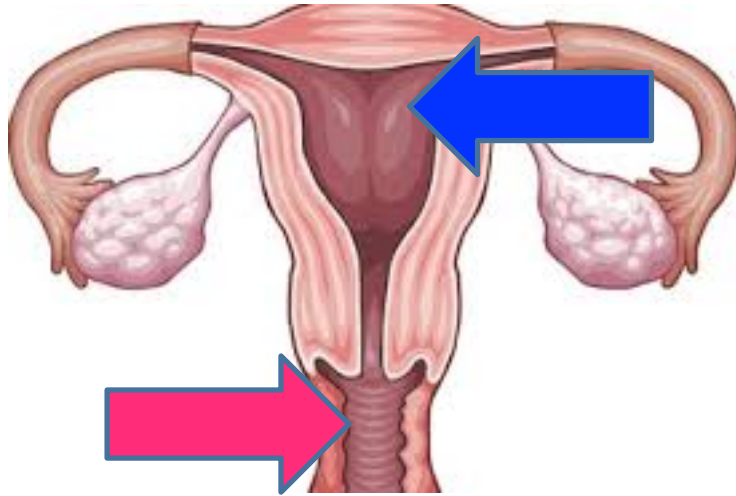
- Most of it is **BODILY FLUIDS**
- SOME OF IT IS **BLOOD**
- IT IS **NOT ALL BLOOD**

IT IS A SIGN OF GOOD HEALTH; IT **DOES NOT** MAKE YOU WEAK



# MENSTRUATION AND PREGNANCY?

*“only a girl /woman can become pregnant”*



A girl / woman can become **PREGNANT** anytime after the starting of Menstruation

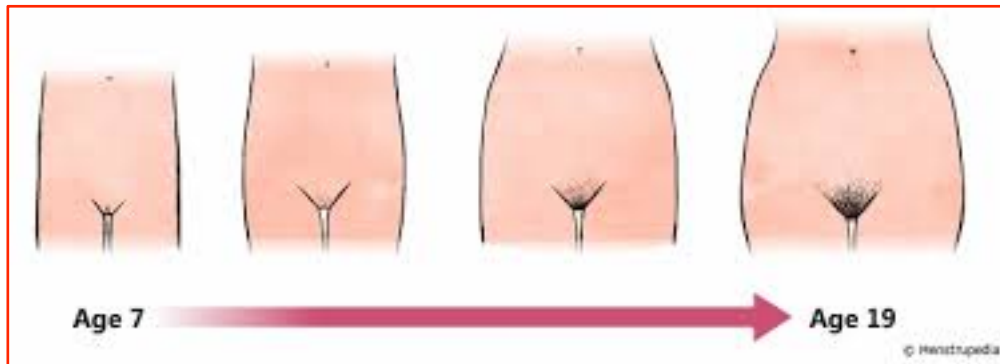
***UNDERAGE PREGNANCY & CHILDBIRTH MAY LEAD TO COMPLICATIONS AND IS A THREAT TO THE LIFE OF BOTH, MOTHER AND CHILD***



# Each body is different!!!



Start not possible to predict, most common age group: **9 to 15** years old



**Breasts** and **Pubic Hair** begin to develop at the same time

**IT IS NORMAL**



# HOW CAN WE FEEL IN MENSTRUATION?



**PAIN IN BREAST**



**TIRED**



**HEADACHE**



**LOWER STOMACH PAIN**



**VERY LOW ENERGY**

**IT'S NORMAL...**

# WHEN TO SEE A DOCTOR?



- Very **PAINFUL** Periods
- **VOMITING** with Periods
- **HEAVY** and **PROLONGED** bleeding
- Too many **THICK CLOTS** in the discharge
- If regular Periods **STOPS** or **CHANGES**

## WHEN YOU ARE PREGNANT PERIODS STOPS

**‘Regular PERIODS’**: easier to predict when is it coming  
It will normally come from 28 to 28 days

**‘Irregular PERIODS’**: more difficult to predict  
It can come more or less than 28 days

# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

ACTIVITY 8 - As you know, the first time you have your menstruation you become a woman. From the outside you might be a child but inside yourself, you are a woman.

Tell me 3 reasons why it's good to have menstruation?



# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

**ANSWER** - Examples:

- Reproductive system is working
- you can be a mother
- you are growing
- it's healthy
- it's good
- it's normal

# MENSTRUATION

## **CLASS - Four**

**What must we do to keep ourselves clean  
and healthy?**



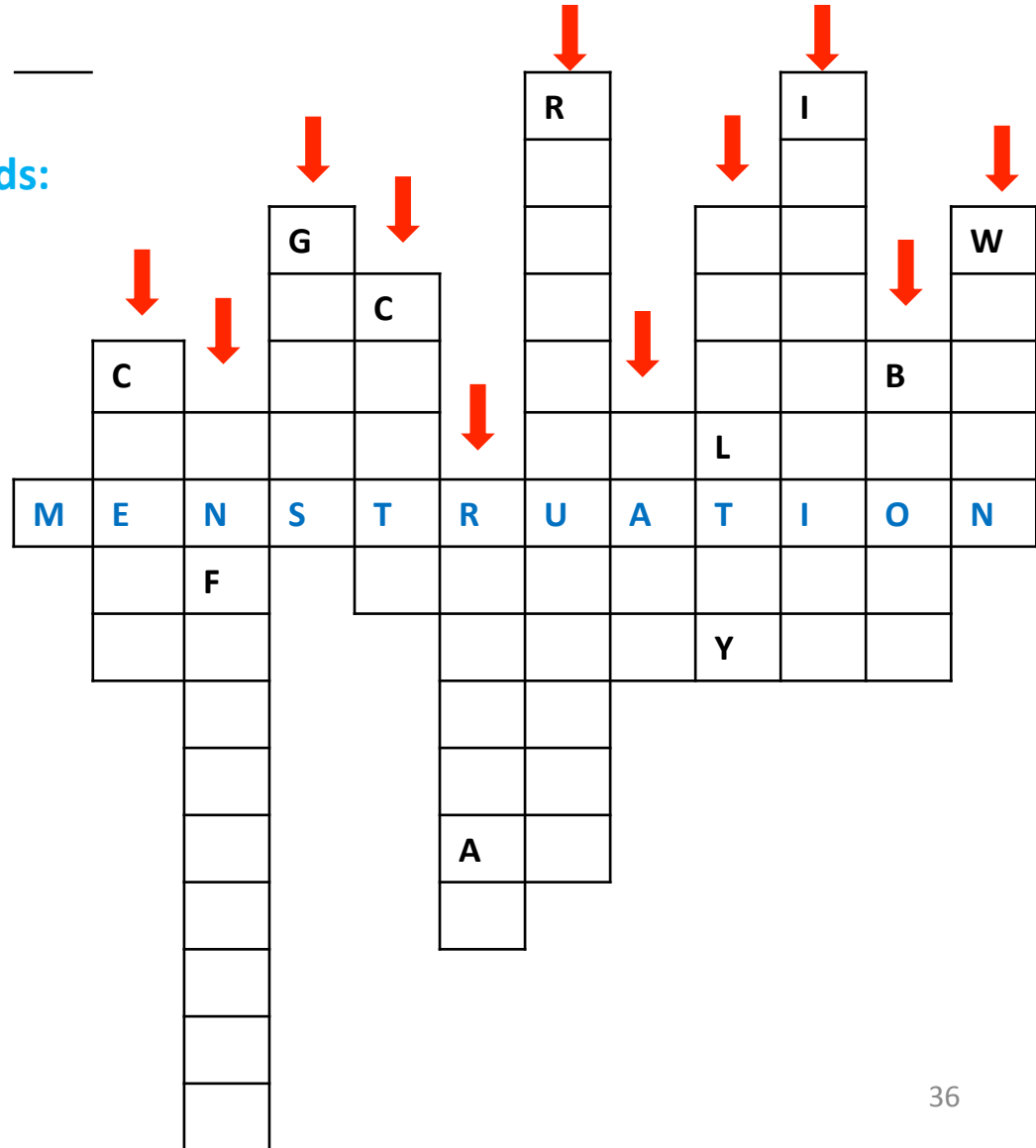


# MENSTRUATION

## RECAP (REMEMBERING WHAT WAS STUDIED IN THE LAST CLASS) ACTIVITY OF 2<sup>nd</sup> CLASS

ACTIVITY 9 – Find the following words:

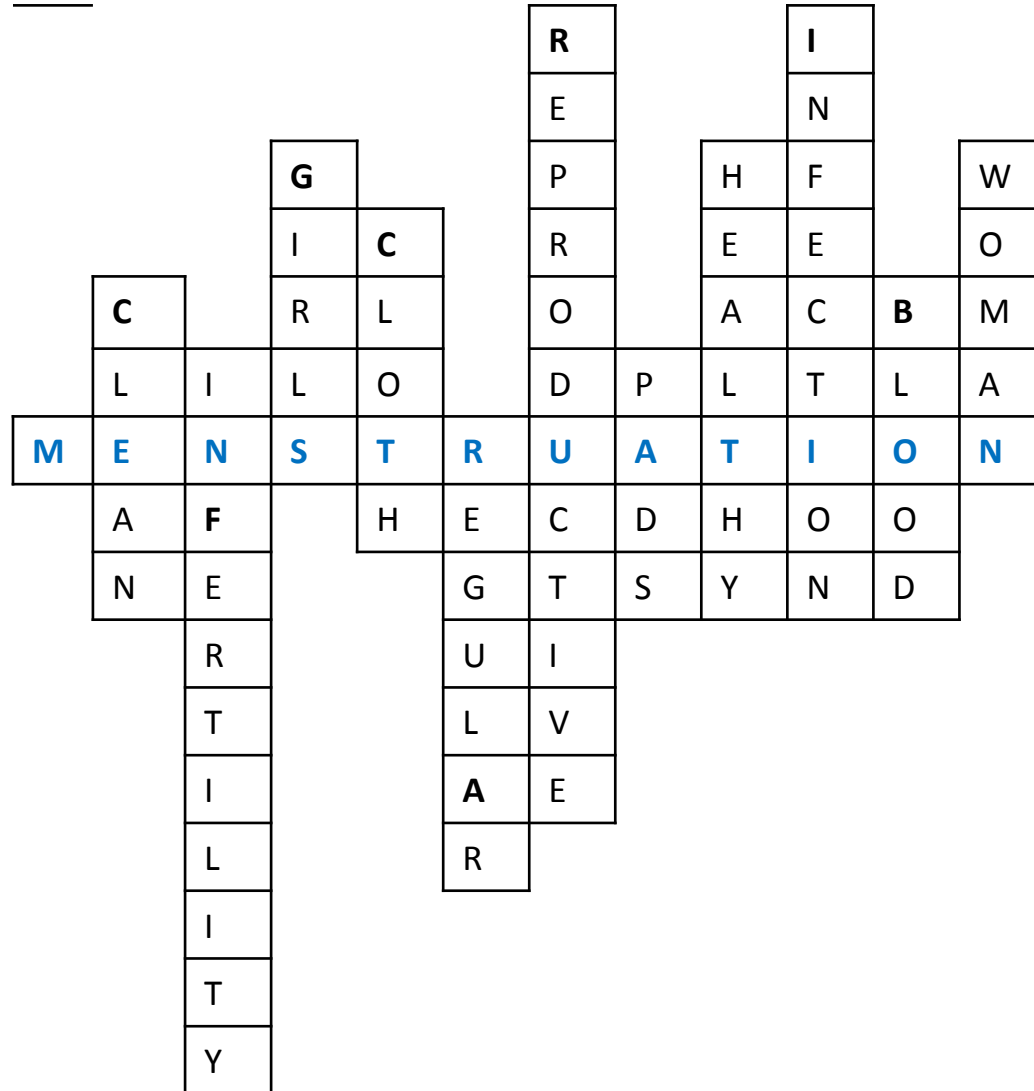
- CLEAN
- INFERTILITY
- CLOTH
- PERIOD
- REPRODUCTIVE
- PADS
- HEALTHY
- INFECTION
- BLOOD
- WOMEN
- GIRLS
- REGULAR



# MENSTRUATION

## RECAP (REMEMBERING WHAT WAS STUDIED IN THE LAST CLASS) ACTIVITY OF 2<sup>nd</sup> CLASS

ANSWER:



# WHAT MUST YOU DO TO KEEP YOURSELVES CLEAN AND HEALTHY?



**KEEP YOUR PUBIC AREA CLEAN**



**DISPOSE PADS PROPERLY**



**USE PANTIES**



**CLEAN VERY WELL & OFTEN YOUR TOWEL**



**USE & KEEP YOUR PANTIES CLEAN**



**DON'T SHARE YOUR TOWEL**



**CHANGE YOUR PAD OFTEN**



**USE PADS**

# THE BEST THING IS TO USE PADS BUT IF YOU CAN'T AFFORD IT THEN MAKE SURE THAT:

- YOU USE A **NEW** TOWEL OR CLOTH EVERYDAY



- THIS ONE MUST BE **CLEAN** BEFORE YOU USE IT



# WHICH DISEASES CAN WE HAVE IF WE DON'T KEEP OURSELVES CLEAN?



**Pubic area infection**



**Cancer**



**Infertility**



**Death**



**Irritations**

# IT'S IMPORTANT TO:

THINK ABOUT MENSTRUATION



MAKE QUESTIONS ABOUT MENSTRUATION



KNOW ABOUT MENSTRUATION



TALK WITH OUR MOTHERS ABOUT IT





# IT'S IMPORTANT TO:

TALK WITH FRIENDS



TALK AND TEACH YOUR DAUGHTER



GO TO THE DOCTOR



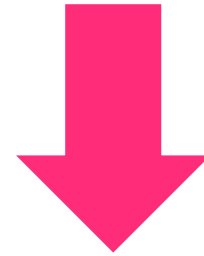
TALK WITH YOUR TEACHER



“DON'T PANIC!  
IT'S NORMAL!  
EVERY WOMEN GETS IT!  
IT'S A **GOOD** THING!  
WE JUST HAVE TO KEEP OURSELVES  
**CLEAN!**”



# MENSTRUATION



**OVERCOME THE  
TABOO**

# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

**ACTIVITY 10 - Tell me which of these following sentences are True (T) and False (F):**

- Women's and men's can have menstruation;
- Menstruation is a process of the human body to get rid of the waste blood;
- It's much more hygienic to use cloth than pads;
- It's healthy and good to have menstruation once a month;
- Women who clean themselves everyday and properly can get a pubic area infection;

# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

### ANSWERS:

- Women's and men's can have menstruation; **F**
- Menstruation is a process of the human body to get rid of the waste blood; **F**
- It's much more hygienic to use cloth than pads; **F**
- It's healthy and good to have menstruation once a month; **T**
- Women who clean themselves everyday and properly can get more easily a pubic area infection; **F**

# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

ACTIVITY 11 – Tell me 3 diseases you can get if you don't clean yourself properly and if you don't use new cloth/pads?





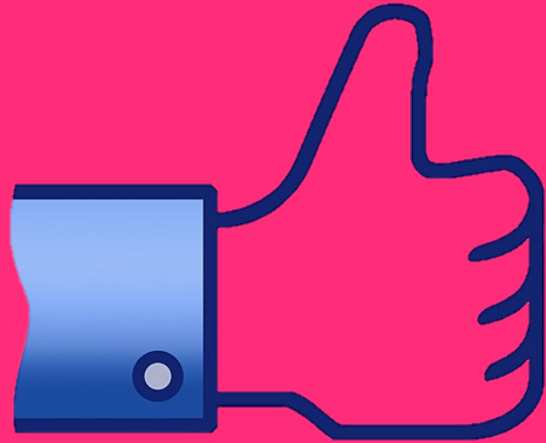
# MENSTRUATION

## CONCLUDING / REVISION ACTIVITY

ANSWERS – Examples:

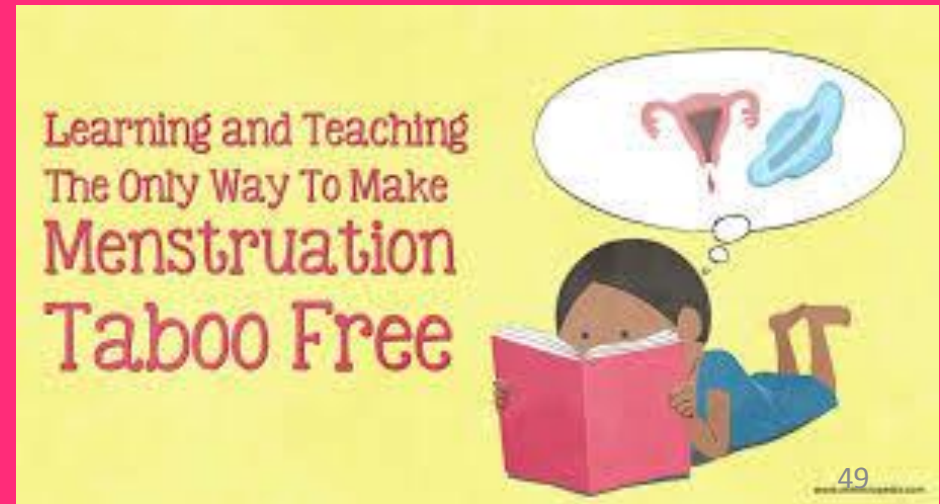
- Pubic area infection
- Cancer
- Infertility
- Irritations
- Death

# MENSTRUATION



**SPECIALLY  
BECAUSE YOU  
ARE A GIRL /  
WOMAN**

**THINK, ASK & TALK  
ABOUT  
MENSTRUATION**



# MENSTRUATION

**For Enquiries:**

PLEASE CONTACT

## **CENTRE FOR CONTEMPORARY COMMUNICATION**

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