

# BE AMAZING. PERIOD!



## MENSTRUAL HYGIENE MANAGEMENT EDUCATION MATERIAL FOR BOYS AND GIRLS



Ghana Education Service



## **MODULE 1**

# **WHAT IS PUBERTY?**

**BE AMAZING. PERIOD!**



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# **WHAT IS PUBERTY?**

**BE AMAZING. PERIOD!**

# PUBERTY IN BOYS

# EMBRACE YOUR

# BODY CHANGES



## Physical Changes

**Enlargement of testicles and penis**

**Scrotum begins to hang down**

**Increase in body weight and height- muscles more pronounced and stronger**

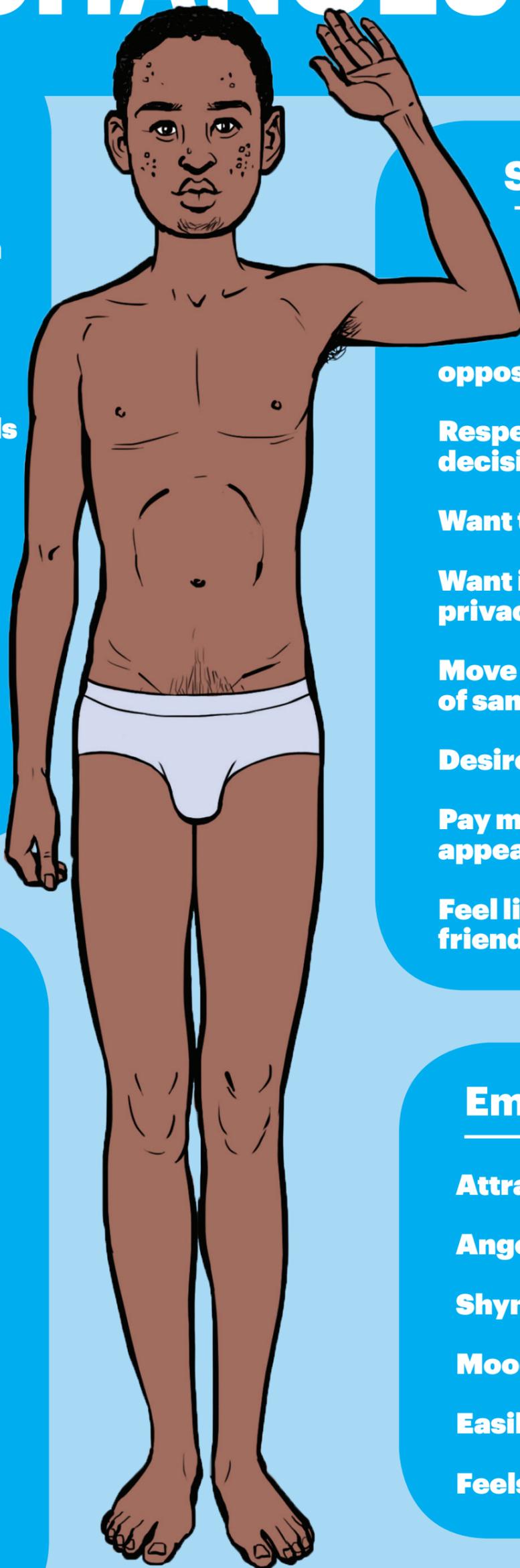
**Thicker and longer vocal cords and deeper voice.**

**Erections and first ejaculations, wet dreams**

**Development of pubic, facial and underarm hairs**

**Voice changes-deepens**

**Skin problems/acne**



## Social Changes

**Make friends, outgoing for recreation**

**Attracted to the opposite sex**

**Respects peers view and decisions**

**Want to be recognize as adult**

**Want independence and privacy**

**Move around in small groups of same sex and peers**

**Desire for sex**

**Pay more attention to appearance**

**Feel like isolating oneself from friends**

## Mental Changes

**Fast thinking**

**Ability to make decisions**

**Gain experience**

**Develop new skills**

**Curious**

**Aware of the developmental changes in them**

**Question many of the social norms imaginative**

## Emotional Changes

**Attracted to the opposite sex**

**Anger**

**Shyness**

**Mood swings**

**Easily embarrassed**

**Feels like an adult**

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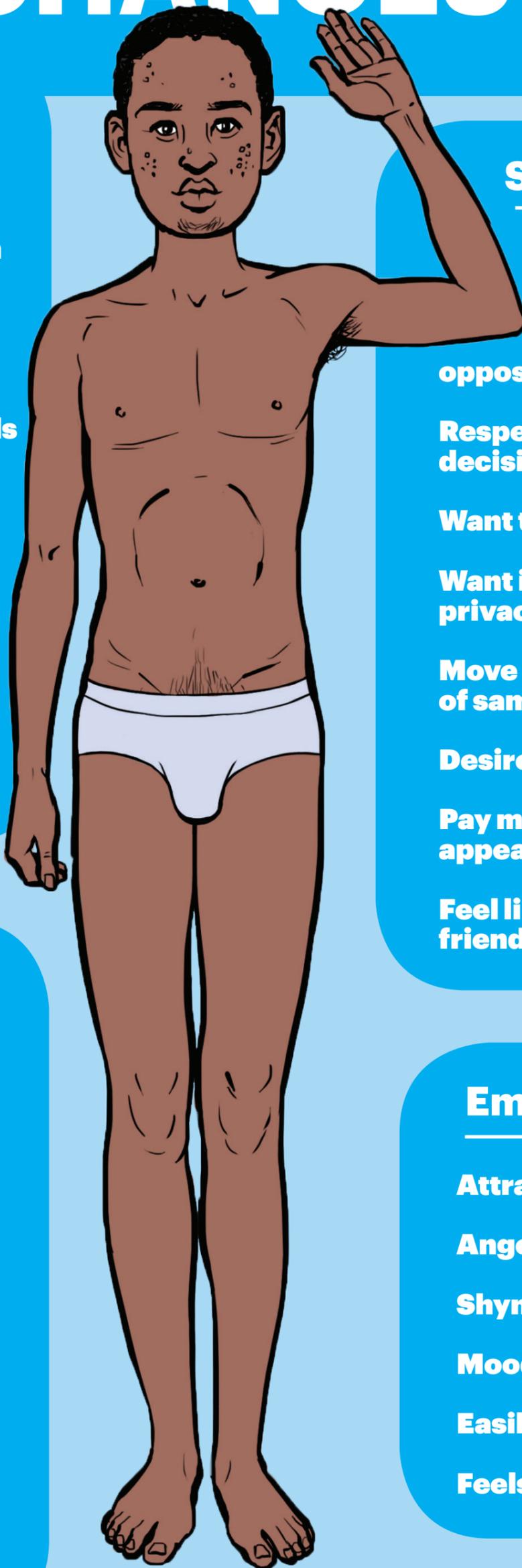
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# PUBERTY IN GIRLS EMBRACE YOUR BODY CHANGES



## Physical Changes

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**Vaginal lubrication**

**Development of sweat glands**

**Enlargement of hips and buttocks to a rounder shape**

**Increase in body weight**

**Onset of menstruation and ovulation**

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**Nipples become darker and larger skin problems**

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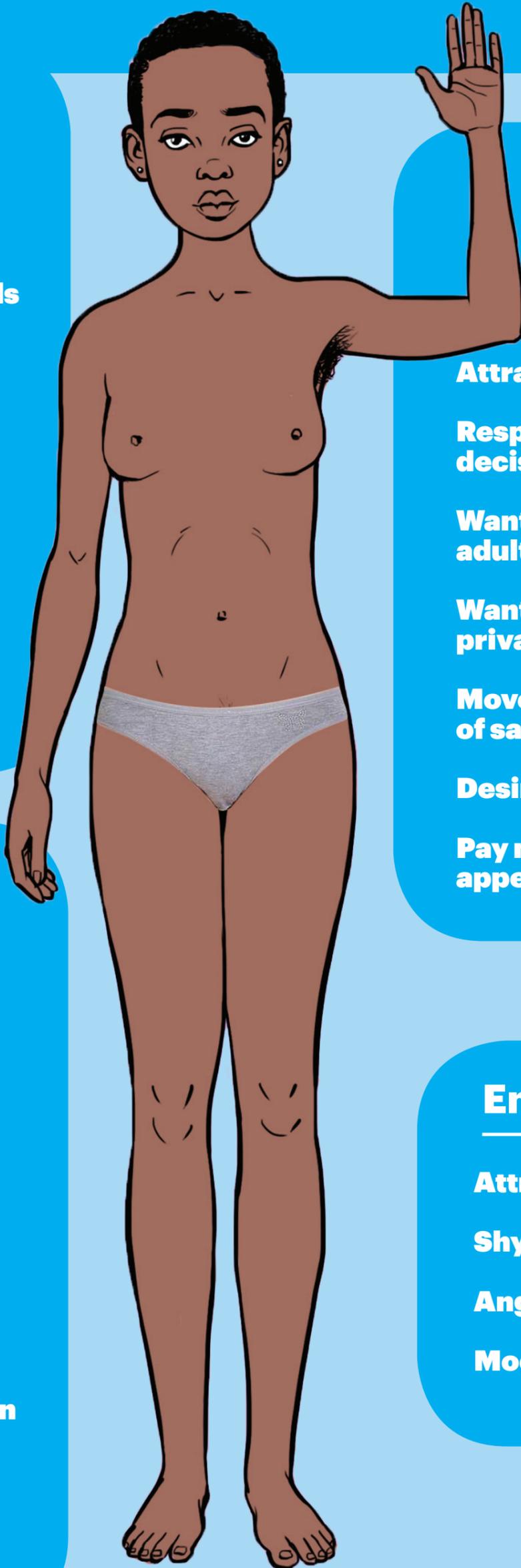
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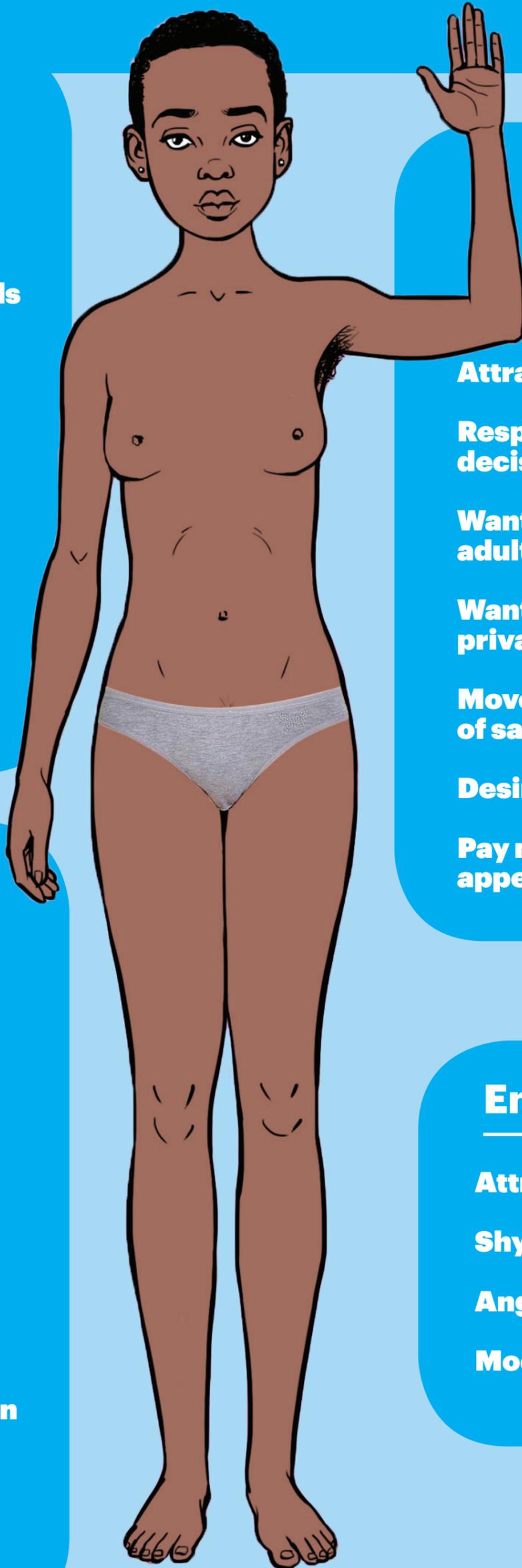
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## MODULE 2

# WHAT HAPPENS DURING MENSTRUATION?

**BE AMAZING. PERIOD!**



## MODULE 2

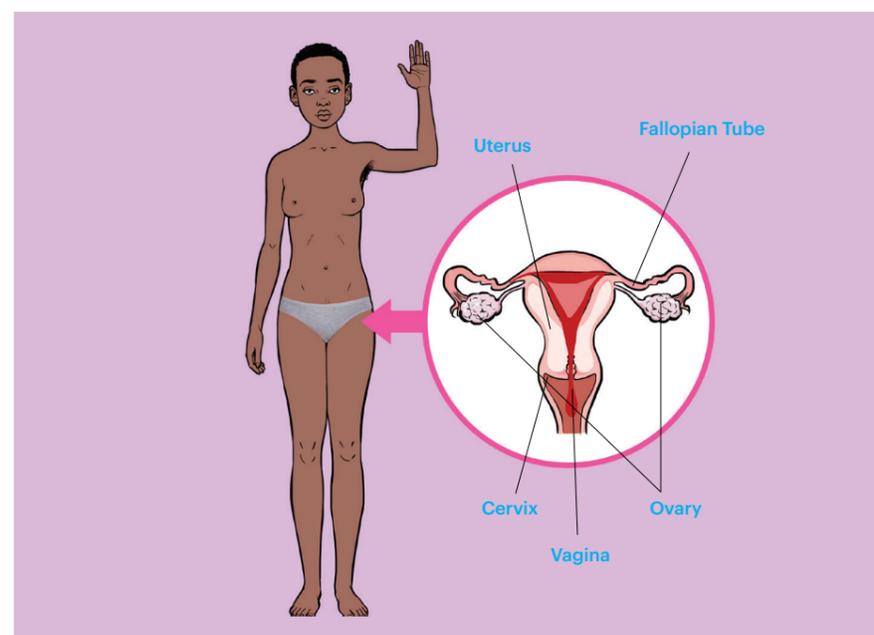
# WHAT HAPPENS DURING MENSTRUATION?

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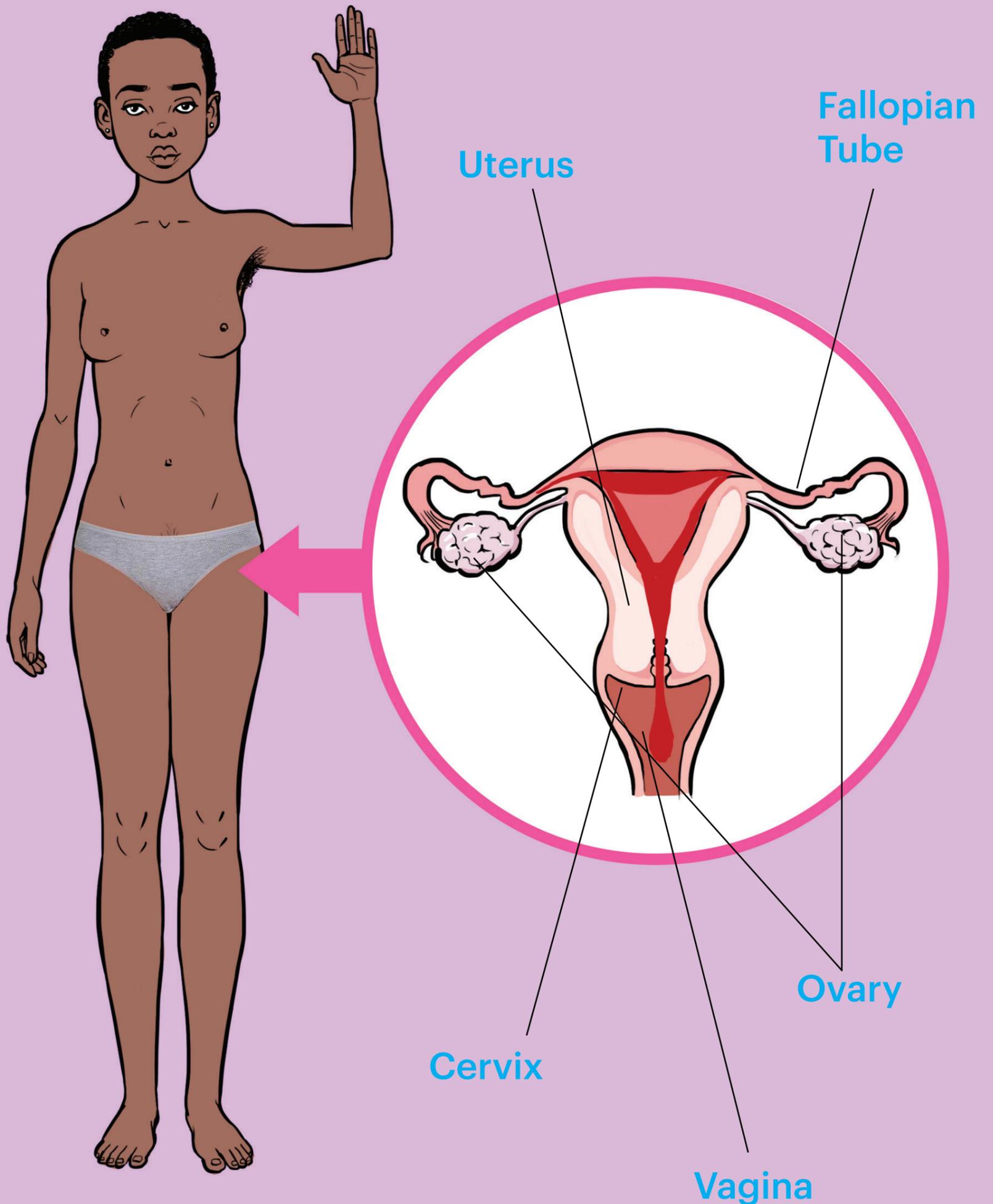
# WHAT HAPPENS DURING MENSTRUATION?



- It is the monthly flow of blood from the uterus through the vagina. The first menstrual cycle, or first menstrual bleeding, in female is called menarche
- Menstruation is a sign of good reproductive health.
- Menstruation starts between the ages of 10 and 19 and ends when woman approaches her late 40s and 50s, when she hits menopause.
- Bleeding can last from 3 to 7 days and even longer with some girls.
- Every girl's cycle is different and is usually calculated 28 days from the first menstruation.
- A girl may notice that her cycles are of different duration each month — especially for the few years after menarche



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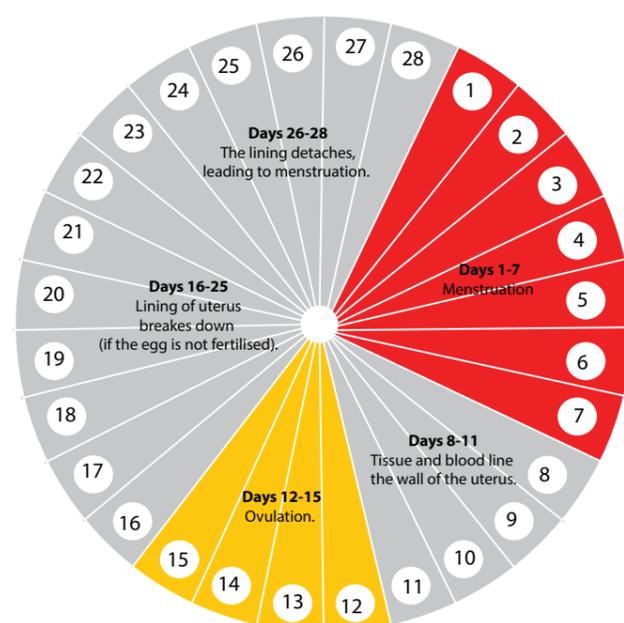
# WHAT IS A MENSTRUAL CYCLE?



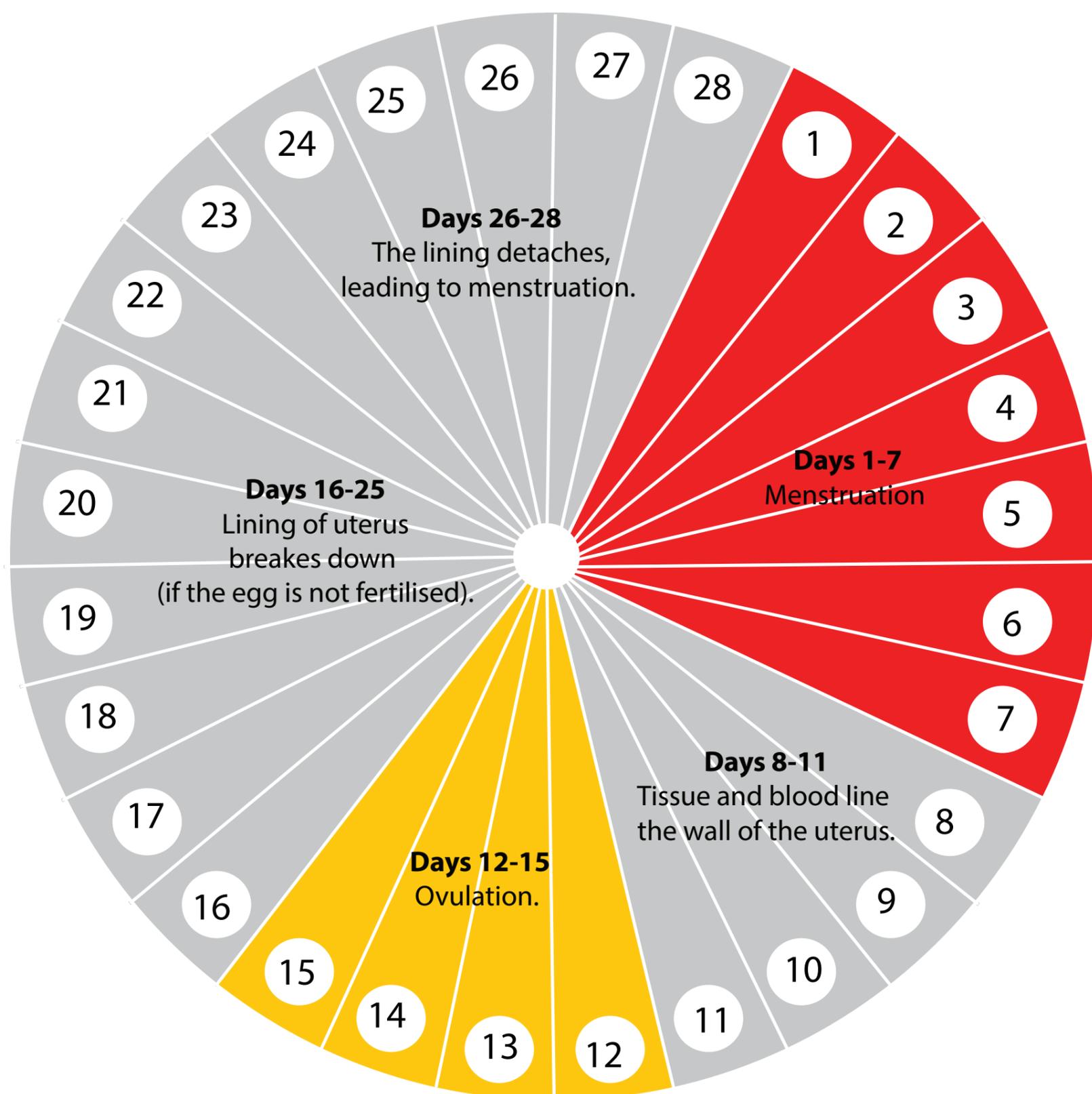
- This is the interval between a girl's menstruation at any given time.
- It is important for girls to keep track of their cycle to and prepare for their next menstruation.
- Girls can calculate their menstrual cycle by:

- Marking on a calendar the first day of your menstruation;
- Mark the calendar again in the next month, on the first day your menstruation begins.
- The total number of days in between the two dates will show you how many days make your cycle. The time from the first day of a girl's period (when bleeding starts) to the first day of her next period is usually 28 days (one month), but this can range from 21-35 days. This interval is known as menstrual cycle
- You will need to make these calculations over a few months to get an average of your cycle and to understand the different stages of the menstrual cycle such as ovulation.

- You should seek medical attention if you notice any abnormalities or irregularities in your cycle.



# WHAT IS A MENSTRUAL CYCLE?



# SUPPORT A GIRL DURING HER MENSTRUATION



- Menstruation is normal, your friends, mothers and sisters are all going through it.
- You should not tease girls who are menstruating. Ask girls how you can support them, be amazing.
- Some girls get severe abdominal pain during their menstruation.
- Girls miss school because of menstruation, make them feel comfortable and safe to avoid that.  
*For example: Boys not teasing girls*
- Support a girl, Support a friend. You are amazing.  
*For example: You can accompany them home, stand up when somebody is teasing a girl for her menstruation, help girls to be active”*



# SUPPORT A GIRL DURING HER MENSTRUATION

Be  
Amazing.





## MODULE 3

# HOW TO MANAGE PERSONAL HYGIENE?

**BE AMAZING. PERIOD!**



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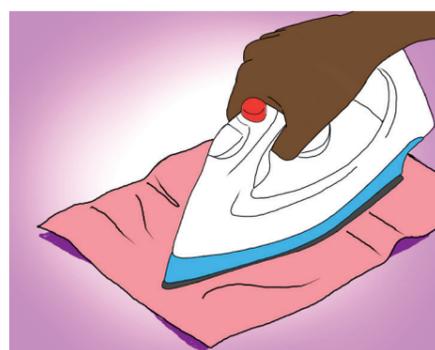
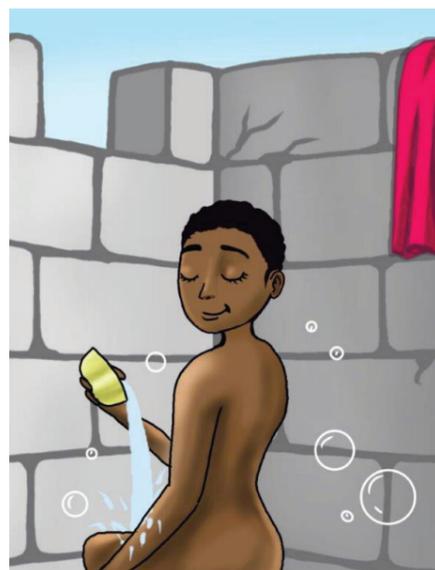
# PERSONAL HYGIENE DURING MENSTRUATION



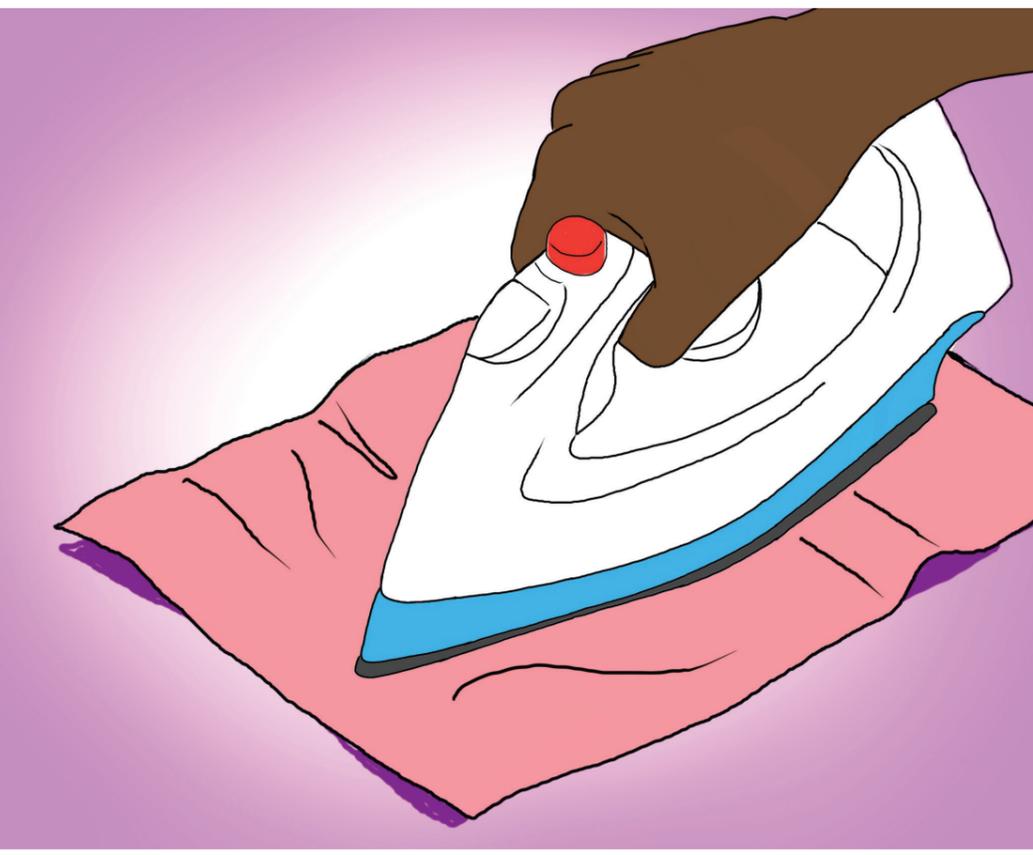
- Wash your vagina at least twice a day during your menstruation.

Do: Clean from front to back;  
Don't: Clean from back to front

- Avoid getting soap inside your vagina.
- Wash your hands under running water with soap.
- Bath well, so you smell good.
- Keep your clothes clean and well washed.



# PERSONAL HYGIENE DURING MENSTRUATION





**MODULE 4**

# UNDERSTAND MOOD CHANGES

**BE AMAZING. PERIOD!**



**MODULE 4**

# UNDERSTAND MOOD CHANGES

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# UNDERSTAND MOOD CHANGES



The changes in the level of hormones during a girls' cycle can have an effect on her mood.

- It is normal to be moody during menstruation.
- Let your friends know what is wrong with you so that they can relate better to you.
- Learning to manage your mood is a sign of maturity.
- Laughing, exercising, deep breathing and stretching are all ways to relax so that your moods are better managed and you feel comfortable during your menstruation.



# UNDERSTAND MOOD CHANGES



# STAY SUPPORTIVE



- Girls need boys to be more understanding of what menstruations are so they can get through it easily.
- Assist girls with chores when they are experiencing menstrual pains.
- Talk to other girls and women such as your mother, sister, auntie, grandmother, female friend, an older woman in your community who you trust, or a teacher to get to know more about menstruation.
- Do not exclude girls from activities because they are in their menstruations.
- Empathize with girls going through their menstruation as menstruation is a normal process for every woman.



# STAY SUPPORTIVE



# STAY SUPPORTIVE



## REPEAT AFTER ME

- I am unique.
- I love my body.
- I love myself.
- I walk tall and proud.
- I focus on my attributes.
- I am Amazing. Period!



# STAY SUPPORTIVE



# HOW TO BE AMAZING?



## Girls



- By acquiring information on MHM and puberty
- By using hygienic practices during menstruation
- By eating-well during menstruation
- By being self-confident and asking for help when needed
- By taking part in school, social and religious activities during Menstruation
- By supporting your female classmates during their Menstruation during their menstruation

## Boys



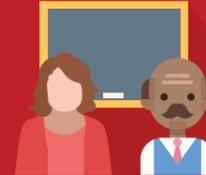
- By understanding puberty and MHM
- By understanding & empathizing with your female friend during their Menstruation
- By actively supporting girls in challenging situations during their Menstruation

## Adults



- By educating adolescent girls on MHM before menarche
- By teaching and supporting her to care for herself during her Menstruation
- By encouraging your adolescent girl to stay active during her Menstruation

## Teacher



- By giving timely and right information on MHM to adolescent girls
- By creating an enabling environment to discuss MHM among stakeholders
- By encouraging girls to confide in and open up to you on MHM related issues
- By providing adolescent girls and boys with information on puberty and MHM.

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