

BE AMAZING. PERIOD!

**MENSTRUAL HYGIENE
MANAGEMENT
EDUCATION MATERIAL
FOR **GIRLS****



Ghana Education Service



MODULE 1:

WHAT IS PUBERTY ?

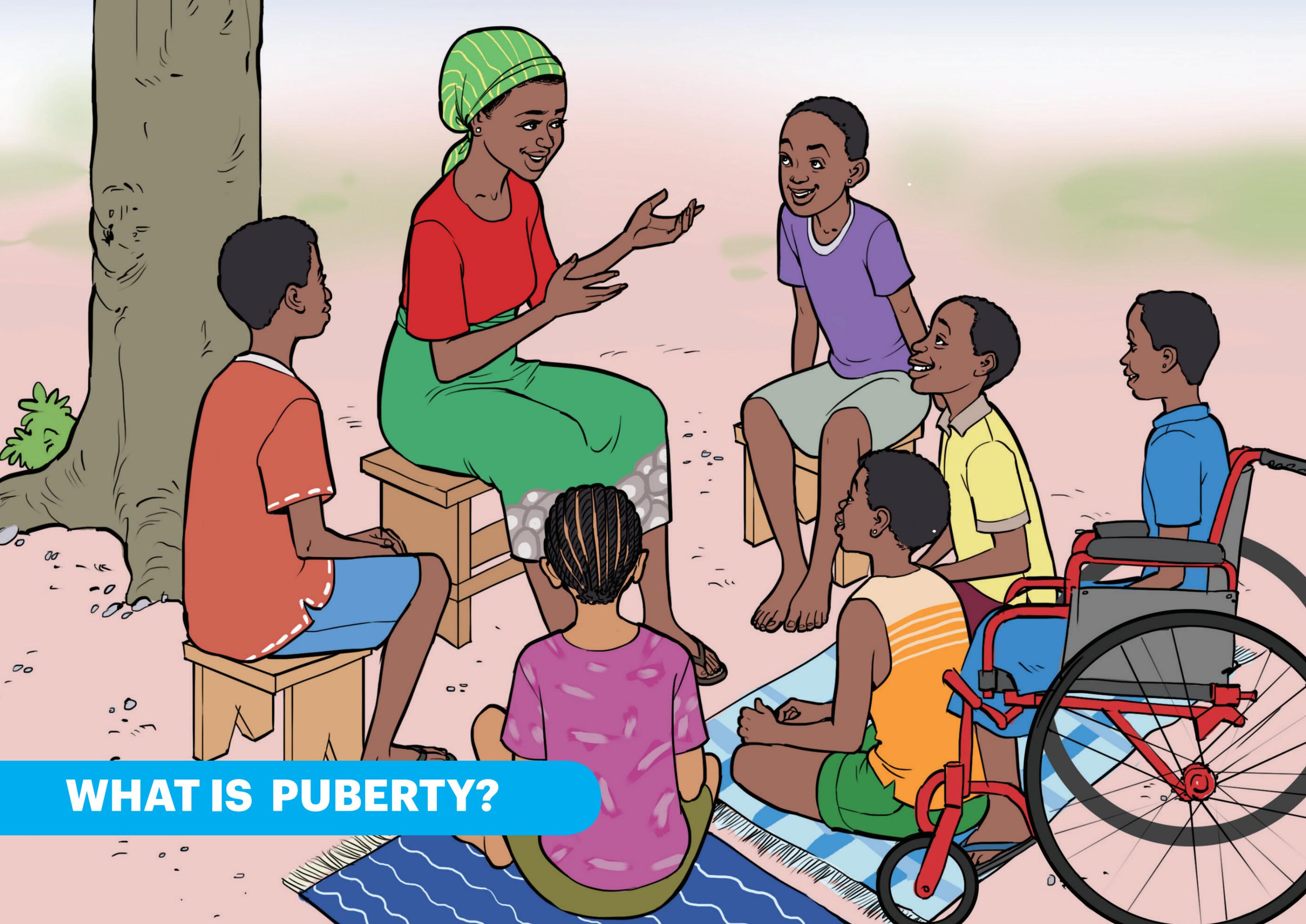


Puberty is the period:

- When adolescents reach sexual maturity and become capable of reproduction.
- Occurs in girls between the ages of 9 and 14 and between the ages of 12 and 16 in boys.

- In Girls, it involves a series of biological, physical and emotional changes such as:
 - Development of breasts
 - Growth of pubic hairs
 - Growth of hair in armpits
 - Pimples
 - Onset of menstruation
 - Vaginal discharge
 - Increase in height and weight
 - Increased sweating
 - Mood swings



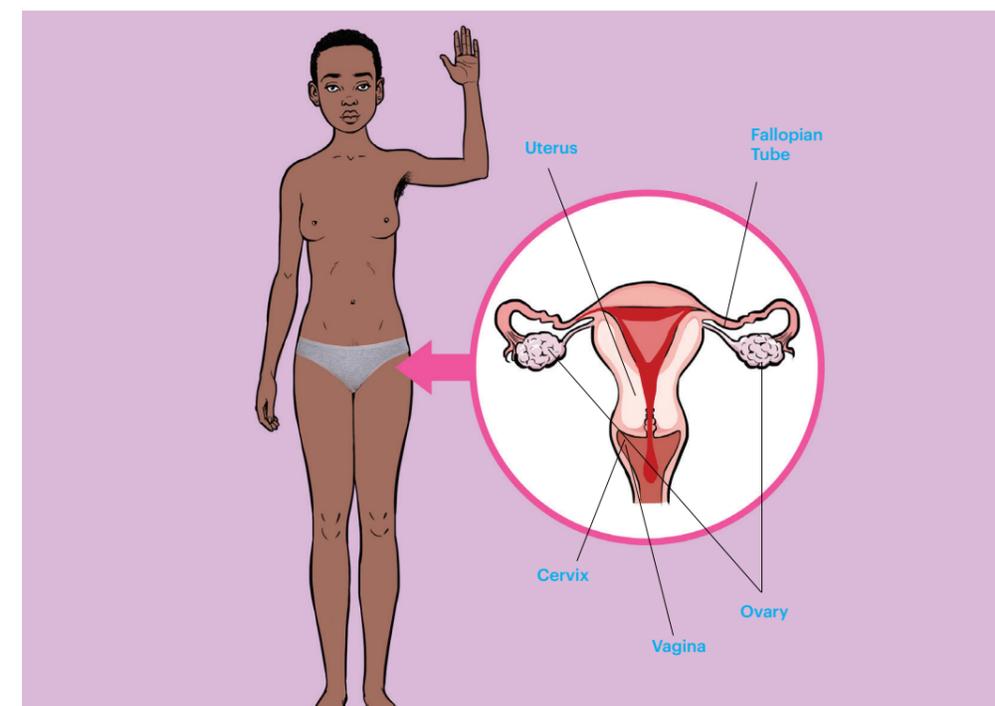


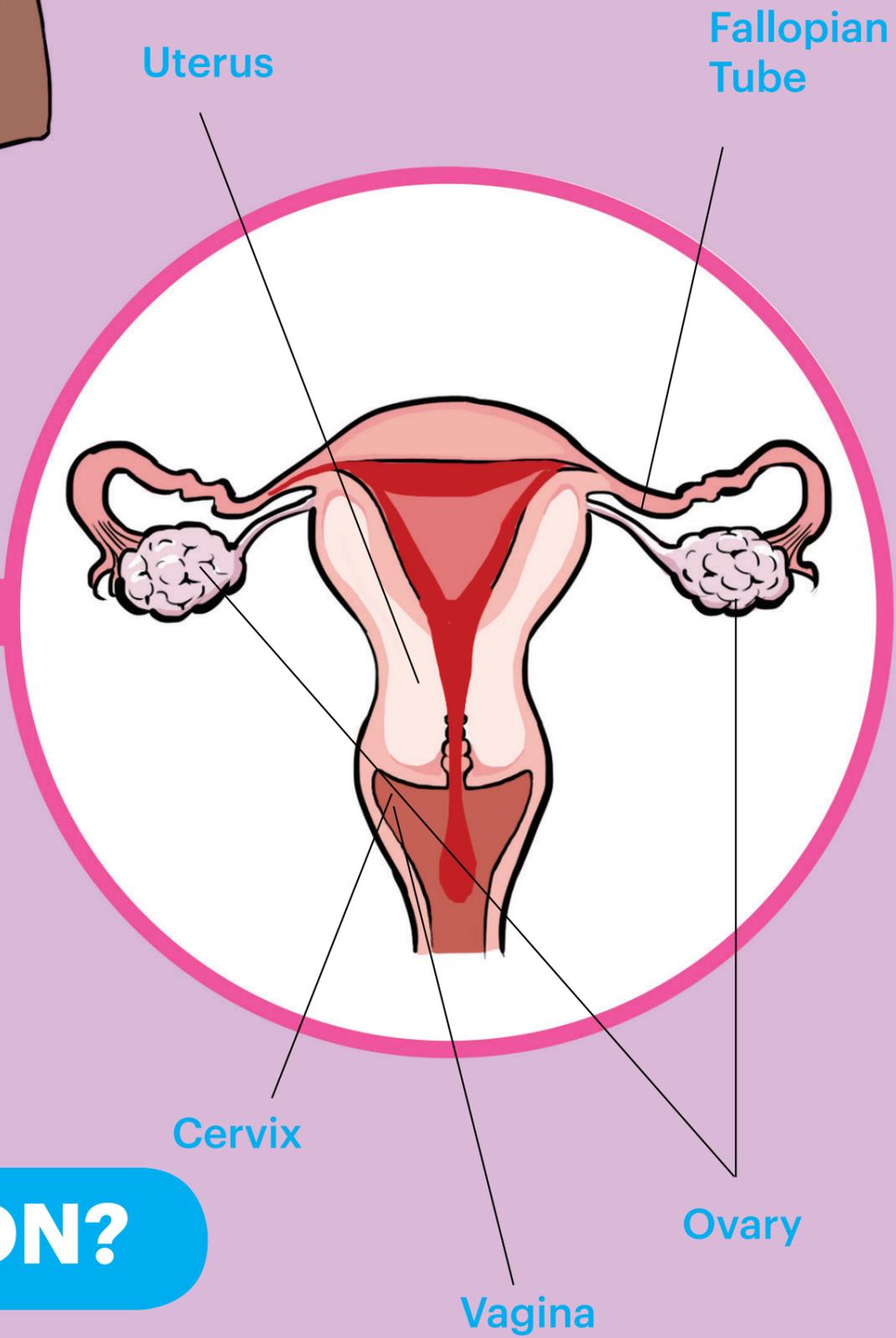
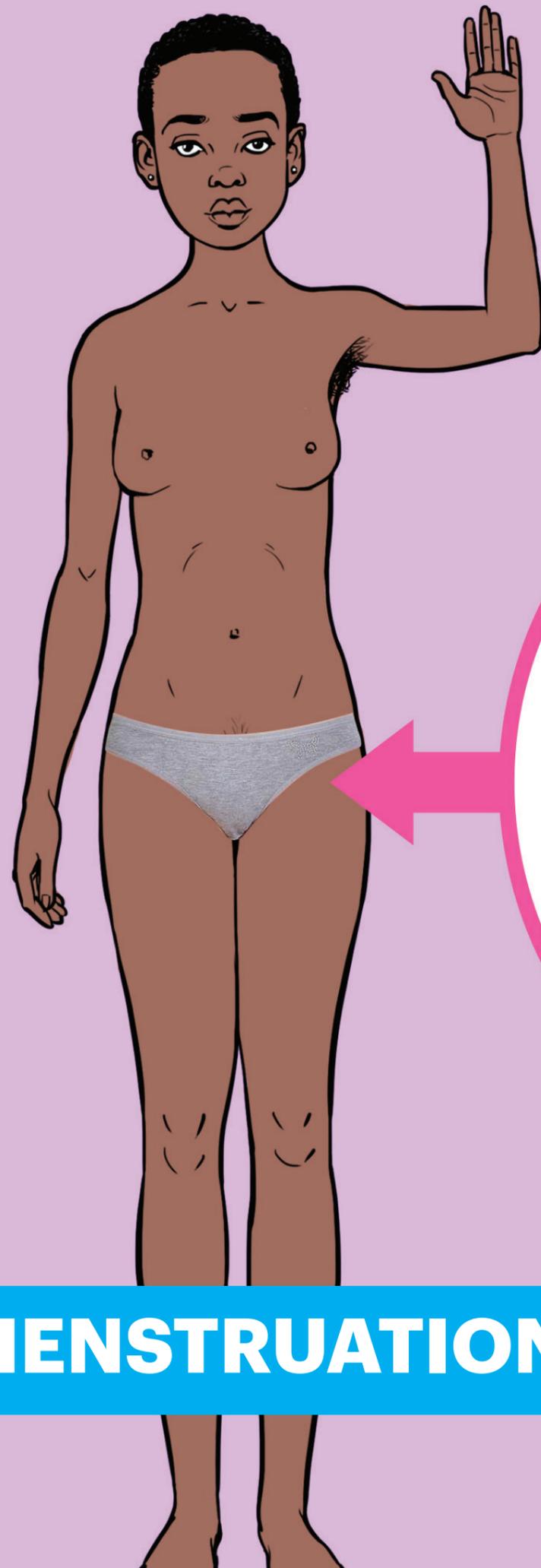
WHAT IS PUBERTY?

WHAT IS MENSTRUATION ?



- It is the monthly flow of blood from the uterus through the vagina. The first menstrual cycle, or first menstrual bleeding, in females 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 previous menstruation.
- Typically days 1-7 of the cycle is when menstruation occurs, days 8-11 of the cycle tissue and blood line the walls of the uterus; days 12-15 egg is released from the ovaries which is also known as ovulation, days 16-25 lining of the uterus breaks down (if egg is not fertilized), days 26-28 of the cycle the lining detaches leading to menstruation.
- A girl may notice that her cycles are of different duration each month — especially for the few years after menarche.





WHAT IS MENSTRUATION?

HOW DO YOU KEEP TRACK OF YOUR MENSTRUAL CYCLE?



- Keeping track of your cycle is important to prepare for your next menstruation.
- You can calculate your 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 middle point between two menstruations marks ovulation. This is a time when females may get pregnant.
- You will need to make these calculations over a few months to know and get an average of your cycle.

- A better understanding of your menstrual cycle can help you to notice any abnormalities or irregularities and seek for medical attention

An illustration of a young Black woman with short hair, wearing a yellow short-sleeved shirt and a brown apron. She is pointing her right index finger towards a calendar. The calendar is for the month of February and has the date 25 circled in red. The calendar grid shows days from 1 to 29, with columns for Sun, Mon, Tue, Wed, Thu, Fri, and Sat.

FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						



FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						



HOW DO YOU KEEP TRACK OF YOUR MENSTRUAL CYCLE?

MODULE 2:

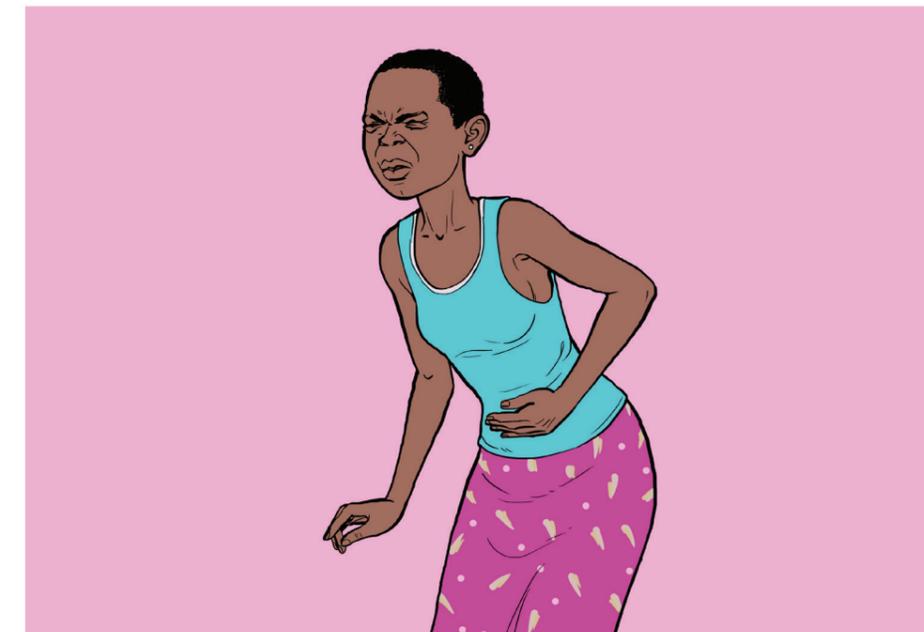
SOME THINGS TO EXPECT WITH MENSTRUATION



Some girls experience pre menstrual syndrome (PMS) which cause pimples and mood swings, just before their monthly menstruation begin.

Other symptoms girls may experience around menstruation:

- Breast sensitivity
- Sore, swollen and tender breasts.
- Bloating stomach, hands, feet etc.
- Abdominal pain, also known as menstrual cramps
- Headache
- Diarrhoea
- Tiredness





SOME THINGS TO EXPECT WITH MENSTRUATION

HOW CAN YOU MANAGE MENSTRUAL PAIN?



- Some girls get severe abdominal pain when in their menstruation.
- Your menstrual pain is not a sign of physical weakness; you can be amazing and learn how to manage the pain.
- You can exercise or use a warm towel to help ease the pain.
- Drink plenty of water.





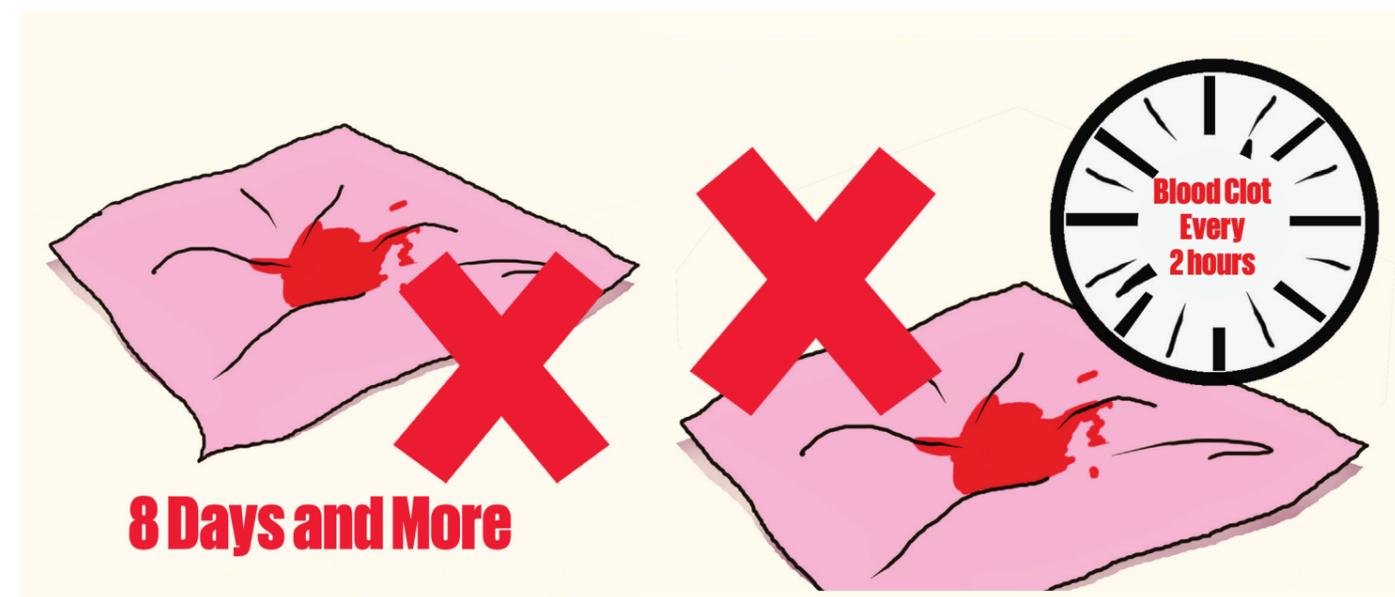
HOW CAN YOU MANAGE MENSTRUAL PAIN?

WHAT SHOULD I NOT EXPECT TO SEE DURING MENSTRUATION?



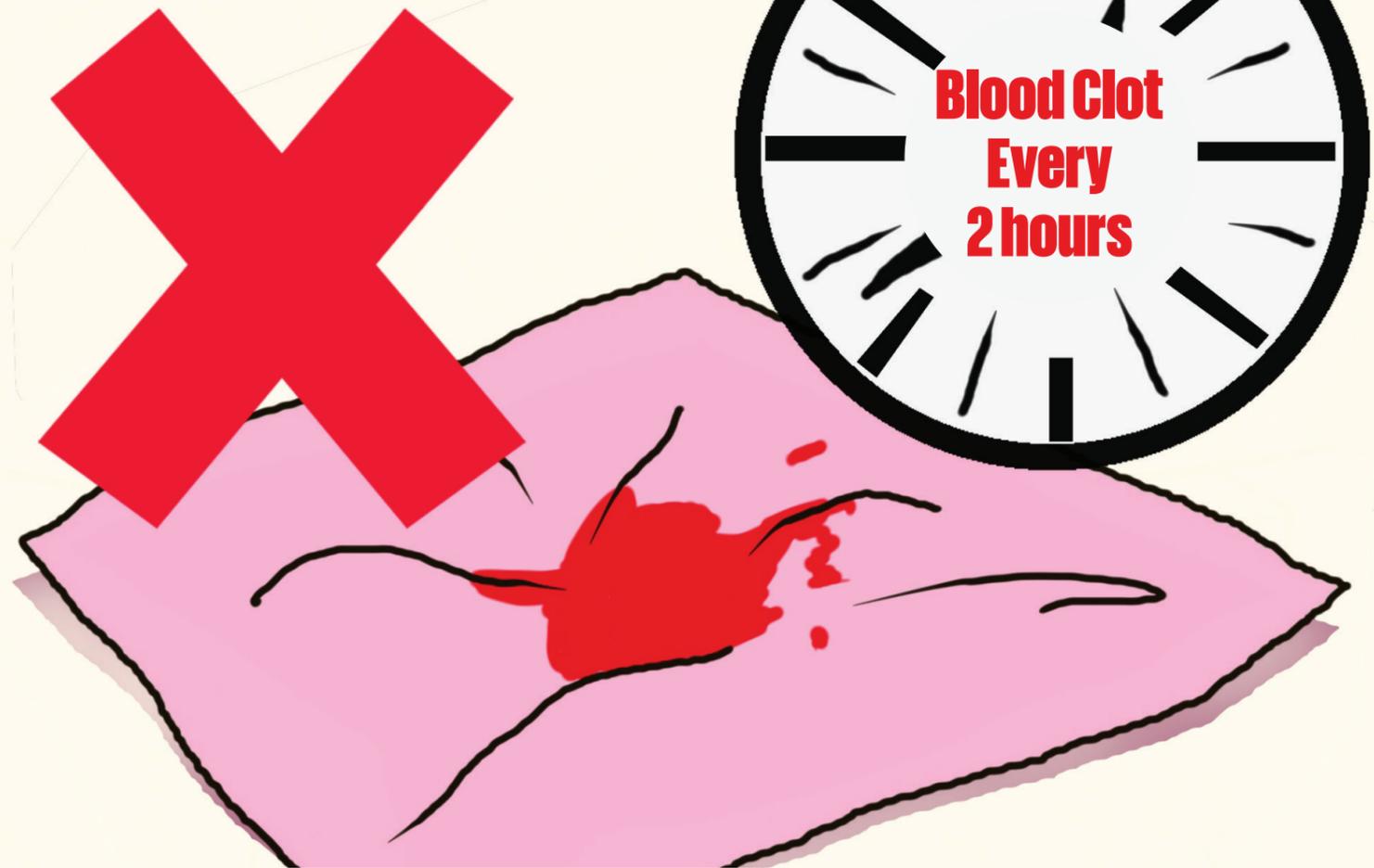
- Your menstruation lasts longer than 8 days
- Soak more than one pad every 1-2 hours
- Going longer than 3 months without menstruating
- Bleeding or spotting blood in between menstruations
- Unusual amount of pain before or during menstruation
- Menstruation becomes irregular

See your health professional if you experience any of these. You can also tell your mother, father or your teacher if you do not have immediate access to a health professional. Your health and well-being is important.





8 Days and More



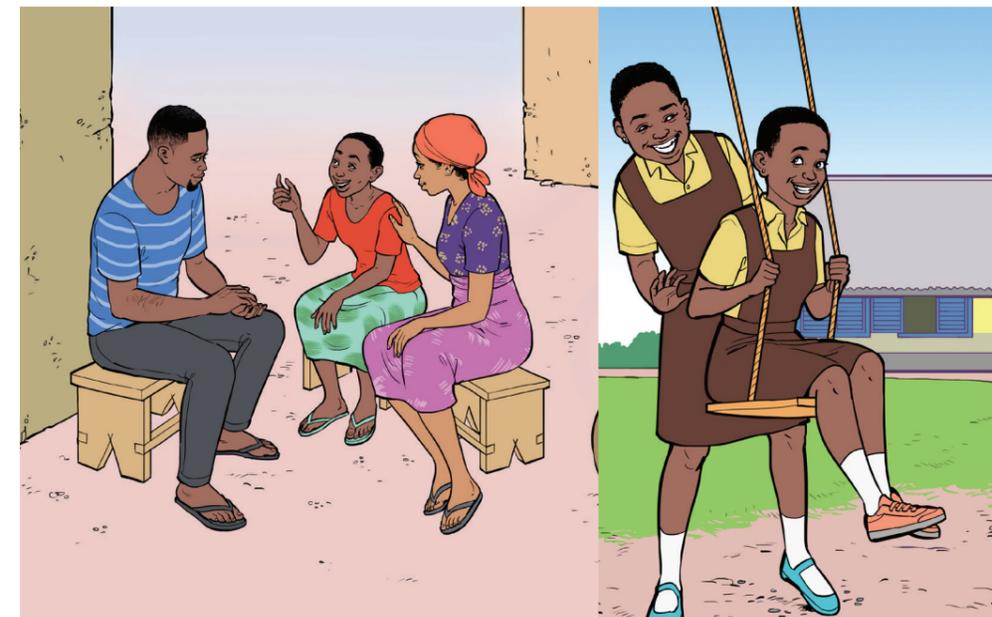
WHAT SHOULD I NOT EXPECT TO SEE DURING MENSTRUATION?

MODULE 3:

MANAGE YOUR MENSTRUATION WELL



- Having your monthly menstruation is normal.
- Remember, it is only for a short while.
- Talk to your parent, guardian, teacher or someone who can advise you, if you have any questions about your menstruation.
- Follow recommendations for food, drinks and physical exercises to make it more comfortable.
- Share your experiences with your friends, you are stronger together
- You are amazing, no matter what age you start your menstruation.





**MANAGE YOUR
MENSTRUATION WELL**

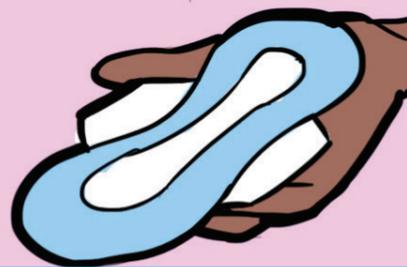
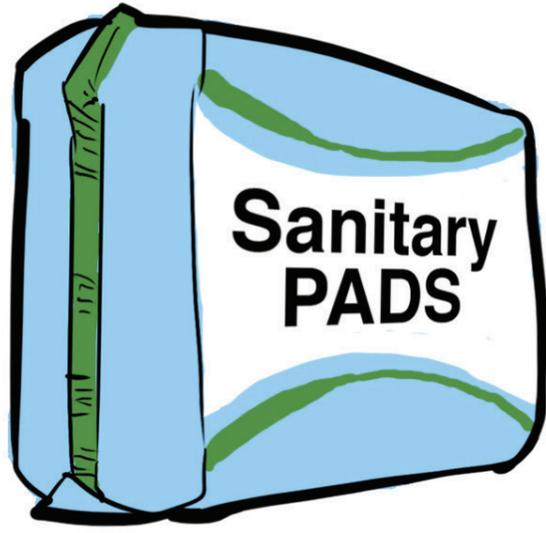


WHAT MATERIALS CAN YOU USE DURING YOUR MENSTRUATION?



	Materials	Appropriate?
Re - Useable	Old cotton fabric	✓
Disposable	Sanitary pad	✓
	Toilet Roll	✗
	Paper	✗





**WHAT MATERIALS CAN YOU USE
DURING YOUR MENSTRUATION?**

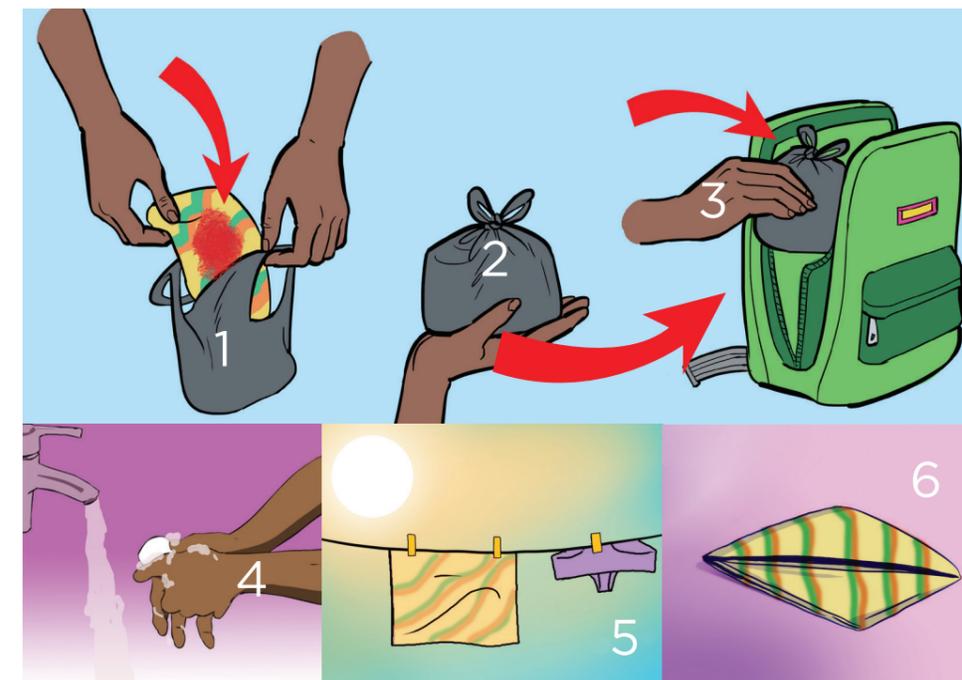
MODULE 4:

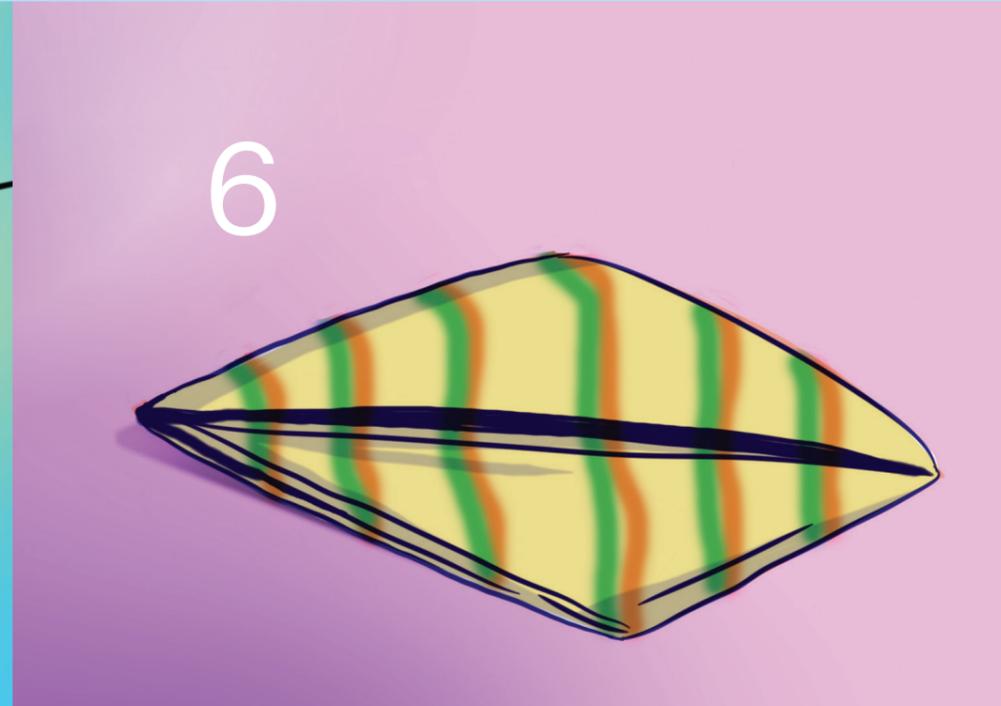
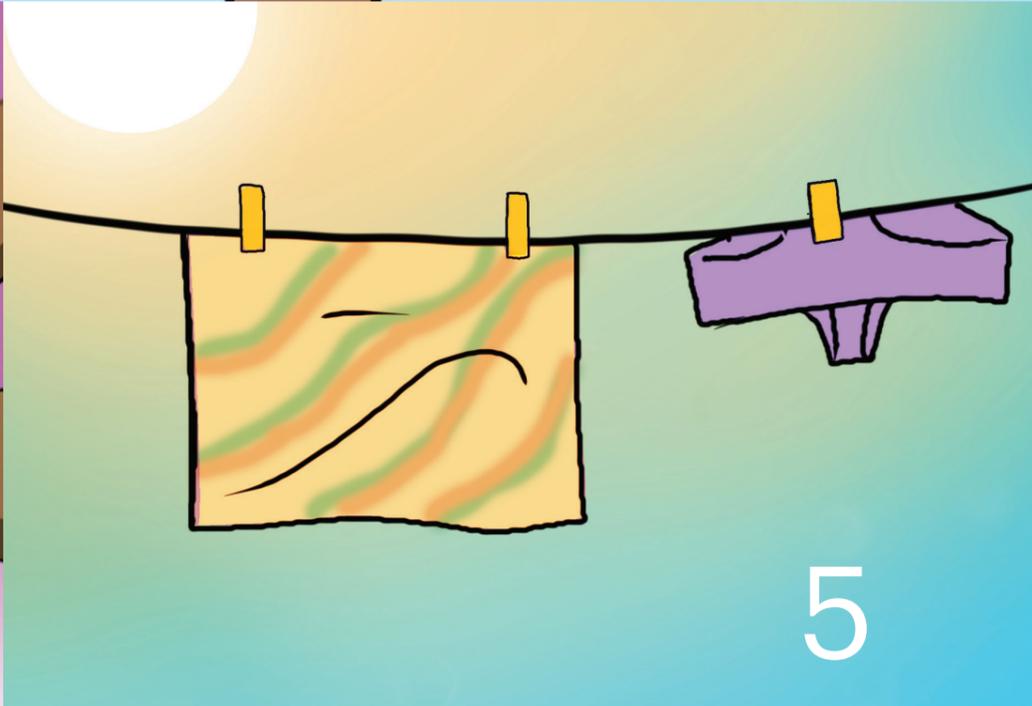
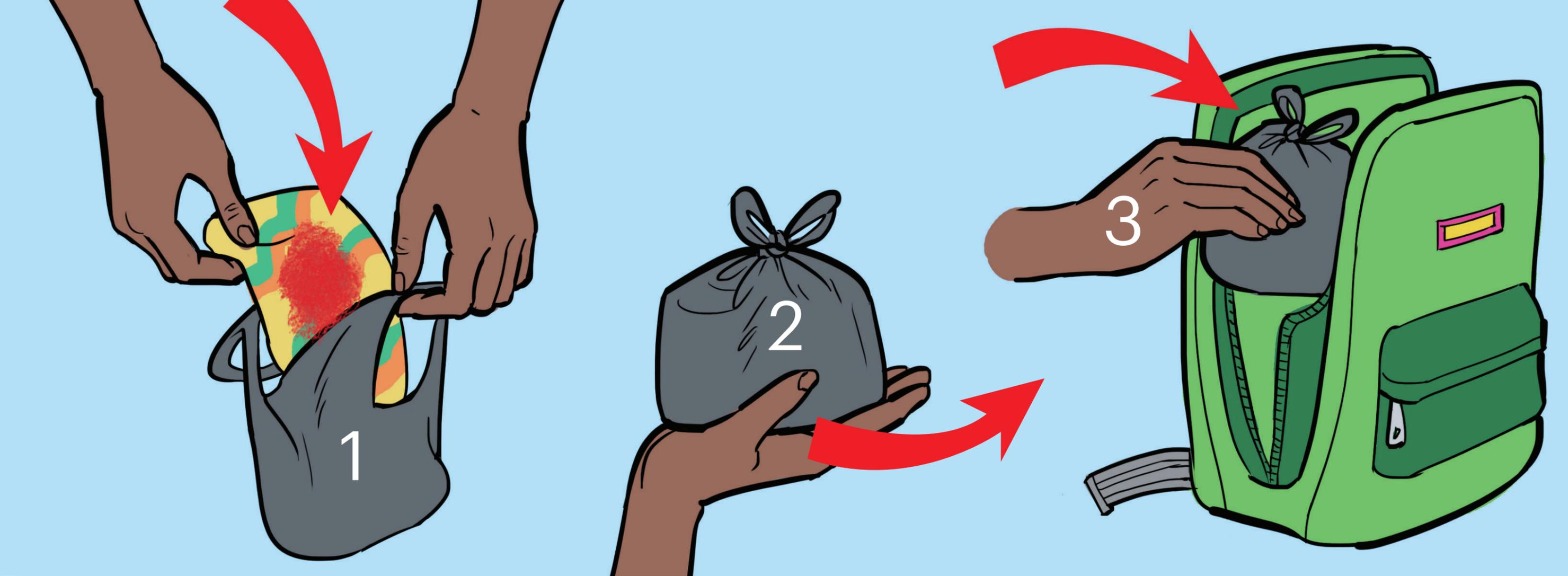
HOW TO MANAGE RE - USABLE SANITARY MATERIALS ?



After using a re-useable cloth:

- Fold cloth, place in plastic bag, before placing in your bag or pocket.
- Wash with water and soap.
- Make sure you dry it in the sun or iron it.
- Fold and keep cloth for next use.





HOW TO MANAGE RE-USABLE SANITARY MATERIALS ?

HOW TO HANDLE DISPOSABLE SANITARY MATERIAL ?

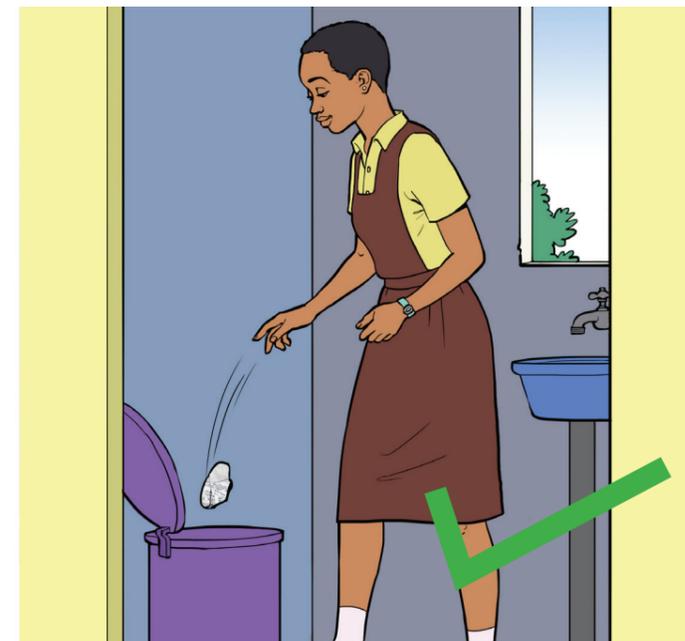


DO'S

- Dispose of your sanitary materials in latrine bins in your school, community or at home.
- Always wrap your sanitary materials before disposing of them in a latrine bin.

DON'Ts

- Do not dispose of your sanitary materials in toilet bowls or toilet pits
- Do not dispose of your sanitary pad on the toilet floor.
- Do not throw your used sanitary pad on a pile of refuse.





HOW TO HANDLE DISPOSABLE SANITARY MATERIAL ?

MODULE 5:

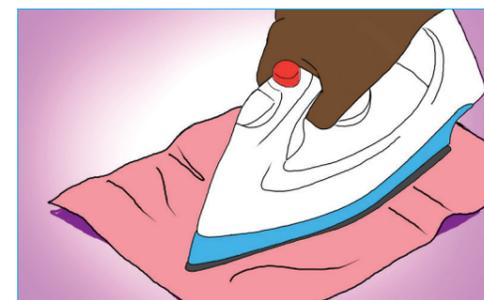
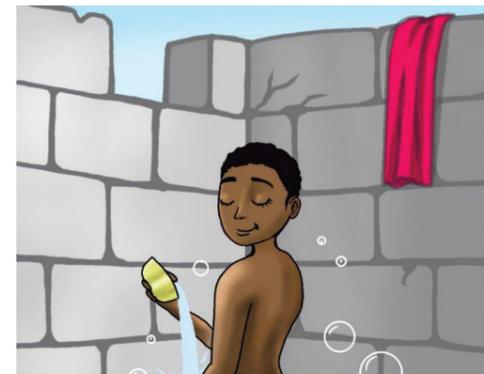
PERSONAL HYGIENE DURING YOUR MENSTRUATION



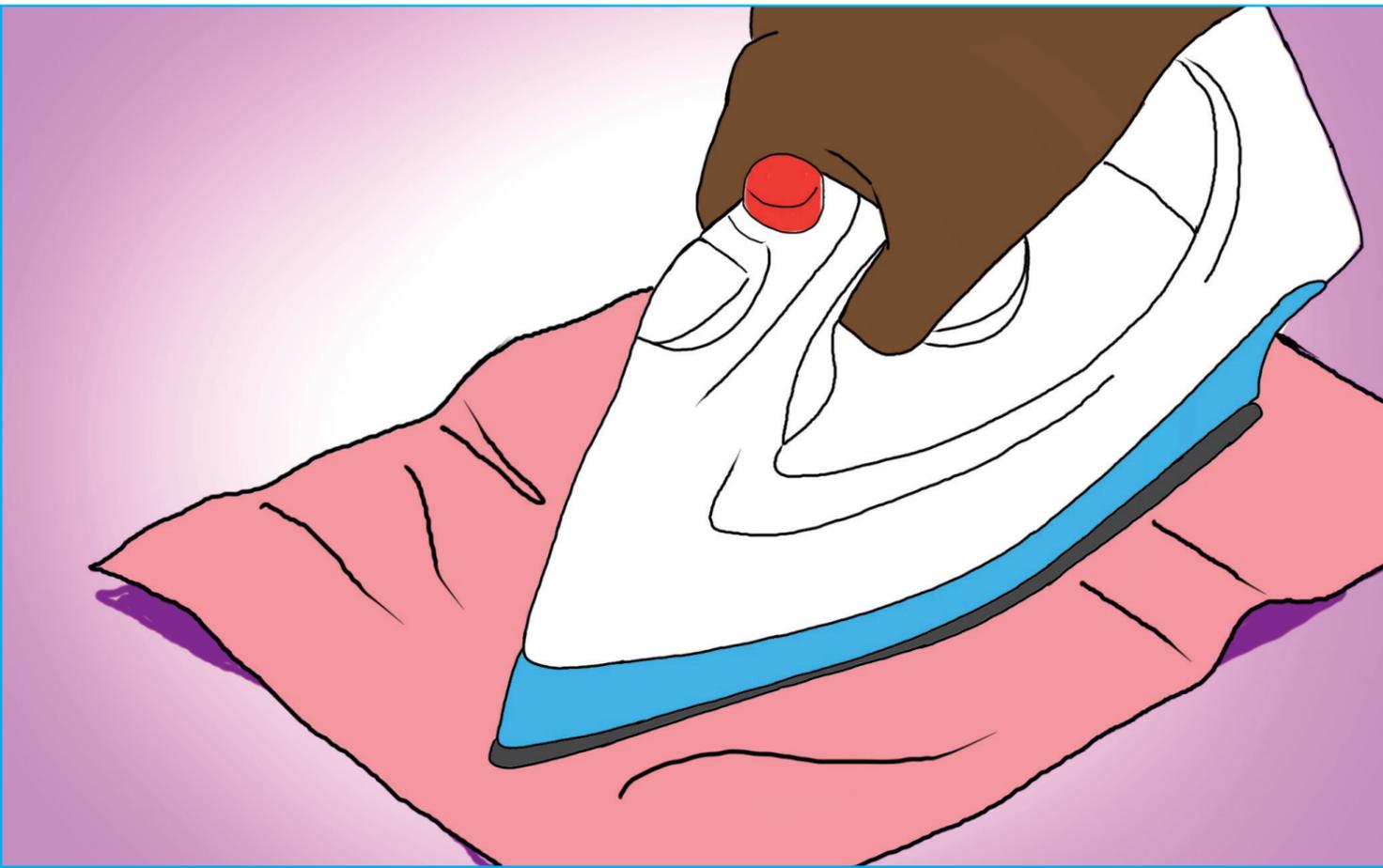
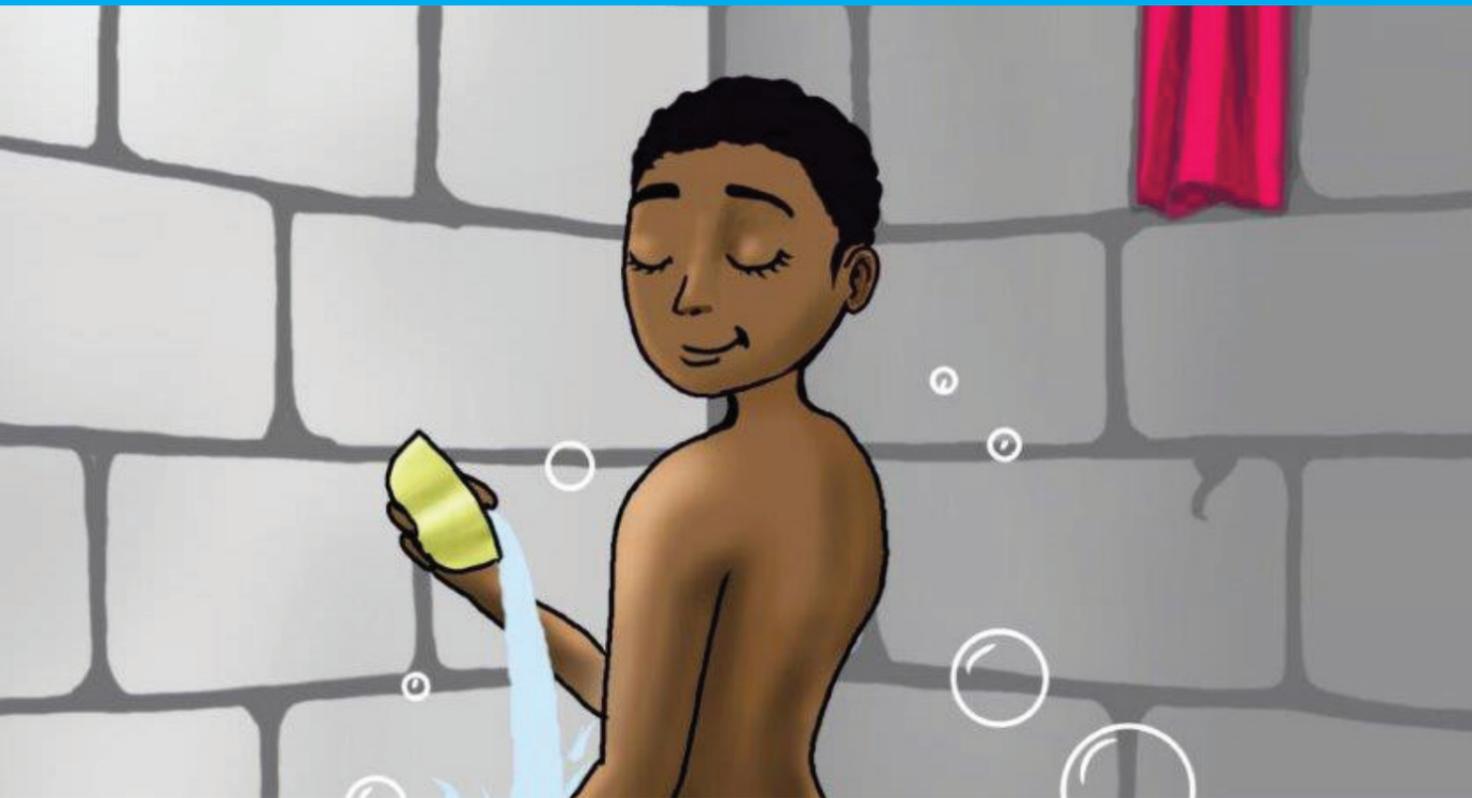
- Wash your vagina at least twice a day during your menstruation.

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 YOUR MENSTRUATION



MODULE 6:

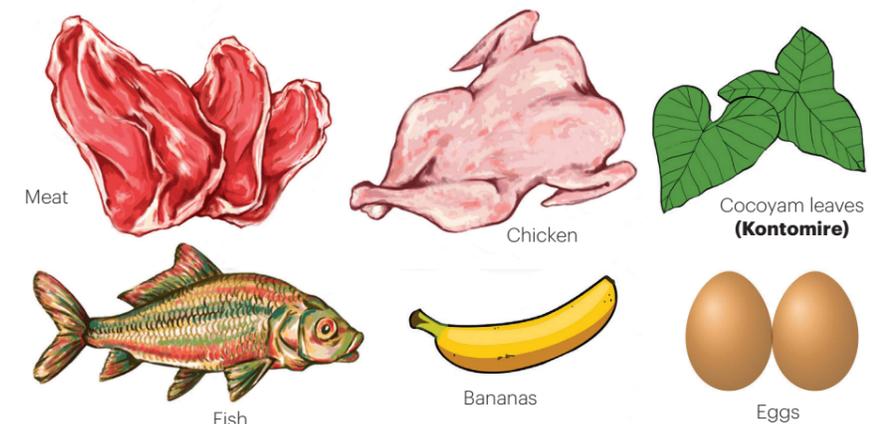
EAT IRON-RICH FOOD DURING MENSTRUATION



Here are some foods to eat when you are menstruating. These foods also help to ease the pain during menstruation and replace lost blood.

- Meat, Egg: Protein rich food helps put sugar level in check , limiting cravings for sugar
- Fish are rich in omega 3 fatty acids that helps with reducing of pain
- Cocoyam leaves (Kontomire) or spinach leaves – Restore iron lost in the blood during menstruation.
- Bananas – Boosts your mood during your menstrual cycle.

Menstruation is not fun but you will be surprised how your body responds when you eat the right food.

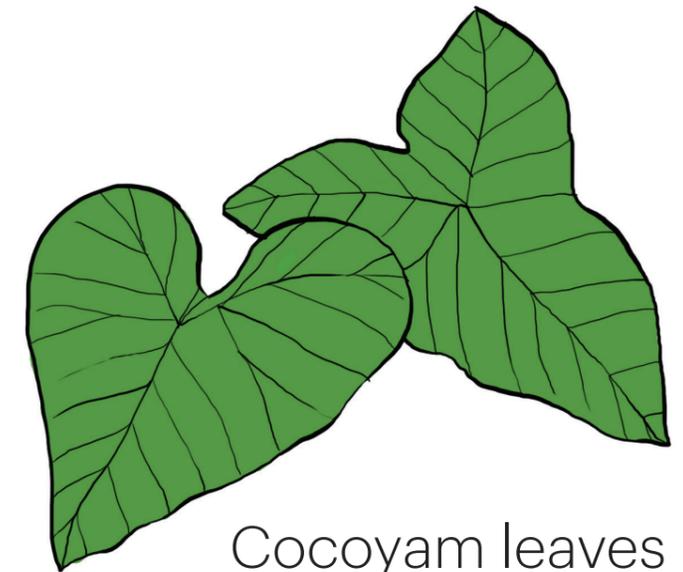




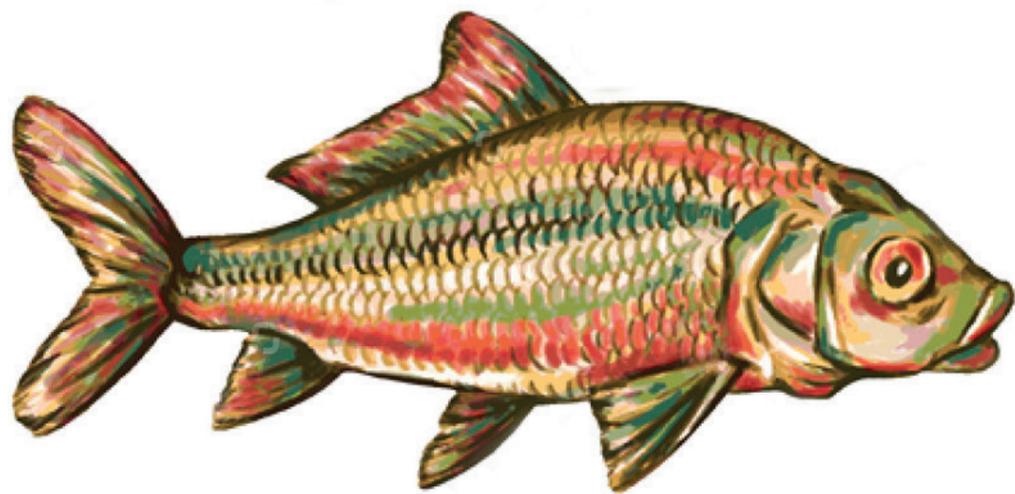
Meat



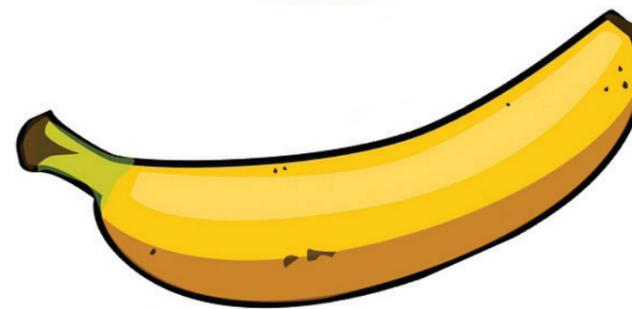
Chicken



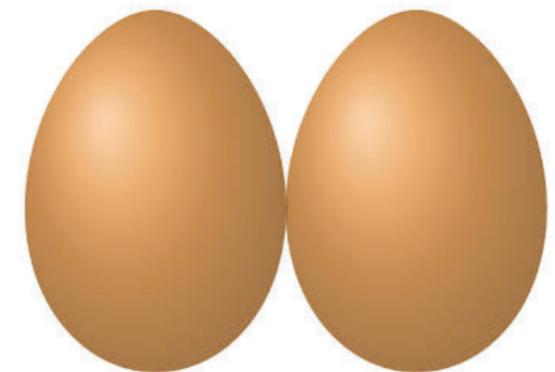
Cocoyam leaves
(Kontomire)



Fish



Bananas



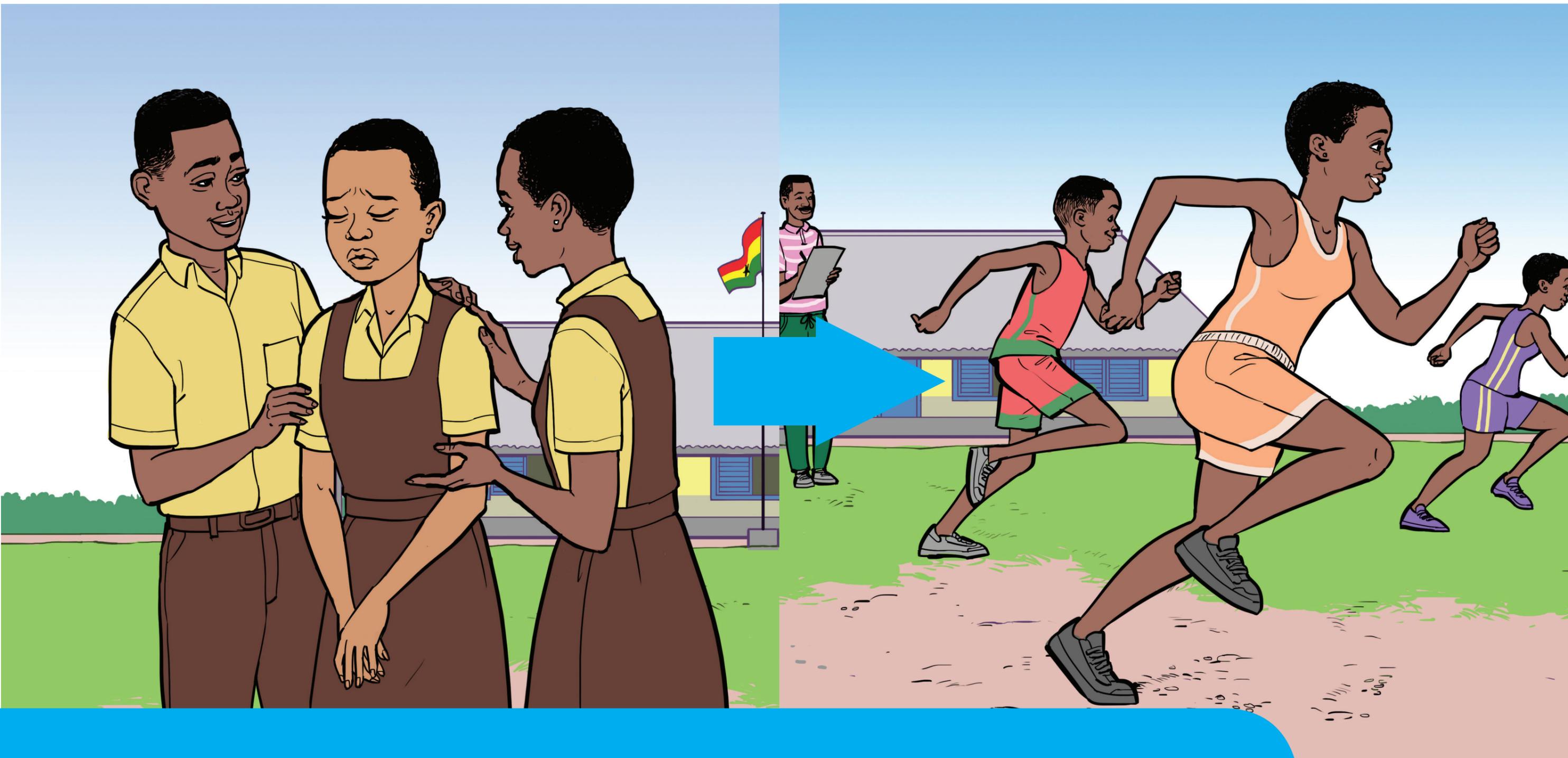
Eggs

EAT IRON-RICH FOOD DURING MENSTRUATION

UNDERSTAND MOOD CHANGES, STAY ACTIVE

- It is normal to be moody during your menstruation.
- Let those close to you know your situation so they know how to relate with you during this time.
- 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.





UNDERSTAND MOOD CHANGES, STAY ACTIVE

BE AMAZING



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!





BE AMAZING.

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

Boys



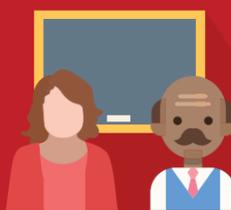
- By understanding puberty and MHM
- By understanding & empathizing with your female friend during their menstruation
- By actively supporting girls in challenging situations during their menstruation

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.

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

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.

www.menstrualhygienegh.org



Ghana Education Service



Canada 