

About Menstruation

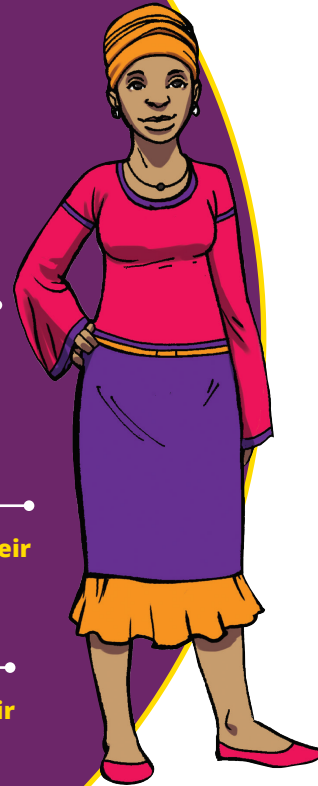


Getting your period is normal and every girl and woman around the world experiences it.

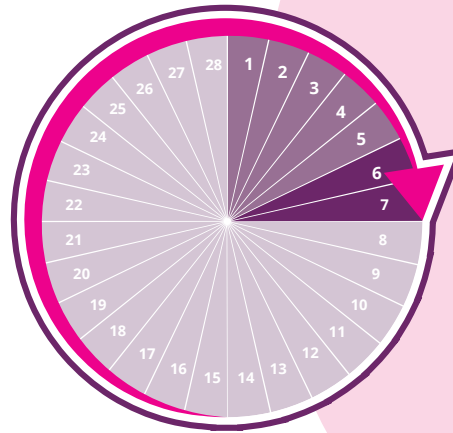
Menstruation is the monthly flow of blood from the vagina experienced by girls and women of reproductive age (those who are able to have children).

Young women usually start getting their monthly period around the age of 12 (this is called menarche).

Older women usually stop getting their monthly period around the age of 50 (this is called menopause).



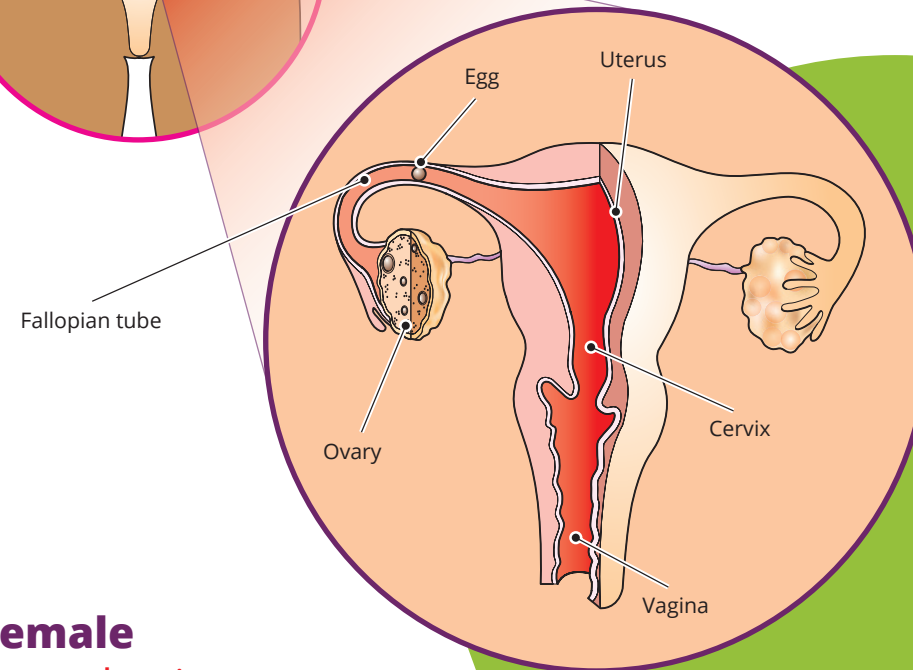
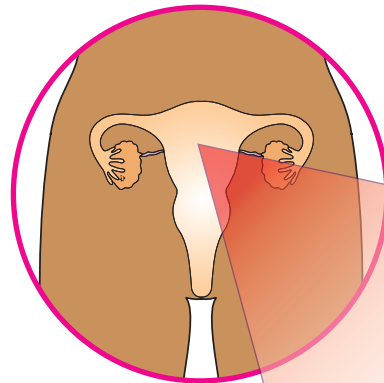
If you do not get your period one month, this might mean that you are pregnant. Visit your local health clinic or community health worker.



Your period occurs on average every 28 days (1 month).

The bleeding usually lasts for 5 to 7 days, but it can be more or less.

During your monthly period, you need to manage and dispose of your blood in an appropriate way. One way of doing this is by wearing an absorbent pad in your underwear.



Female reproductive organs

Being a Woman

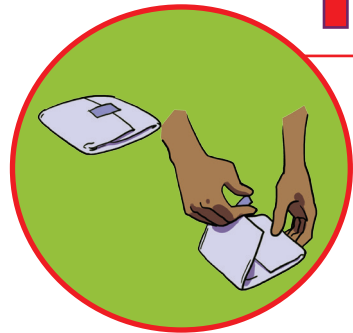
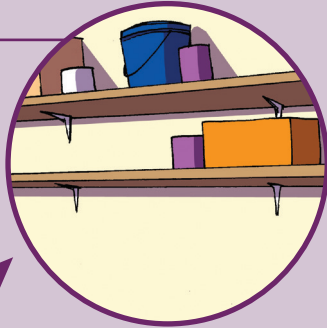
Tips to deal with your monthly period



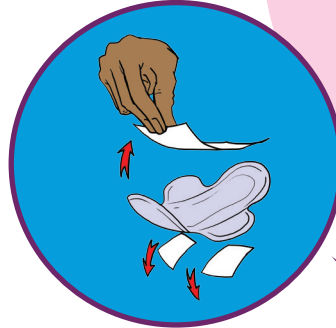
Use and Disposal

of your pads

8 Store your pads in a dry place, privately in the container provided until your next monthly period.

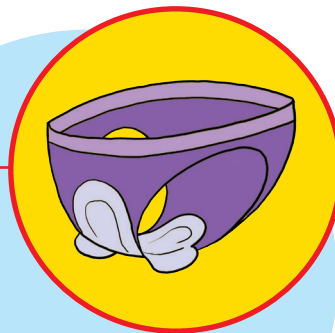


1 Unwrap the pad.
Keep the wrapper.

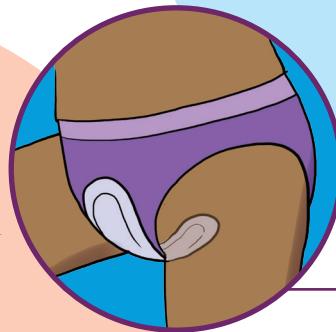


2 Peel off the paper from the wings and back of the pad.

3 Put the pad in your underwear with the sticky side facing down.



4 Fold the wings under. The sticky bits keep the pad in place. It is ready to use. Check regularly to see if the pad needs changing.



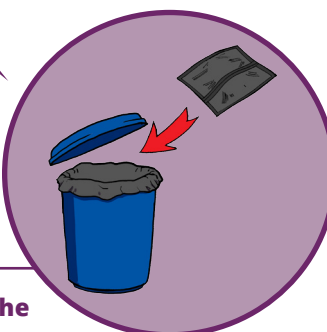
5 Roll the used pad inside the wrapper.



7 Dispose in the rubbish pit or pile.



6 Put the used pad in the rubbish bin or bucket. Use the plastic bag as a liner.



How to keep healthy

during your monthly period

Always use clean cloth or pads and change them regularly. Using unclean cloth or pads and leaving them for too long can cause infections or itching in your vagina.



Morning

Midday

Evening

Ensure that you change your pad or cloth at least every eight hours, depending on how heavy your flow of blood is.

Wash your hands after changing your pad or cloth to stop the spread of germs which cause infection.



Keep yourself clean during your periods by washing with soap and water regularly.

Stomach pains are normal before or during your period. To help the pain, do some exercise, stretch or put a warm cloth on your lower back.

Don't be scared or embarrassed to talk to other women or girls who you feel comfortable with (mother, aunt, sister, older women in the community, or school matron).