

#NoMoreLimits - activity for Menstrual Hygiene Day (MH Day) events

#NoMoreLimits is a bowling-inspired game combined with a photo opportunity for MH Day events. Participants identify Menstrual Hygiene Management (MHM)-related limits for women and girls (such as taboos, myths and misconceptions) - and then physically smash them. After that, participants take a stand for MHM by having their picture taken with a “speech bubble” in front of a MH Day backdrop. Ideally, the picture is then shared through social media using the hashtags #NoMoreLimits and/or #MHDay2018. Pictures with celebrities or decision-makers can be used for media work and follow-up advocacy to catalyse action for MHM.

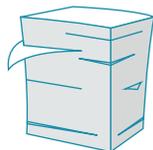
Materials required for the game:



10 empty water bottles (or similar strong plastic bottles), ideally filled at the bottom with sand or water for stability. If you have real bowling pins available you can use these!



A ball (tennis ball size or slightly bigger)



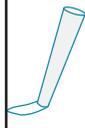
A stack of A6-sized pieces of paper or stickers



Scotch tape



At least two markers or pens for writing



Chalk for drawing a line

Personnel:

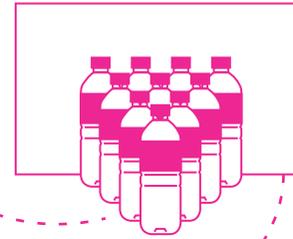
1 facilitator, and ideally 1 assistant to take pictures

For the photo opportunity:

One back drop
Speech bubbles
A camera/smart-phone

How to prepare the game:

Set up the bottles in a triangular shape, just like in a bowling game.

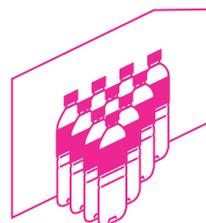


The bottles should ideally be placed in front of a wall or other barrier, so that the players don't have to run after the ball.

Draw a line on the ground 5-8 meters away from the bottles. Set up the backdrop next to the game.

How to play the game:

The facilitator selects a participant. The participant writes down a limit, such as a myth, misconception, taboo, or restriction placed on women and girls when they have their periods (examples include – “menstrual blood is dirty”; “plants die when menstruating girls touch them”; “women can't focus when they are on their periods”, etc.). This limit is then stuck onto one of the bottles using scotch tape.



The participant goes behind the line and bowls/throws the ball to symbolically bust the myth (or destroy the limit)

The next participant does the same, and so on.

After every bottle has a limit attached, subsequent participants can stick their limits next to or on top of the others.

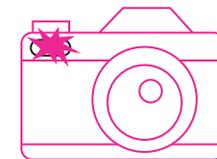
To create a fun, cheerful atmosphere, the facilitator or assistant can encourage the audience to cheer for the participants when they play.



Photo opportunity in front of the backdrop:

After playing the game, participants can go to the backdrop and select a speech bubble with a MHM message.

The assistant then takes their picture using the camera. If the participant wants to use their phone, ask them to post the picture on social media using the hashtags #NoMoreLimits and/or #MHDay2018.



Encourage decision-makers/celebrities participating in the event to have their picture taken with a speech bubble. Share these images with us on social media or via email (info@menstrualhygieneday.org) so we can spread them through our MH Day channels. Use these pictures for follow-up advocacy work.

Download the backdrop and speech bubbles here: www.menstrualhygieneday.org/material-2018/



28 May
**MENSTRUAL
HYGIENE DAY**