In India, only 1 out of 2 girls have knowledge about menstruation before their first period. In Tanzania and Ethiopia, only 1 out of 4 girls know about it before their first period.

In Ethiopia, 2 out of 3 girls do not receive education about menstruation at school.

In India, for 1 out of 2 girls, mothers are the most important source of information about menstruation, followed by friends.

In Uganda, 1 out of 2 girls report missing one to three days of school per month due to menstruation.

**Why educating girls matters:**

- **FACT:** When the percentage of women with secondary education increases by 1%, the annual per capita economic growth increases by 0.3%.

- **ASK:** Provide education on menstrual hygiene, so that women and girls feel confident and are empowered to make informed decisions about how they manage their menstruation.

- **FACT:** When girls complete secondary school, they marry later and have less children. They also have better maternal health and their children are healthier and better educated.

- **ASK:** Integrate menstrual hygiene education into national school curricula, policies and programmes for adolescents.

- **FACT:** One additional year in school can increase a woman’s lifetime earnings by 10%-20%.

- **ASK:** Promote education for boys, men, mothers, teachers, health workers and other professionals, so they can help break negative social norms and provide accurate information and support.

- **FACT:** Enable girls to stay in school by ensuring access to hygienic menstrual products, adequate toilets, water and disposal options.

**Join the campaign:**

#Menstruationmatters

[www.menstrualhygieneday.org](http://www.menstrualhygieneday.org)