#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 stack of A6-sized pieces of paper or stickers
- Scotch tape
- At least two markers or pens for writing
- A ball (tennis ball size or slightly bigger)

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.
- 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.

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.

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/