**Menstrual Health Education Curriculum**

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The following questions and activities are designed to supplement the readings from *Menstrupedia* in order to create a more interactive learning experience. These activities are meant to be done in pairs or small groups to cultivate a space and culture for girls to feel comfortable discussing this topic with each other.

**Introduction**

1. What do you find exciting about growing up?
2. What do you feel nervous about?
3. Who do you talk to when you have questions about growing up?

**Chapter 1: Growing Up**

1. List 5 changes in the female body during puberty
2. List 5 changes in the male body during puberty
3. How does your diet compare to the healthy diet Priya Didi explained? To answer this question, make a list of the 4 categories (fruits, vegetables, grains, protein) and write down what you eat each day out of each category. Discuss with your classmates ways to improve your diet. Be sure to remember iron and vitamin-C!

**Chapter 2: What are periods?**

Question 1: Refer to Priya Didi’s explanation about periods to fill in the blanks in the 10 sentences below.

1. Babies are made in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. On either side of the uterus is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which contains many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that will later become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. After a certain age, a hormone (signal) from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gland every month causes an egg to release from the ovary. The released egg goes to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. In order to make a baby, an egg cell has to meet a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ to make an embryo.
5. The uterus prepares to receive the embryo by developing soft tissue filled with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and nutrients to take care of the baby; however, this lining is only needed when there is an embryo.
6. Most of the time there is no embryo because the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ doesn’t meet the sperm cell.
7. The lining in the uterus is therefore not needed and shed through the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. This entire process that repeats every month is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.
9. For most girls, their menstrual cycle is roughly \_\_\_\_\_\_\_\_\_ days but that could change from girl to girl.
10. During periods, pain is common in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abdomen.

Question 2: Write down four instances you should visit the doctor regarding your period.

Question 3: With a friend, practice the yoga poses you could do to relieve yourself from pain during periods!

Question 4: Circle whether each statement is True or False

1. The flow of blood is heaviest during the last day of the period. T/F
2. You may have irregular periods for the first 1 or 2 years after getting your first period. T/F
3. It is common to lose a lot of blood and feel weak during periods. T/F
4. You will keep getting periods for the rest of your life. T/F
5. At the start of your period, the blood will be bright red and then slowly turn dark brown towards the end of your period, T/F

**Chapter 3: When is my next period?**

1. Nisha always likes to carry a few pads in her bag just in case she gets her period. However, she is trying to decide whether to pack extra pads on a holiday and wants to know when she can expect her next period. The first day of Nisha’s last period was June 6th. The length of her menstrual cycle is 28 days. If Nisha’s holiday dates are from July 8th to July 11th, should she pack extra pads?

2. What is premenstrual syndrome? How many weeks before the period do these physical and emotional changes happen?

3. What are some ways to deal with premenstrual syndrome?

**Chapter 4: Taking care during periods**

1. How often should you change your sanitary pad?
2. If you are using a cloth pad, how should you make sure it is clean before your next use?
3. How can you make a sanitary pad at home?
4. How do you dispose a sanitary pad?
5. If you feel comfortable and have already had your first period, share the story of your first period with the girl next to you. How did you react? What would you do differently to feel more prepared? If you haven’t gotten your first period yet, discuss ways you may prepare for it and what steps you would take after you get it.
6. What kind of clothes is it wise to wear if you are expecting your period?
7. What are some things you could do to keep your clothes from staining if you are getting your period and find that you ran out of sanitary pads in your bag?
8. Jiya and Priya Didi shared some stories about periods and sanitary pads. Do you have any experiences you want to share and discuss?
9. List 5 hygiene measures during menstruation.
10. Is menstruation impure?

**Conclusion**

1. Are there any more questions you have about periods?
2. Changes in our body as we grow up are normal, and it is natural to feel a little nervous. However, it is nothing to feel embarrassed or ashamed about. How can us girls help and support each other?