BE AMAZING. PERIOD!

MENSTRUAL HYGIENE MANAGEMENT EDUCATION MATERIAL FOR BOYS AND GIRLS

Ghana Education Service
MODULE 1

WHAT IS PUBERTY?

BE AMAZING. PERIOD!
MODULE 1
WHAT IS PUBERTY?
BE AMAZING. PERIOD!
PUBERTY IN BOYS
EMBRACE YOUR BODY CHANGES

Physical Changes
- Enlargement of testicles and penis
- Scrotum begins to hang down
- Increase in body weight and height - muscles more pronounced and stronger
- Thicker and longer vocal cords and deeper voice.
- Erections and first ejaculations, wet dreams
- Development of pubic, facial and underarm hairs
- Voice changes - deepens
- Skin problems / acne

Social Changes
- Make friends, outgoing for recreation
- Attracted to the opposite sex
- Respects peers view and decisions
- Want to be recognized as adult
- Want independence and privacy
- Move around in small groups of same sex and peers
- Desire for sex
- Pay more attention to appearance
- Feel like isolating oneself from friends

Mental Changes
- Fast thinking
- Ability to make decisions
- Gain experience
- Develop new skills
- Curious
- Aware of the developmental changes in them
- Question many of the social norms imaginative

Emotional Changes
- Attracted to the opposite sex
- Anger
- Shyness
- Mood swings
- Easily embarrassed
- Feels like an adult
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PUBERTY IN GIRLS
EMBRACE YOUR BODY CHANGES

**Physical Changes**
- Development of Breast
- Vaginal lubrication
- Development of sweat glands
- Enlargement of hips and buttocks to a rounder shape
- Increase in body weight
- Onset of menstruation and ovulation
- Development of pubic and underarm hairs
- Nipples become darker and larger

**Mental Changes**
- Fast Thinking
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**Social Changes**
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MODULE 2

WHAT HAPPENS DURING MENSTRUATION?

BE AMAZING. PERIOD!
MODULE 2

WHAT HAPPENS DURING MENSTRUATION?

BE AMAZING. PERIOD!
WHAT HAPPENS DURING MENSTRUATION?

- It is the monthly flow of blood from the uterus through the vagina. The first menstrual cycle, or first menstrual bleeding, in female is called menarche.

- Menstruation is a sign of good reproductive health.

- Menstruation starts between the ages of 10 and 19 and ends when woman approaches her late 40s and 50s, when she hits menopause.

- Bleeding can last from 3 to 7 days and even longer with some girls.

- Every girl’s cycle is different and is usually calculated 28 days from the first menstruation.

- A girl may notice that her cycles are of different duration each month — especially for the few years after menarche.
WHAT HAPPENS DURING MENSTRUATION?
WHAT IS A MENSTRUAL CYCLE?

- This is the interval between a girl’s menstruation at any given time.
- It is important for girls to keep track of their cycle to and prepare for their next menstruation.
- Girls can calculate their menstrual cycle by:
  - Marking on a calendar the first day of your menstruation;
  - Mark the calendar again in the next month, on the first day your menstruation begins.
  - The total number of days in between the two dates will show you how many days make your cycle. The time from the first day of a girl’s period (when bleeding starts) to the first day of her next period is usually 28 days (one month), but this can range from 21-35 days. This interval is known as menstrual cycle.
  - You will need to make these calculations over a few months to get an average of your cycle and to understand the different stages of the menstrual cycle such as ovulation.
- You should seek medical attention if you notice any abnormalities or irregularities in your cycle.

Days 1-7
Menstruation

Days 8-11
Tissue and blood line the wall of the uterus.

Days 12-15
Ovulation.

Days 16-25
Lining of uterus breaks down (if the egg is not fertilized).

Days 26-28
The lining detaches, leading to menstruation.

Days 9-11
Tissue and blood line the wall of the uterus.

Days 1-3
Ovulation.

Days 4-6
Lining of uterus breaks down (if the egg is not fertilized).

Days 7-9
Lining of uterus breaks down (if the egg is not fertilized).
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Menstruation

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Days 26-28
The lining detaches, leading to menstruation.
Menstruation is normal, your friends, mothers and sisters are all going through it.

You should not tease girls who are menstruating. Ask girls how you can support them, be amazing.

Some girls get severe abdominal pain during their menstruation.

Girls miss school because of menstruation, make them feel comfortable and safe to avoid that. *For example: Boys not teasing girls*

Support a girl, Support a friend. You are amazing. *For example: You can accompany them home, stand up when somebody is teasing a girl for her menstruation, help girls to be active*
SUPPORT A GIRL DURING HER MENSTRUATION
MODULE 3

HOW TO MANAGE PERSONAL HYGIENE?

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HOW TO MANAGE PERSONAL HYGIENE?

BE AMAZING. PERIOD!
PERSONAL HYGIENE DURING MENSTRUATION

- Wash your vagina at least twice a day during your menstruation.

  **Do:** Clean from front to back;
  **Don’t:** Clean from back to front

- Avoid getting soap inside your vagina.

- Wash your hands under running water with soap.

- Bath well, so you smell good.

- Keep your clothes clean and well washed.
PERSONAL HYGIENE
DURING MENSTRUATION
MODULE 4
UNDERSTAND MOOD CHANGES
BE AMAZING. PERIOD!
MODULE 4

UNDERSTAND MOOD CHANGES

BE AMAZING. PERIOD!
The changes in the level of hormones during a girls’ cycle can have an effect on her mood.

- It is normal to be moody during menstruation.
- Let your friends know what is wrong with you so that they can relate better to you.
- Learning to manage your mood is a sign of maturity.
- Laughing, exercising, deep breathing and stretching are all ways to relax so that your moods are better managed and you feel comfortable during your menstruation.
Girls need boys to be more understanding of what menstruations are so they can get through it easily.

Assist girls with chores when they are experiencing menstrual pains.

Talk to other girls and women such as your mother, sister, auntie, grandmother, female friend, an older woman in your community who you trust, or a teacher to get to know more about menstruation.

Do not exclude girls from activities because they are in their menstruations.

Empathize with girls going through their menstruation as menstruation is a normal process for every woman.
STAY SUPPORTIVE
STAY SUPPORTIVE

REPEAT AFTER ME

• I am unique.
• I love my body.
• I love myself.
• I walk tall and proud.
• I focus on my attributes.
• I am Amazing. Period!
HOW TO BE AMAZING?

Girls
- By acquiring information on MHM and puberty
- By using hygienic practices during menstruation
- By eating well during menstruation
- By being self-confident and asking for help when needed
- By taking part in school, social and religious activities during Menstruation
- By supporting your female classmates during their Menstruation during their menstruation

Boys
- By understanding puberty and MHM
- By understanding and empathizing with your female friend during their Menstruation
- By actively supporting girls in challenging situations during their Menstruation

Adults
- By educating adolescent girls on MHM before menarche
- By teaching and supporting her to care for herself during her Menstruation
- By encouraging your adolescent girl to stay active during her Menstruation

Teacher
- By giving timely and right information on MHM to adolescent girls
- By creating an enabling environment to discuss MHM among stakeholders
- By encouraging girls to confide in and open up to you on MHM related issues
- By providing adolescent girls and boys with information on puberty and MHM.
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