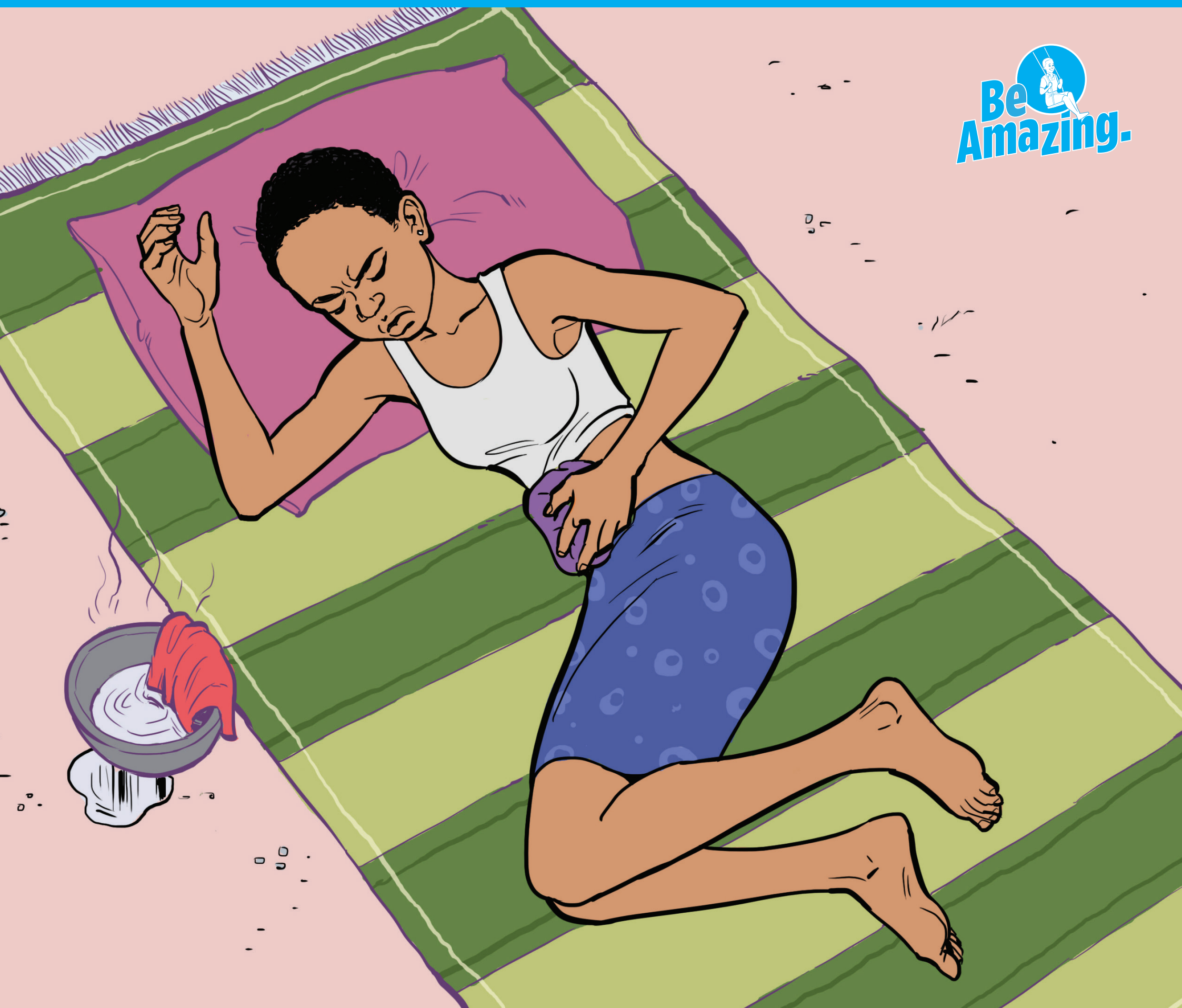




BE AMAZING. PERIOD!

SUPPORT GIRLS DURING THEIR MENSTRUATION



BE AMAZING. PERIOD!

**USE A WARM TOWEL TO
REDUCE ABDOMINAL
PAIN DURING YOUR
MENSTRUATION**



Ghana Education Service

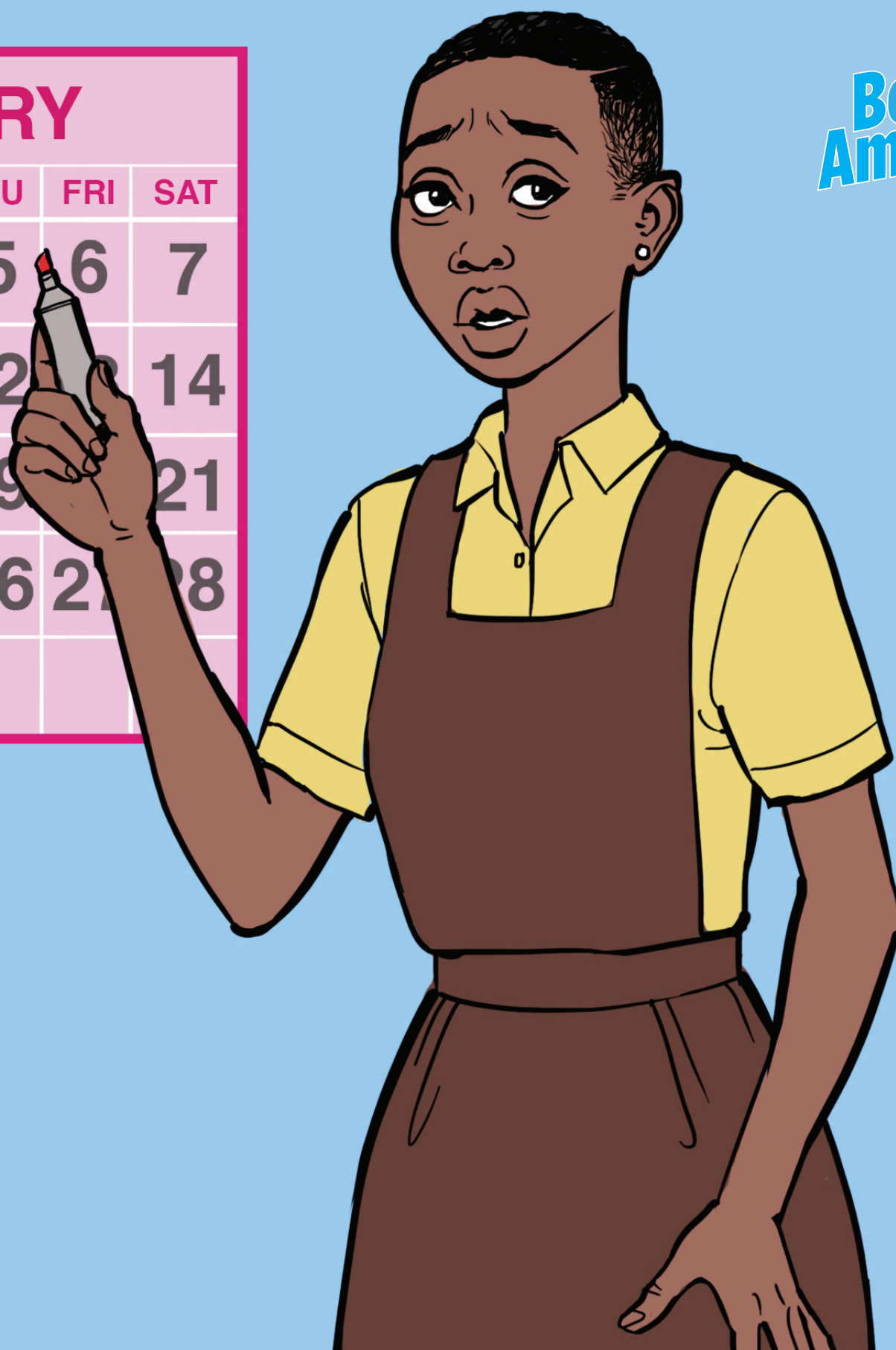
unicef 
for every child

Canada 

www.menstrualhygienegh.org



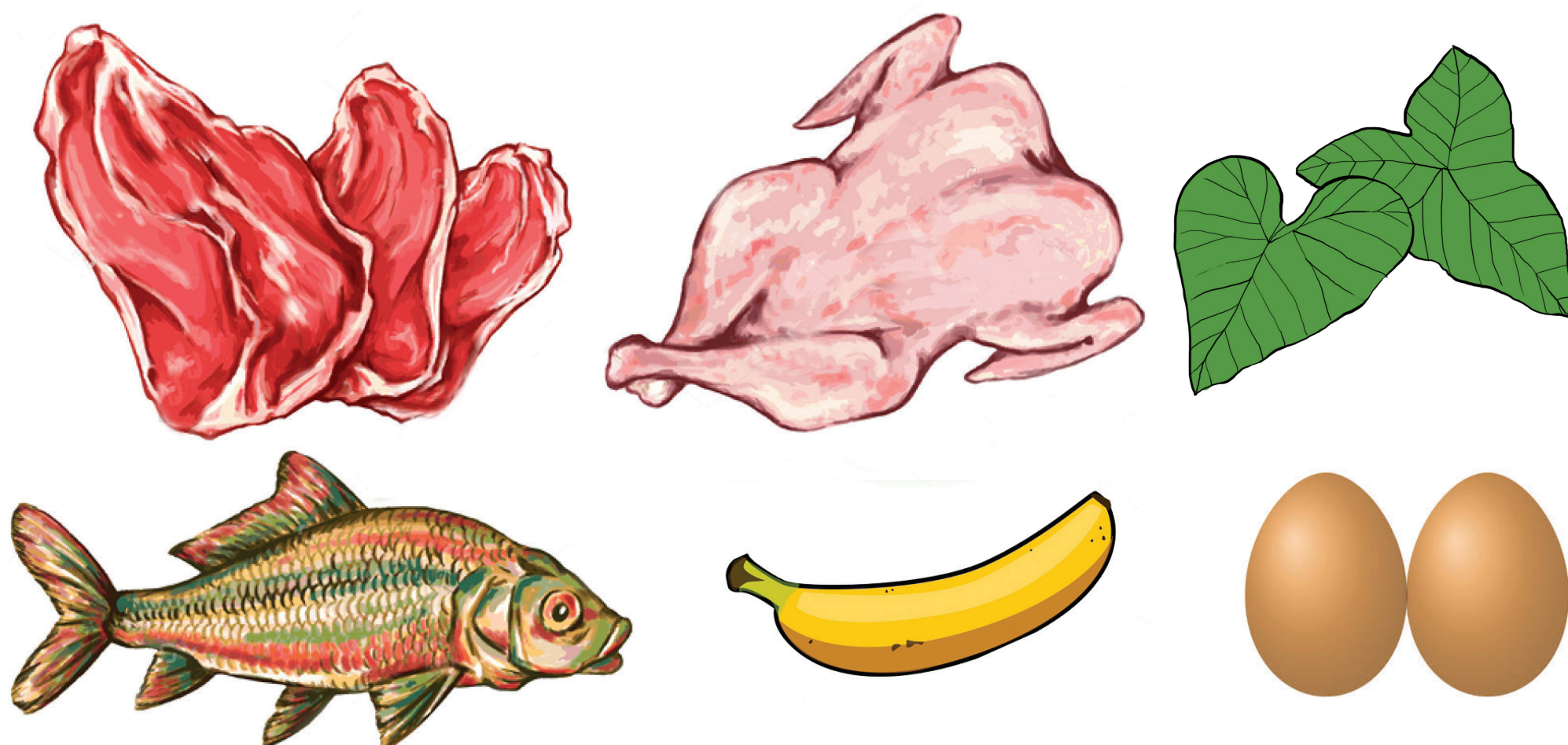
FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						



BE AMAZING. PERIOD!

UNDERSTAND YOUR MENSTRUAL CYCLE AND PREPARE FOR THE NEXT ONE





BE AMAZING. PERIOD!

EAT IRON-RICH FOOD DURING MENSTRUATION



Be
Amazing.

BE AMAZING. PERIOD!

**SUPPORT YOUR
FELLOW GIRLS DURING
MENSTRUATION.**



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BE AMAZING. PERIOD!

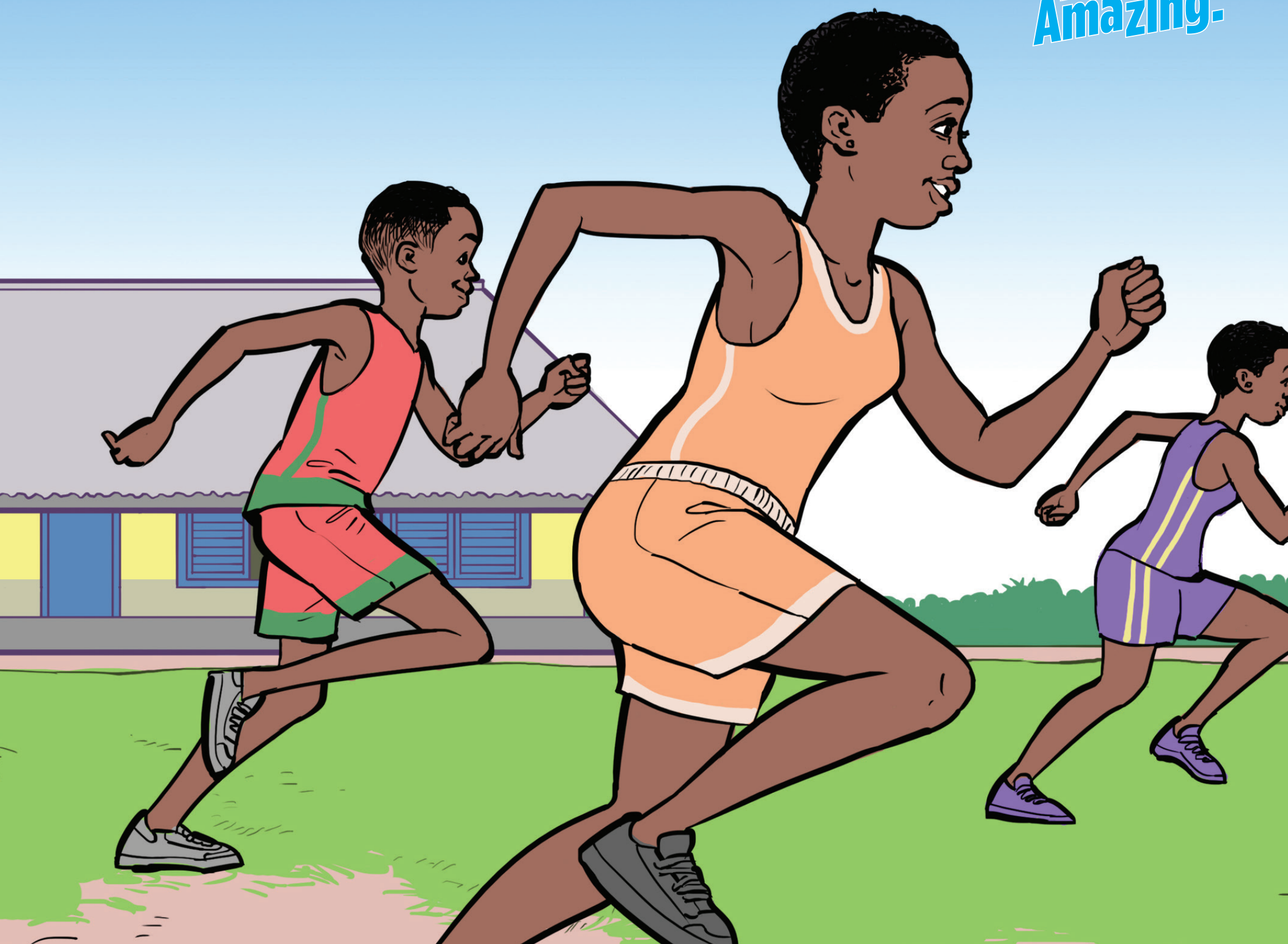
**DO NOT LET
MENSTRUATION STOP
YOU FROM GOING TO
SCHOOL**



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BE AMAZING. PERIOD!

STAY ACTIVE DURING YOUR MENSTRUATION



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