

## Here's what 13- year-old Sachin learnt about chromosomes and periods.



**Sachin Kumar, shares what he learnt in ETASHA's session on Sexuality & AIDS Awareness at his school at Madanpur Khadar.**

He was given a sheet of statements and had to choose from options of 'agree', 'disagree' or 'I don't know'.

Statement 1: Periods are bad

Sachin's response: I don't know.

My class teacher had said that every month the impurities in a woman's body come out during periods, but at ETASHA we learnt that nothing is impure and this is natural. All women get periods every 28 days.

Statement 2: Sex is a bad word

Sachin's response: Agree.

Ma'am explained that even if one person doesn't want to do it, then it is forcing and not good." It is important for both the girl and boy to agree and it should be safe."

"I also learnt that nobody can choose to have a son or a daughter. Girls have only X (chromosome). If a boy gives Y (chromosome) then the baby is a boy, if he gives X (Chromosome) then its a girl. Its never a mother's fault if she has a son or a daughter."

Sachin believes he is learning about the world through these classes. This will help him make better, responsible decisions about his future.

Meenakshi in conversation with **HT Mint's** Haris Zargar.

Meenakshi shared insights from her journey at ETASHA, training and placing youth from disadvantaged communities.



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