



## Menstrual awareness campaign

A Beyondonor's initiative



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## Need to know...

Menstruation, more commonly known as "periods."

So when a girl is on period, her body just gets rid of small amount of blood and some unneeded tissue, as its a natural biological process occurring in females starting from their puberty, throughout their reproductive age.

Periods is the monthly thing that a girl bleeds when she hits her puberty. Periods cycle is the indication of the development stage. Once a girl starts having her periods, it is considered as a mature stage with developing reproductive organs. Periods are a monthly cycle where a girl bleeds from her vagina. This is a very important part of a girl's life because it further supports the pregnancy.



Periods may vary shorter to longer days because of multiple reasons, if it persists more than 2 times than they are advised to consult a gynecologist.

Many hormonal and physical changes happens in girl's body once menstrualation starts



# Things to do...



Most pads have a sticky strip along the bottom. You peel off the paper strip that covers the adhesive and press the pad into the crotch of your underwear. If the pad has wings, you wrap these around the bottom of the crotch. To remove the pad, unstick it from your underwear and wrap it in toilet paper.

Don't forget to take a shower...



Give yourself time to rest...



Eat healthy food...



Change the sanitary pad at least after 5-6 hours. You can also change it earlier if needed based on your flow...



Keep yourself always clean...



Avoid using chemical Products...



Dispose off the sanitary pad properly...



## Busting myths

# Myths

During their periods, girls are impure.

Girls having their periods  
should not cook or visit sacred  
places.

Sanitary products should be kept private and covered in paper when purchasing.

Girls having their periods should sleep in a separate shed or a Different room.

# Facts

Periods are just nature's way  
of saying you are growing up.

There is nothing impure about periods.

Buying sanitary products is like buying soap or toothpaste. They are all personal hygiene products.

Menstruation is not contagious  
and causes no harm to anyone  
else in the same room.  
Please don't discriminate  
them..

