**A. Menstrual Hygiene – 20 Questions**

1. **Why does it happen?**  
   It’s the body’s way of shedding the uterus lining if there’s no pregnancy.
2. **At what age does a girl start her period?**  
   Usually between 9 and 16 years old.
3. **Is it normal to feel pain during your period?**  
   Yes, mild pain or cramps are normal.
4. **What if my period is very heavy?**  
   Talk to a doctor—it could be a health issue.
5. **What should I do if I get my period at school?**  
   Ask a teacher or friend for help and get a pad.
6. **Can I go to school during my period?**  
   Yes, it's completely safe.
7. **How many days does a period last?**  
   Usually 3 to 7 days.
8. **Can I bathe during my period?**  
   Yes, bathing helps you stay clean and feel better.
9. **What if I don’t get my period every month?**  
   It’s common at first, but see a doctor if it continues.
10. **What food should I eat during my period?**  
    Eat iron-rich foods, fruits, and drink plenty of water.
11. **Can I exercise or play during my period?**  
    Yes, light exercise can reduce cramps.
12. **Are pads the only option for periods?**  
    No, there are tampons, menstrual cups, and reusable pads too.
13. **How do I talk to my parents if I feel shy?**  
    Start with one parent you trust and be honest.
14. **What if someone teases me about periods?**  
    Ignore them and tell an adult or teacher.
15. **Is it okay to use tissue or cloth if I don’t have a pad?**  
    Only in emergencies—change often and stay clean.
16. **What is the best way to dispose of a used pad?**  
    Wrap it and put it in a bin—never flush it.
17. **What if I stain my clothes?**  
    It happens—wash them and carry a spare set if you can.
18. **How can I track my menstrual cycle?**  
    Use a calendar or a period tracking app.
19. **What does a healthy period look like?**  
    Regular, reddish flow with mild cramps.
20. **Who can I talk to if something feels wrong?**  
    A parent, teacher, school nurse, or doctor.

**B. Female Genital Mutilation (FGM) – 20 Questions**

1. **What exactly is FGM?**  
   Cutting or removing parts of a girl’s private parts.
2. **Why do some people do FGM?**  
   Tradition, culture, or false beliefs about purity.
3. **Is FGM a religious practice?**  
   No, it’s not required by any religion.
4. **What happens to the girl during FGM?**  
   She is cut, usually without proper medical care.
5. **Does it hurt?**  
   Yes, it’s extremely painful.
6. **Can a girl die from FGM?**  
   Yes, due to bleeding or infection.
7. **What are the long-term effects of FGM?**  
   Pain, infections, trouble with childbirth, and trauma.
8. **How can I tell if a girl has been cut?**  
   You often can’t unless she tells you or a doctor checks.
9. **Is FGM allowed by law?**  
   No, it’s illegal in many countries.
10. **What if my family believes in FGM?**  
    You can say no and talk to someone you trust.
11. **How do I say “no” to FGM?**  
    Be firm, seek help from a trusted adult or support group.
12. **Can a girl who was cut still have babies?**  
    Yes, but it may be harder or more dangerous.
13. **Is it okay to talk about FGM?**  
    Yes, it’s important to talk and raise awareness.
14. **What should I do if I know someone who might be at risk?**  
    Tell a trusted adult, teacher, or local authority.
15. **Can I recover if I have already been cut?**  
    Yes, with medical and emotional help.
16. **Why do some girls say they are proud of it?**  
    They may feel pressure from their culture or family.
17. **How can I help end FGM in my community?**  
    Speak out, educate others, and support safe practices.
18. **Are there doctors who help girls after FGM?**  
    Yes, some doctors specialize in FGM recovery.
19. **Can boys be part of stopping FGM?**  
    Yes, by learning and speaking out against it.
20. **Where can I go for help?**  
    A health clinic, teacher, police, or helpline.

**C. Making Good & Right Decisions – 20 Questions**

1. **How do I know if a decision is right?**  
   If it’s safe, kind, and feels right deep down.
2. **What should I do if I made a wrong decision?**  
   Learn from it and make a better choice next time.
3. **How do I say no to my friends without losing them?**  
   Be honest and kind—true friends will understand.
4. **Can small decisions affect my future?**  
   Yes, even small choices can have big effects later.
5. **What if I feel confused about what to choose?**  
   Talk to someone you trust or take more time to think.
6. **How can I become more confident in my choices?**  
   Practice making choices and trust yourself.
7. **What if someone pressures me to do something bad?**  
   Say no and walk away—your safety comes first.
8. **Should I always follow my heart?**  
   Not always—think it through too.
9. **How do I deal with peer pressure?**  
   Be firm, have a reason, and stick to your values.
10. **Can a good decision make other people angry?**  
    Yes, but your safety and values matter most.
11. **What if my family disagrees with my choice?**  
    Listen to them, explain yourself, and try to agree.
12. **How do I stop myself from making quick, bad decisions?**  
    Pause, breathe, and think before acting.
13. **How do I choose good friends?**  
    Look for kindness, honesty, and respect.
14. **Can I learn from other people’s mistakes?**  
    Yes, learning from others helps you avoid problems.
15. **What if the right thing feels hard or unpopular?**  
    Do it anyway—it builds character and strength.
16. **Is it okay to change my mind?**  
    Yes, especially if it’s for the better.
17. **Should I always listen to adults?**  
    Listen, but think for yourself too.
18. **How can I make better decisions at school?**  
    Focus on learning, ask questions, and avoid trouble.
19. **What if I regret a choice I made?**  
    Forgive yourself, learn, and move on.
20. **How can I make a decision that makes both me and others happy?**  
    Find a fair solution that respects everyone.