

BETTER PERIOD



VISION 2030

SAFE PERIOD, HAPPY PERIOD

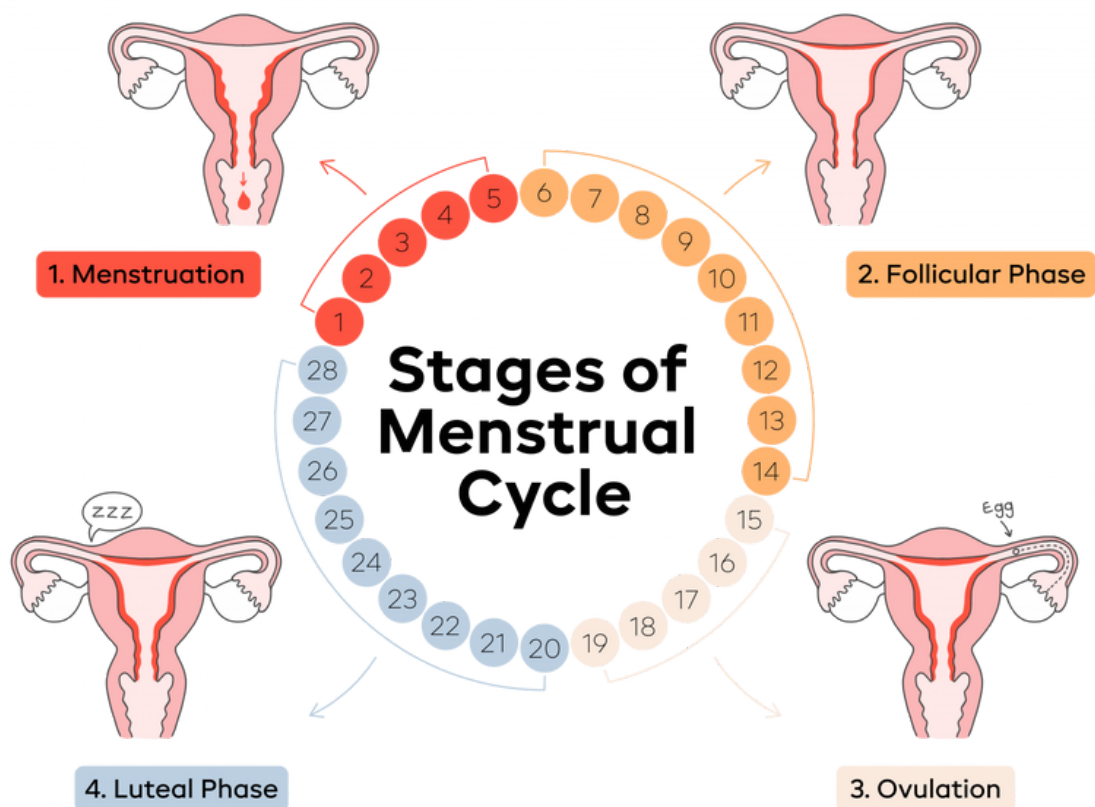
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What is menstruation or menses?

Menstruation or menses is the natural bodily process of releasing blood and associated matter from the uterus through the vagina as part of the menstrual cycle.

Menarche is the onset of menstruation, the time when a girl has her first menstrual period.



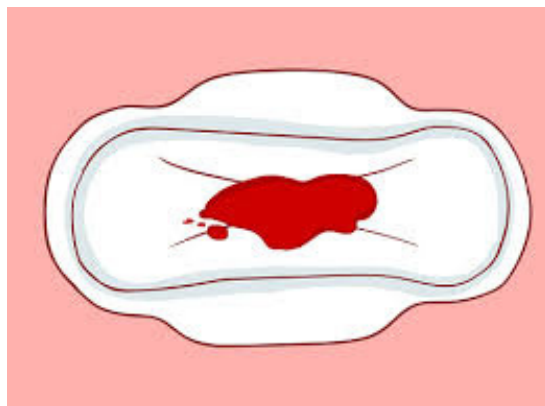
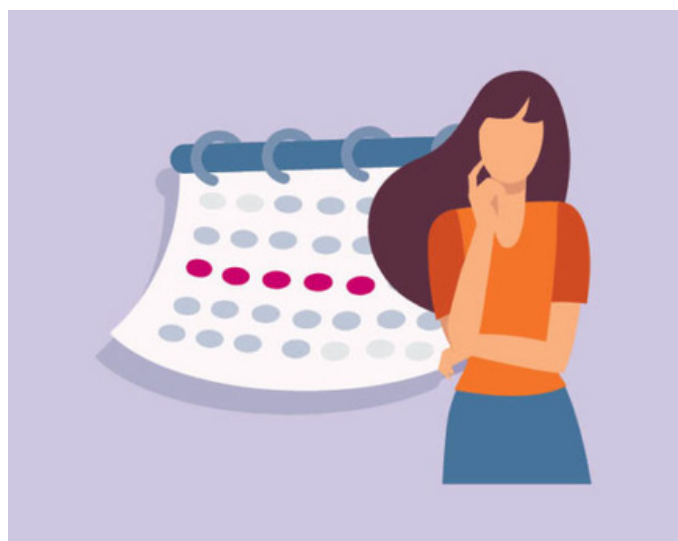
When do girls get their period?

Menstruation can begin anytime between ages 8-18, but the majority of girls start their period between ages 10-14.



What is the first period like?

Some girls can get discharge before their first period. But generally, the first period comes without warning. Sometimes the first menstrual blood can be a little brown, or it can also appear as little spots of blood. It's important to remember that it is a normal process and not to worry.

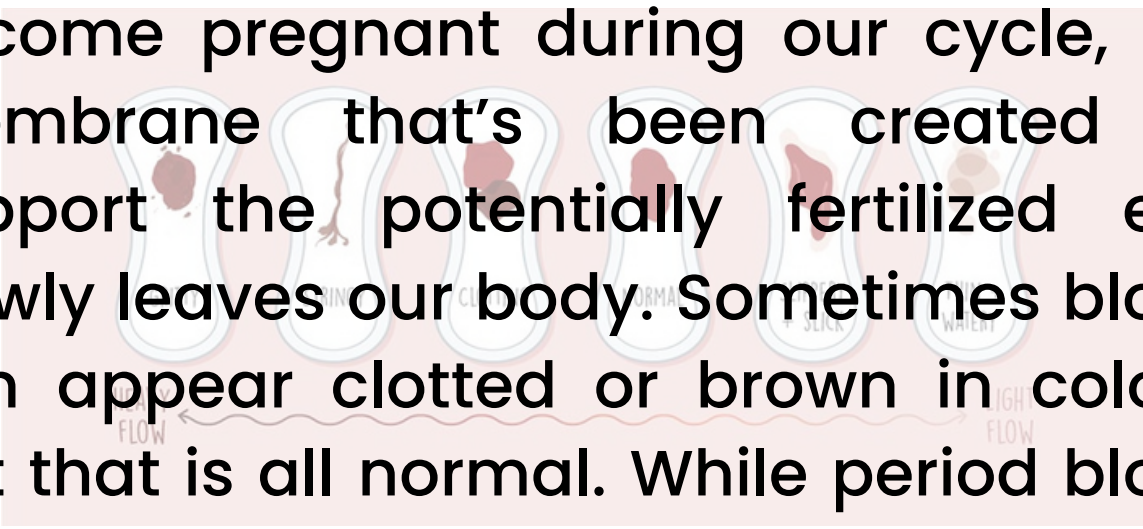


When do periods occur and how long do they last?

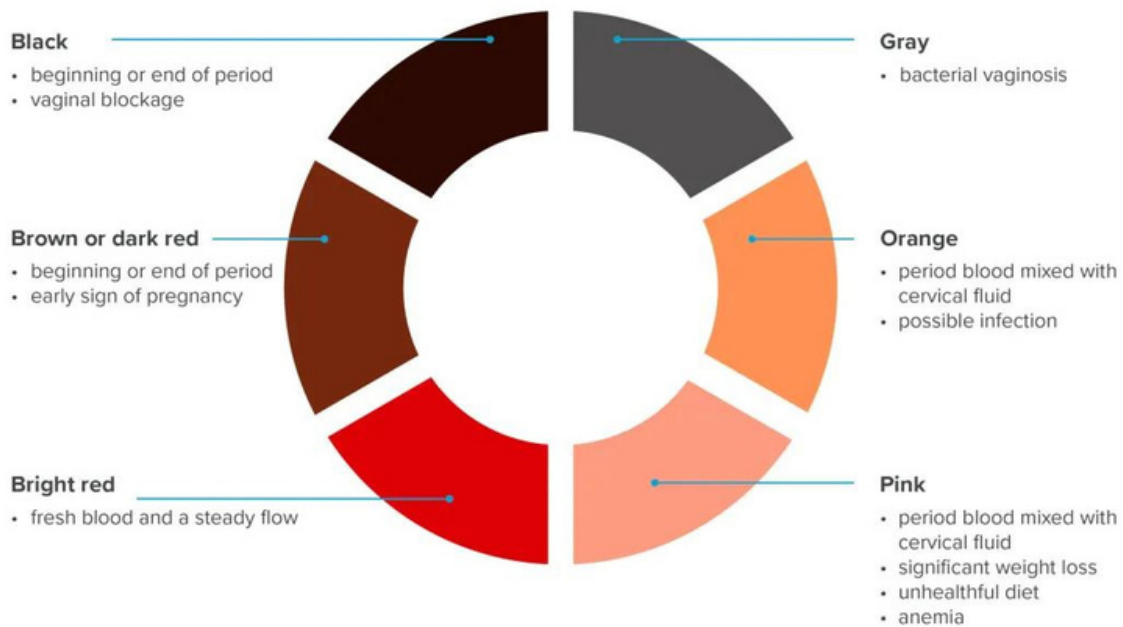
Usually, a period will occur each 28 days, but it can also occur anytime between 21- 35 days . The menstrual cycle in the first year or two are sometimes irregular. Periods can also be irregular when we are stressed, do heavy exercise, have a bad diet, or in emergency situations. Blood flow can lasts from 2-7 days. ***However, all girls are different.***

Is menstrual blood the same as normal blood?

Menstrual blood is made up of blood and membrane from the uterus. If we do not become pregnant during our cycle, the membrane that's been created to support the potentially fertilized egg slowly leaves our body. Sometimes blood can appear clotted or brown in colour, but that is all normal. While period blood is composed of normal blood, period blood is not the same as the blood we get when we have a cut, so there is no need to be scared or worried about menstrual blood.



Colors of Period Blood



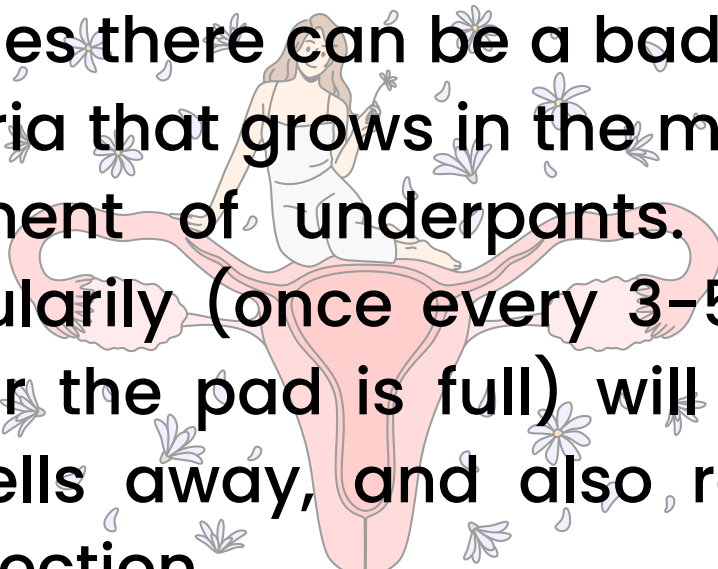
Anyone who experiences vaginal bleeding while pregnant should see their doctor or obstetrician.

Understanding Period Blood Color

Period Blood Color	Reason
Bright red:	Most likely present at the beginning of cycle; means more recent bleeding
Dark red:	Slightly older blood, slower flow; usually darkens over the course of the cycle
Pink:	Common at the beginning or end; indicates light flow

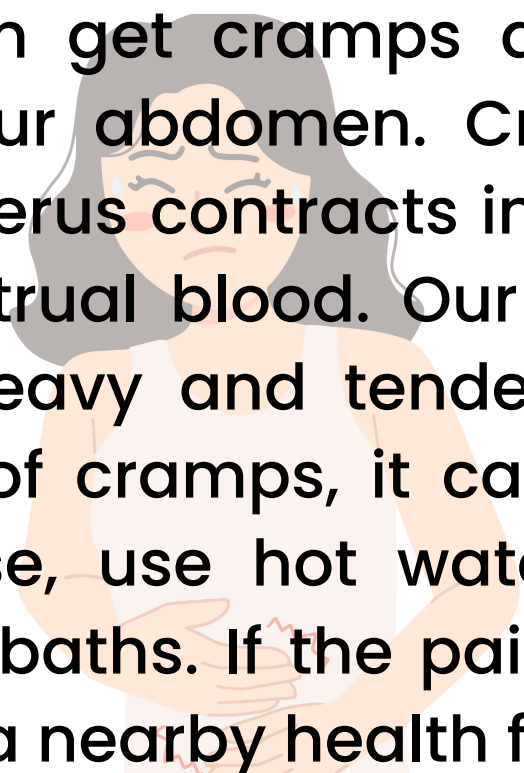
Does menstrual blood smell bad?

Sometimes there can be a bad smell due to bacteria that grows in the moist, warm environment of underpants. Changing pad regularly (once every 3-5 hours, or whenever the pad is full) will help keep bad smells away, and also, reduce the risk of infection.



Are cramps normal?

Yes. We can get cramps and a heavy feeling in our abdomen. Cramps occur when our uterus contracts in order to get rid of menstrual blood. Our breasts can also feel heavy and tender. To reduce the effects of cramps, it can help to do light exercise, use hot water bottles or have warm baths. If the pain gets worse please visit a nearby health facility



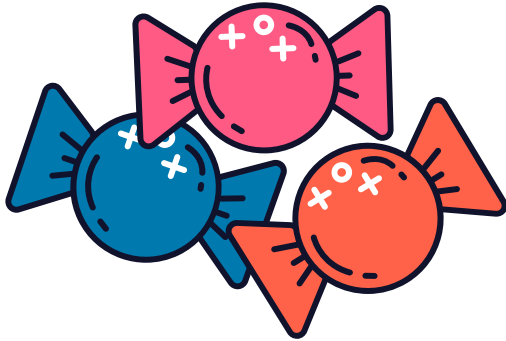
What is vaginal discharge?

During our menstrual cycle, sometimes we can get discharge and that is normal. Discharge can be clear or yellowish. Discharge is protective because it can stop bacterial entering our vagina.

If discharge changes to a strange colour, or becomes smelly, that can mean that we have an infection and need to go have a check up at a health facility.

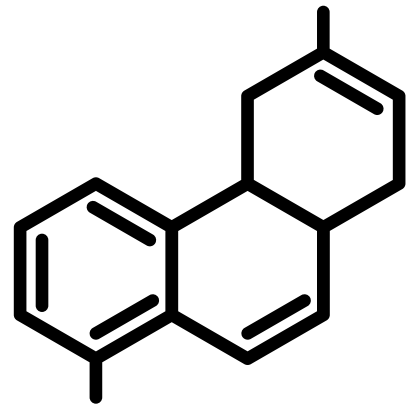


Different vaginal odours



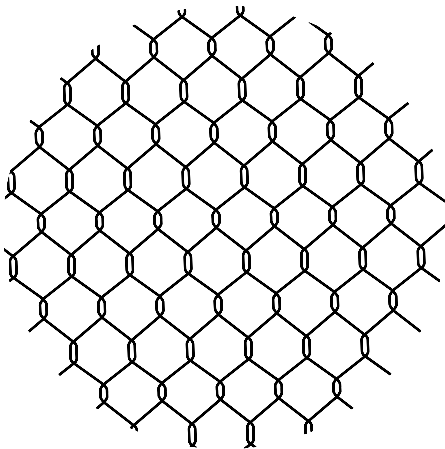
Sweet

Can occur because of change in pH levels because of bacteria - totally normal



Chemical

Can occur because of urine build up, bacterial vaginosis or sex products like lubricant or condoms



Metallic

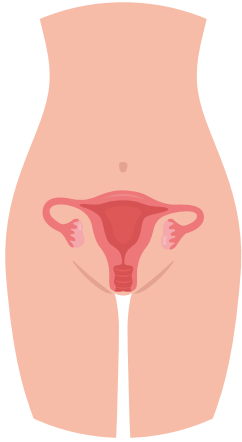
Usually occur around your period because of blood in and around your vagina



Fishy

Mostly due to bacterial vaginosis which is caused by an imbalance or overgrowth of bacterium in the vagina. Other causes include sweat, UTI's

How to get rid of Vaginal Odours and have a Happy, Healthy Vagina



Practice proper hygiene



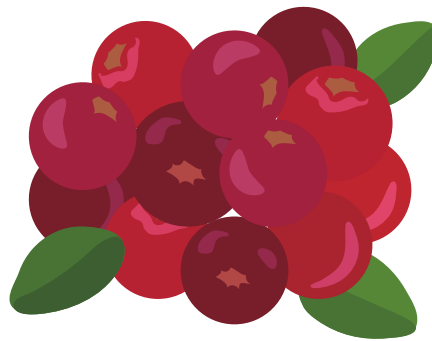
Use cotton underwear



Stay hydrated



Don't use tight fitting underwears



Take cranberry supplements



Squat on public toilets to avoid UTI's

Menstrual Health and Hygiene

Menstruation is a natural fact of life and a monthly occurrence for the 1.8 billion girls, women, transgender men and non-binary persons of reproductive age.

A woman menstruates for approximately 2400 days in her lifetime. Nearly 600000 cases of Uterus cancer deaths are reported every year, of which two-thirds are due to poor menstrual practices. In India, cancer of the cervix uteri is the 3rd most common cancer and the 2nd leading cause of death.

Millions of menstruators across the world are denied the right to manage their monthly menstrual cycle in a dignified, healthy way.

What is menstrual health and hygiene?

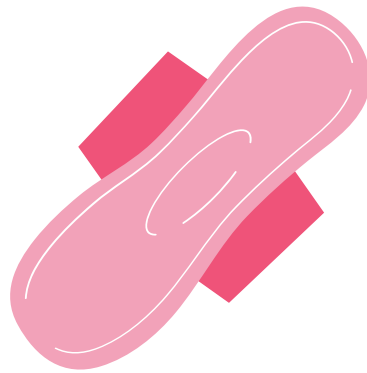
The term menstrual hygiene management (MHM) originated in the WASH sector. After decades of use, there is broad understanding and acknowledgement of this term. Importantly, there is also a definition and emerging attempts at measurement in the context of schools, through the WHO/UNICEF Joint Monitoring Programme for Drinking Water, Sanitation, and Hygiene (JMP).

In 2012, the JMP defined MHM as: “Women and adolescent girls are using a clean menstrual management material to absorb or collect menstrual blood, that can be changed in privacy as often as necessary for the duration of a menstrual period, using soap and water for washing the body as required, and having access to facilities to dispose of used menstrual management materials.”

Menstrual hygiene materials are the products used to catch the menstrual flow, such as pads, cloths, tampons or menstrual cups.



Menstrual cloth



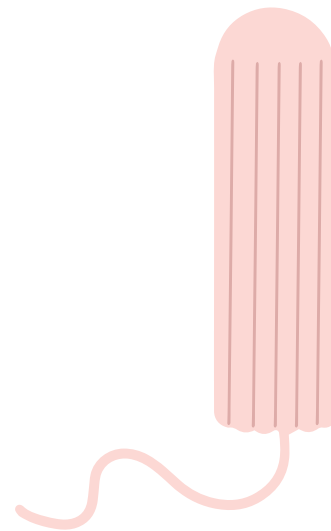
Disposable sanitary pads



Menstrual cups



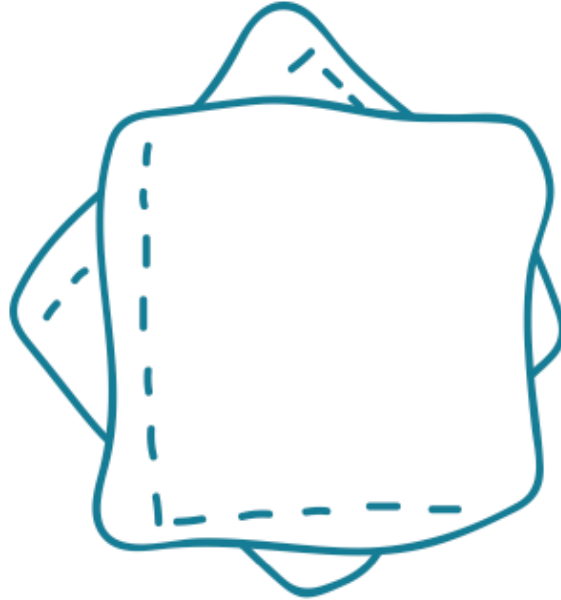
Reuseable pads



Tampons

Summary of materials

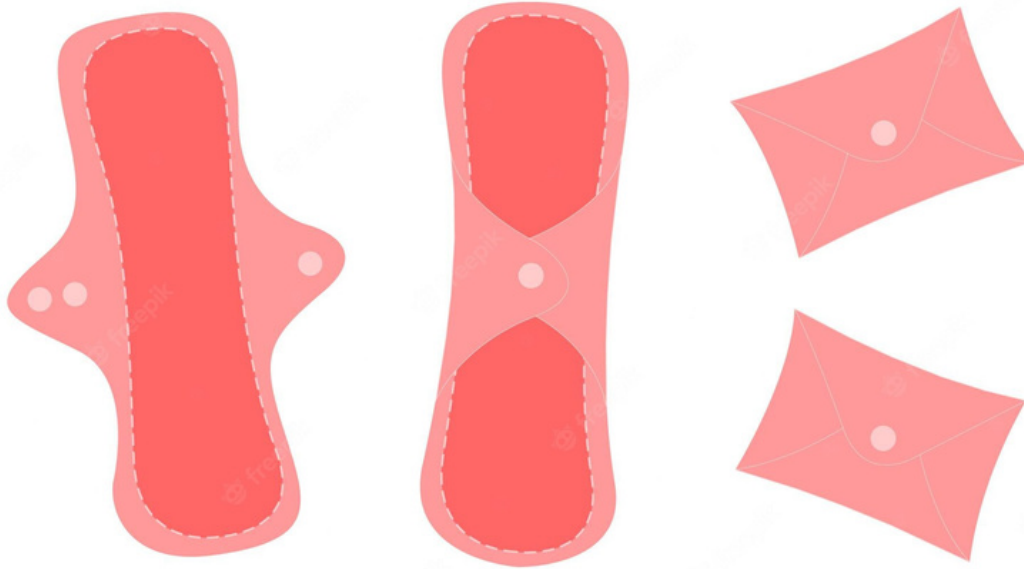
- **Menstrual cloth**



Cloths are reusable pieces of fabric worn externally to the body, in underwear or tied to the waist to absorb menstrual flow. They are made from either newly purchased pieces of fabric (mostly cotton) or old fabric repurposed from clothing or another use. There is no guidance on how long cloths can be reused, but it is generally agreed that this should be for no longer than 1 year. They are consumables and require regular assessment of supply, availability and affordability . Compared to reusable pads, cloth is often not recommended for menstrual hygiene management as their use has been associated with abnormal vaginal discharge, skin irritations and urogenital infections.

Summary of materials

- **Reusable Pads**



Reusable pads are worn externally to the body in the underwear, to absorb menstrual flow and held in place usually by snaps. They are made from a variety of natural or synthetic materials. After use, they are washed, dried and re-used for approximately one year. They are consumables which require regular assessment of supply, availability and affordability. There is very little evidence of health impacts of reusable pad use. There might be an association with urinary tract infections and bacterial vaginosis, and the use of damp materials can lead to skin irritations. A private and comfortable place for changing as well as proper washing and drying is important.

Summary of materials

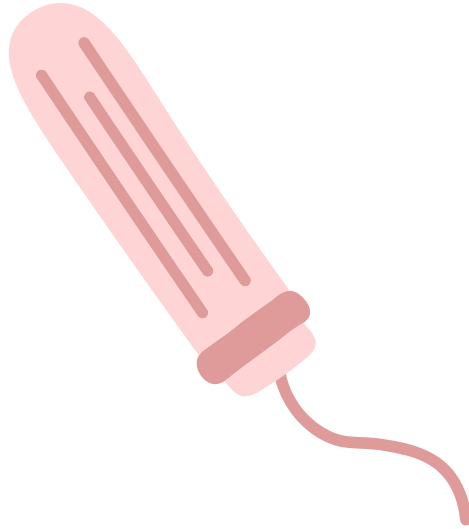
- **Disposable Sanitary Pads**



Disposable pads are worn externally to the body in the underwear to absorb menstrual flow. They are disposed of after a maximum of 8 hours; they are therefore consumables which require regular assessment of supply, availability and affordability. Pads come in various sizes, absorbencies and materials and consist of a layered design made of blends of plastics, rayon and cotton. Pads should include wings to prevent leakage and keep the pad more securely in place. In most studies, no significant adverse health effects are reported, though there is inconclusive evidence on the impact of disposable pad use and bacterial vaginosis, as well as reproductive tract infections especially in relation to prolonged wear time.

Summary of materials

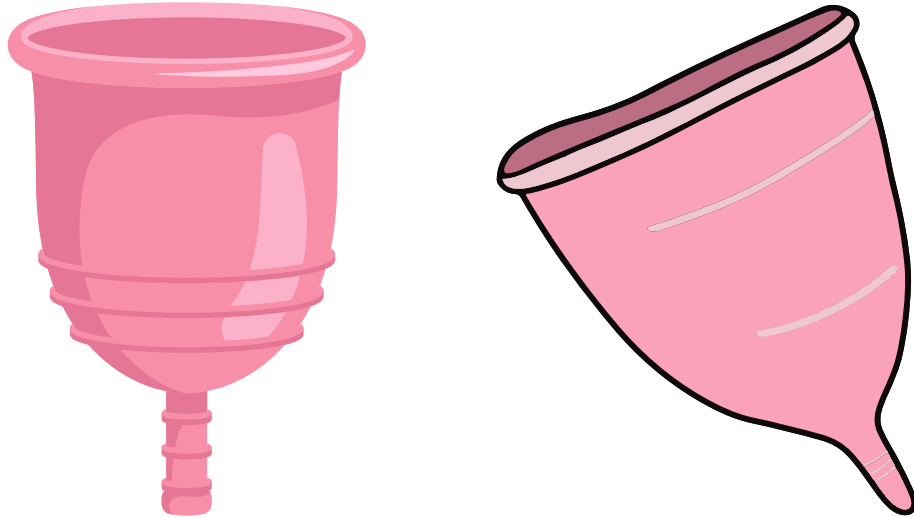
- **Tampons**



Tampons are absorbent materials made from cotton and/or rayon that are inserted into the vagina to absorb menstrual flow. They expand with moisture and thereby avoid leakage. They can be worn for up to 8 hours, after which they are removed using the removal string, and disposed of. They come in a variety of sizes, materials and with or without an applicator to assist insertion. Tampons are consumables which require regular assessment of supply, availability and affordability. Tampon use is associated with toxic shock syndrome, a rare but potentially fatal disease. To lower this risk, the use of a tampon with the lowest absorbency required is recommended, and the tampon should be changed after a maximum of 8 hours.

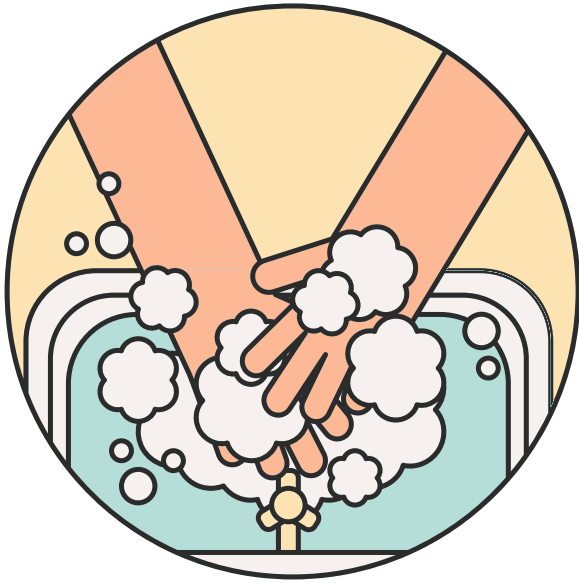
Summary of materials

- **Menstrual Cups**

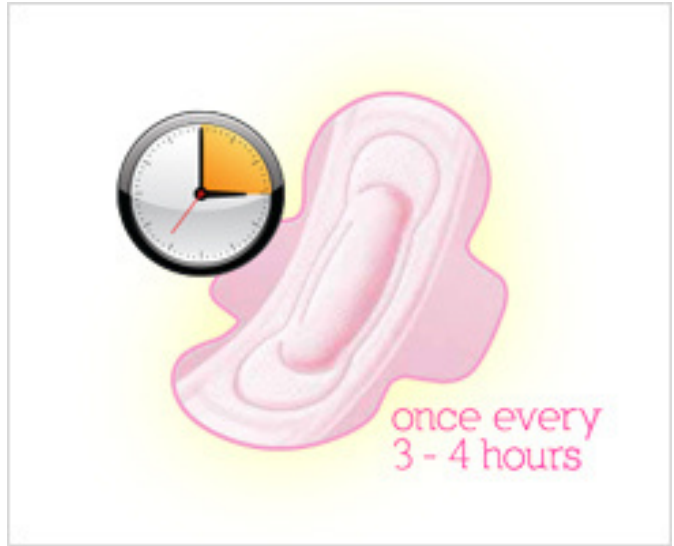


The menstrual cup is a non-absorbent bell-shaped device that is inserted into the vagina to collect menstrual flow. It creates a seal and is held in place by the walls of the vagina. It is typically made of medical-grade silicone. It collects three times more blood than pads or tampons and needs to be emptied every 6-12 hours, after which it is rinsed and re-inserted (if facilities allow). After each menstrual cycle the cup must be boiled for 5-10 minutes. Based on literature from high- and low-income countries, no significant health risks are reported. Since cups do not disrupt vaginal flora and pH, health risks like toxic shock syndrome, infections and skin irritations are minimal in comparison to other materials

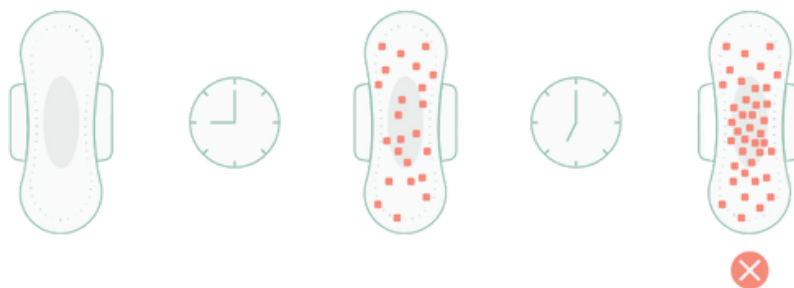
How to keep yourself clean during Periods?



Wash your hands and yourself before touching your genitals.



Change sanitary napkins every 3-4 hours



Don't wait until overflow

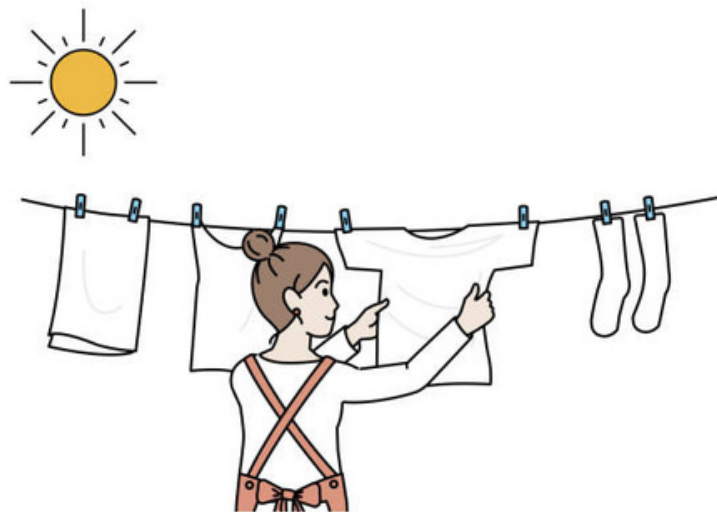
How to keep yourself clean during Periods?



Wash your undergarments properly.

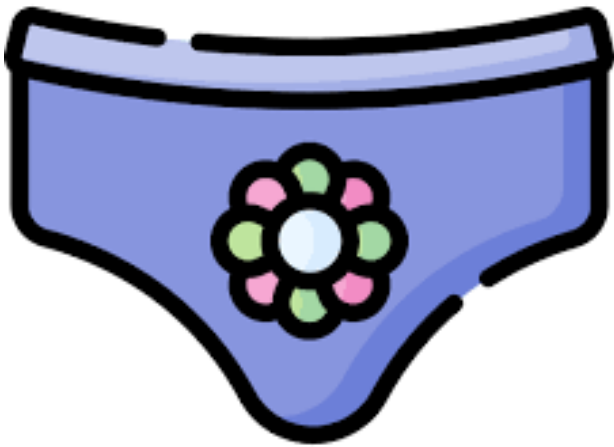


Discard the sanitary napkin properly

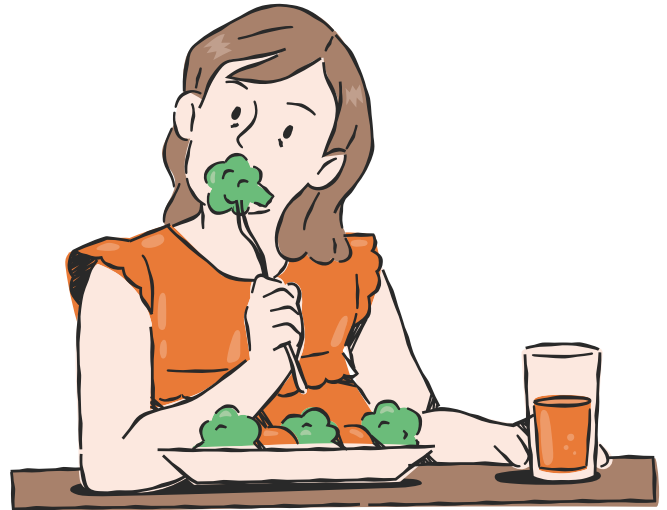


Dry Undergarments under the Sun

How to keep yourself clean during Periods?



Use clean undergarments regularly



Eat nutritionally rich foods



Do not hesitate to discuss about it

What is the best way to manage Period?



Be prepared and maintain a calendar to mark menstrual cycle. Use disposable pads to absorb blood.



Always keep a spare pads in your school bags



Bath daily and wash your vagina twice a day with plain water

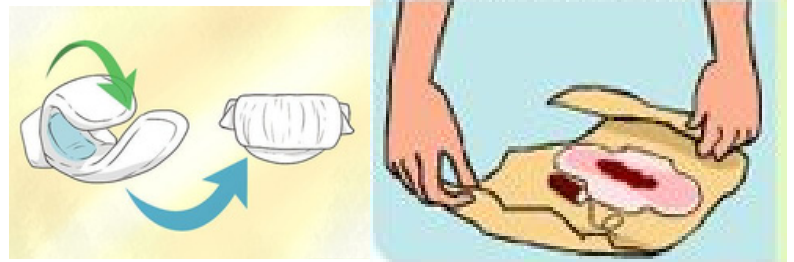


Wipe the vagina from front to back with clean cloth

How to dispose the cloth/ pad/ tampons?



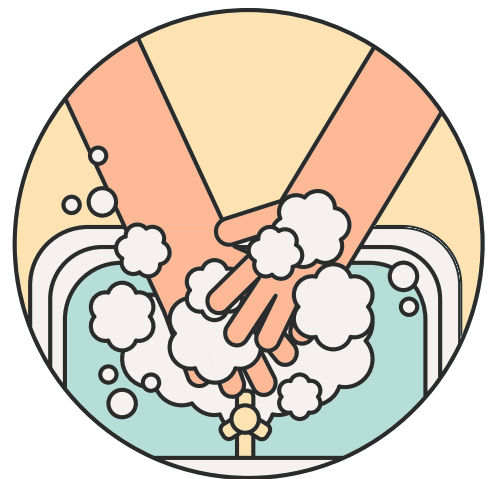
Do not flush pads/
tampons



Fold and wrap it in a
newspaper



Put it in dustbin



Wash hands
properly

How to enjoy your period?



Do yoga or light exercise/ meditation



Stay hydrated



Try to have Protein-rich food

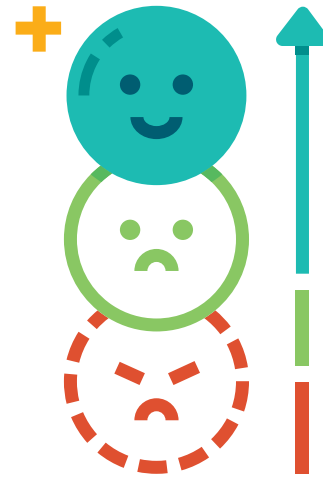


Have lots of fruits

How to enjoy your period?



Plenty of sleep



Monitor stress level



Small frequent meals



Herbal remedies

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

Drinking cold water makes a period stop

Cold water has no impact on menstrual cycle. Menstruation is linked to the reproductive system, and drinking/eating is linked to the digestive system. Those two systems are separate.

FACT

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

Girls who are menstruating needs to rest and can't do heavy works

During menstruation, girls are as strong as usual and do not become weak. If they experience anaemia, then they might feel weak. Generally, they can carry out their daily activities.

FACT

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

Menstrual
blood is dirty

During the cycle, our body gets rid of blood and membrane that are no longer needed in our bodies. Menstrual blood is just like other blood from our bodies.

FACT

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

Periods are a personal issue

Periods are a humanitarian crisis. In 2014, the United Nations declared that menstrual hygiene was a public health issue. Many people don't have access to the proper hygiene, resources, and support they need for their periods.

FACT

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

Periods are shameful

If we stop thinking that periods are gross, shameful, and dirty, then perhaps it wouldn't be a humanitarian crisis. Let's do our part to change this cycle and ditch the stigma. After all, periods and the balance of hormones are what help us stay young!

FACT

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MYTH

You cannot exercise while you are on your period.

There is no scientific evidence that exercising while you are on your period can harm your physical health. In fact, exercise is good for a sound body and mind and can even help to reduce the pain due to menstrual cramps.

FACT

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

You shouldn't wash your hair during your period.

You don't need to compromise with your personal hygiene habits due to your periods. There is no study that states one cannot wash your hair or take a shower on your period. In fact, a warm bath can help you with the painful cramps

FACT

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

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

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

FACT



MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

Girls having their periods should not touch or go near plants. The plant will die if they do so.

Plants do not discriminate. They thrive on good care, like all of us, irrespective of who it comes from.

FACT

MYTHS & FACTS

- Myths are beliefs that are false
- Facts are things that are true

MYTH

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

Menstruation is not contagious and causes no harm to anyone else in the same room.

FACT