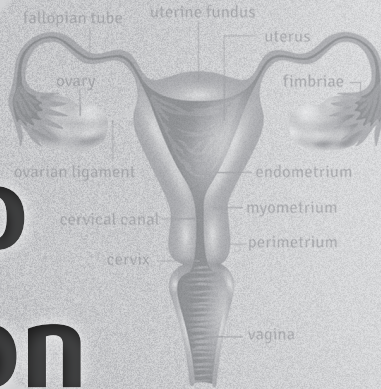


Workshop Facilitation Guide

School based workshop
on **Menstrual Health**
Management



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School based workshop
on **Menstrual Health**
Management

Coordination and Editing

Medha Sharma

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Author of edition

Shibu Shrestha
Sabina Pokhrel

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Author of edition

Shilpa Lamichhane
Dipesh Limbu
Manita Sharma Kafle
Asika Ghemosu

Layout



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611, Shrijanshil Marga, Basundhara, Kathmandu, Nepal

T: +977 9847697791 | mail.visim@gmail.com | www.visim.org

Acknowledgement

We are very proud to share with you the third edition of this publication, which is the effort of **No Shame to Bleed** campaign team of Visible Impact. This Workshop Facilitation Guide - School based workshop on Menstrual Health Management (MHM) aims to build the capacity of activists, advocates, peer educators, trainers and facilitators of Nepal to conduct one-day (6–7 hours) school-based workshop on MHM.

Here at Visible Impact, we understand that menstrual health management is central to any menstruator's comprehensive development and realize that the current socio-cultural norms related to menstruation, is hampering them to unleash their full potential in academics and co- curricular activities in school. Moreover, limited literatures and facilitation guide in the context of Nepal has curbed small organizations to accelerate their efforts on MHM.

To develop this guide, Visible Impact team reviewed several relevant literatures, including local, national and international level. The best practices from the literature were translated into local context and designed into a one-day workshop. After the first edition, the module was pretested, and each workshop has allowed us to refine and strengthen our methodologies, thereby enhancing the validity of this handbook in its third edition. Over the years, we have also collected valuable feedback from our Sarathis (facilitators) and incorporated these insights to make the content more relevant, context-specific, and user-friendly. Visible Impact hopes that this facilitation guide will contribute meaningfully to ongoing interventions on menstrual health management in schools and serve as a pioneering and essential resource on the issue. Especially small organizations that have limited resources to develop such manuals, or those that have just started their interventions on menstrual health management might be able to benefit from this guide. Any civil society organization or individual can use this manual to make the best out of this with proper citation and referencing.

Visible Impact would like to thank the entire No Shame to Bleed Campaign team for their relentless efforts. Also, the schools that allowed us to implement the workshops and refine this manual further are equally credited for the success, and we acknowledge their effort.

If you have any comments or feedback to improve this guide, please let us know at mail.visim@gmail.com

Medha Sharma
President
Visible Impact

How this Facilitation guide works

This guide is divided into 2 sections:

Preparation for the workshop

Workshop session briefs

Each session brief contains elaborated information under the following heading



Preparation for the workshop



This workshop is intended to be conducted in any kind of school – public, private, special schools etc. Since this guide is in English, translation might be required for conducting it in public schools and special schools. The workshop is designed for approximately 30-35 participants. While the nature of the participants might vary according to the context, this guide recommends the participants to include students of class 8-10 who have already started their menstruation. This guide also recommends including boys of class 8-10 to enhance the role of boys in menstrual health management. In situations where the participation of boys is not possible, it might be skipped.

Things to be considered while approaching school

Take a permission letter mentioning the objectives and expectations of the workshop to be conducted by your organization.

- Explain the objectives and expectation of the workshop to the school authority clearly.
- Do not forget to note the name and contact details of the person you talk to, in case you need to follow up later.
- Try to organize the workshop timing so that it does not hamper the students' regular class.
- Discuss about number, nature and gender of the students participating with the school.
- Seek support from the school to identify the appropriate participants.

- Request the school to provide venue-either classroom, workshop hall or other places for the workshop.
- Ensure with school authority that the venue be safe space which also maintains confidentiality in workshop.
- Discuss with the school authority if they have experienced any particular issue with menstrual health management in the school that can be addressed during the workshop.

Participant Selection

The workshop is designed for appropriately 30-35 participants. The nature of the participants might vary according to the context. This guide primarily recommends students of class 8-10 who have already started their menstruation, including boys of



class 8-10 to enhance the role of boys in menstrual health management.

Things to be considered while selecting students

Students in Class 9 are likely to have a better understanding of the menstruation process through their curriculum and personal experiences, whereas students in Class 6 may not be as familiar with it. Therefore, it is important to ensure a level of homogeneity among participants by considering their existing knowledge based on their curriculum and expected experiences.

Ask the participants which language they are most comfortable with for conducting the workshop. Obtain permission to speak with the students by visiting their classes at least two days prior to the workshop date. This will help familiarize the students with the subject matter and prevent any surprises on the day of the workshop.

Also, clearly communicate that no preparation is required from the students to participate.

Workshop hall setting

Ensure that the seating and setup of the workshop is appropriate to allow maximum interaction between the facilitator and the participant.

It is best to request the school authorities to assist for the hall arrangement. While the setting may vary according to the venue, a sample hall setting has been shown in figure.

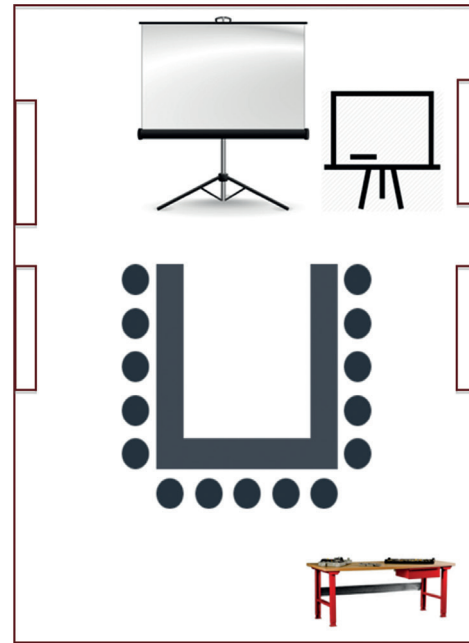


On the day of the workshop

Before conducting the workshop session, be well prepared for the session and make sure everything is appropriate.

- **Dress appropriately:** In general, match your manner of dress to that of your trainees—or go slightly more professional. “When you don't fit in, you're not as accepted and welcomed.”
- **Arrive early:** Give yourself time to check last-minute arrangements. When you're early you can prepare your gear.

- **Check seating arrangements:** Arrange seats in an ideal and comfortable way for the session.
- **Check room temperature:** Adjust it appropriately for the number of people who will be in the room and the size of the space you will all be occupying.



- **Check electrical outlets:** Make sure all your connections are safe. Don't trail cords across walkways or overload surge protector strips.
- **Check light switches:** Know which switches after work which lights that after so you can achieve the ideal lighting for audio-visual materials and note-taking.
- **Check window-darkening equipment:** Make sure blinds or shades are working properly.
- **Check arrangements:** Make sure you have everything you need—including the training space for the entire time you need it.
- **Lay out classroom supplies:** If you will be demonstrating tools or equipment, make sure you have everything you need.
- **Lay out course materials:** Decide whether to put handouts on a table for trainees to pick up on the way in or to lay them at every seat.

Workshop Methodology

This guide uses participatory techniques such as



discussion, games, group work, role play, video demonstration etc. based on a variety of theoretical frameworks. Special attention is given to gender and cultural sensitivity and this workshop aims to break the silence and myths regarding menstrual health management.

After the workshop

Do not forget to thank the school appropriately for their time and effort. If possible, provide them with a thank you card from all the participants and a formal letter of acknowledgement from the organization. Share with the school authority

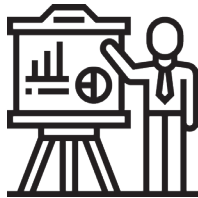


the outcome and experience of the workshop, and any feedback on what steps could the school consider in the coming days.

Budget of the workshop

Trainer (*Explain who is a trainer*)

Trainer is someone who adopts a planned communication process to bring about the changes in the knowledge, skills and attitude of people in accordance with specified objectives relating to designed patterns of behaviors.



Qualities of a good trainer

- **Rapport building:** Effective training begins with the ability to establish a good rapport with your audience. They can engage groups of people and work with them to meet training goals.
- **Good communicators:** They speak well, express their thoughts clearly, and have an engaging presentation style.

- **Knowledgeable:** They know their topic cold. They understand all the concepts and know all the details. They can answer questions thoroughly and at a level that trainees understand. If they ever can't answer a question, they know exactly where to go to get that answer and they promise to do so as soon as possible.
- **Experienced:** They know what they're talking about. They've been in the field doing what they teach in training.
- **Patience:** They understand that people learn in different ways and at different paces. They take the time to make sure each trainee understands what's going on and leaves training sessions with the skills and knowledge with they came to acquire.
- **Open-minded:** They respect other people's points of view and know that there are often many ways to achieve the same objectives. They don't assume they know everything but instead are willing to listen to and learn from trainees.

- **Creative:** They bring in genuity and their own natural curiosity to the task of training. They create an environment in their training sessions that encourages learning and inspires trainees to reach beyond what they already know to explore new ideas and methods.
- **Well-prepared:** They know their material, their objectives, and their plan of presentation. They've checked to see that any equipment they expect to use in training is in place and operational. They've made sure that all supplies and supporting materials are available in the right quantities.
- **Flexible:** They are able to adjust their training plan to accommodate their audience and still meet all training objectives.
- **Well-organized:** Good trainers can handle several tasks at once. They know how to manage their time and their work.
- **Communication and presentation skills:** Communicate more information using non-verbal signals, gestures, facial expression, body language even our appearance.
 - Smiling and Maintaining eye contact.
 - Give undivided attention.
 - **Clarity of speech:** Speak clearly so that audience could understand it.
 - Presenting information clearly and effectively
 - **Logical flow of information:** When you speak logically, people can follow your reasoning and see why you have arrived at your views.
 - The beginning of your presentation is crucial. You need to grab your audience's attention and hold it.
 - Use verbal 'signposts' to guide your audience through the presentation and highlight key points.
 - Maintain body language and gestures

Session Agenda	Objective of the sessions
Registration (10 minutes)	
Introduction (35 minutes)	<p>To introduce about the workshop, its objectives and expectation mappings</p> <p>To introduce the participants with each other and with the facilitators and establishment of ground rules</p>
Pretest (15 minutes)	To generate the baseline knowledge and attitude regarding menstrual health management
Changes in boys and girls during puberty (30 minutes)	<p>To educate participants about changes during puberty in both boys and girls Puberty</p> <p>To clarify the misunderstandings and be familiar about terms used to describe changes</p>
Role of men in menstruation (30 minutes)	<p>To enhance the understanding of importance of men for maintaining safer and healthier menstruation of menstruators</p> <p>To promote the role of men in menstruation</p>
Anatomy of female reproductive organ and physiology of menstruation (60 minutes)	<p>To enhance understanding about anatomy and physiology of internal and external female reproductive organ</p> <p>To explain to the participants about physiology of menstruation</p>
Energize (15 minutes)	To break the monotony of staying in one room
Discomforts of menstruation and their management (45 minutes)	<p>To generate understanding about the discomforts, risky behaviors and it's harmful hazards and complications</p> <p>To inform about various tips to be applied for managing discomforts during menstruation</p>
Myths of menstruation (30 minutes)	To clarify some of the common myths and practices related with menstruation in the society

Social dignity forum theater (30 minutes)	To sensitize participant about the prevalent social stigma in Nepalese context
Maintaining hygiene during menstruation. (30 minutes)	To inform about the available menstrual products through cafeteria approach
Social marketing (45 minutes)	To enhance the understanding of the participants about the various products for managing menstruation
Menstrual health friendly school (30 minutes)	To discuss the concept, essential infrastructures and benefits of menstrual health friendly schools
Post Test (10 minutes)	To measure learning received after workshop
Evaluation and Closing (10 minutes)	To evaluate workshop and provide the participants with an opportunity to share their learnings

Introduction to the Workshop



Objective of the session

- To introduce about the workshop, its objectives and expectation mappings
- To introduce the participants with each other and with the facilitators and establishment of ground rules.



Materials Required

- LCD Projector
- PowerPoint slides
- Newsprint
- Markers
- Sticky notes
- Masking tapes



Duration: 35 minutes



Activities

Duration	Session
5 mins	Welcome the participants to the workshop and introduce about the workshop and the organizers
5 mins	Share about the objectives of the workshop using PowerPoint slides
10 mins	<p>Through the games (such as “name game” introduce the participants to each other and with the facilitators. The students can introduce themselves by first saying the name of a vegetable that starts with the first letter of their name and then they can tell their name.)</p> <p>More games for introduction and energizers can be found on the internet.</p>
10 mins	<p>Expectation and Roadmap</p> <p>Give each participant two sticky notes and ask them to write two things they expect from the workshop and stick it on newsprint, group the expectations according to the themes. Then read out loud, which ones among those expectations are likely to be fulfilled and which are not.</p> <p>Things that might not be fulfilled will be jotted in the parking lot and will be addressed if time permits.</p>
3 mins	Basic rules for the participants of the workshop
2 mins	Briefly share the logistical and administrative details for the day. Let the participants know when the breaks will be, where the restrooms are located, where they can find water, and who they should contact in case of emergency or other discomforts.

Pretest Questionnaire



Objective of the session

To generate the baseline knowledge and attitude regarding menstrual health management.



Materials required

Pre test Questionnaire



Duration of the session

15 minutes



Activities

Duration	Session
5 minutes	Welcome the participants to the workshop and introduce about the workshop and the organizers
2 minutes	Explain to the participants about the objective, process, and time required for the session. Hand out one copy of the pretest questionnaire to each participant. (Annex)
12 minutes	Ask the participants to correctly fill in the questionnaire. Let them know that they should not worry if the answers are correct, as they will be discussed during the workshop.
3 minutes	Collect the filled-in questionnaire from the participants. Ensure that the participants have put their name or code correctly, as they need to use a similar name or code during the post-test.

Changes in Boys and girls during Puberty



Objective of the session

- To educate participants about changes during puberty in both boys and girls
- To clarify the misunderstandings and be familiar about terms used to describe changes.



Material required

Charade cards



Duration of the session

30 minutes



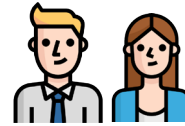


Activities

Duration	Session
2 minutes	Explain to the participants about the objective, process, and time required for the session.
23 minutes	<p>Explain the rules of the game to the participants. Do a round of demonstrations if required.</p> <p>Charade Game</p> <p>Divide the participants into boys and girls. Ask each group to select one participant who will draw a card. If the participant is male, he will be provided with the chit that mentions changes occurring in female during puberty or changes in both, and similarly if a participant is female then she will be provided with the chit that mentions changes occurring in males during puberty or changes in both male and female. He/she should act rather than tell to explain what is written on the drawn chit. Every time new participants will be selected. Every participant will get an opportunity to explain the changes occurring during puberty.</p> <p>After each act, the facilitator will elaborate on the changes and explain them in detail. Also, they can request participants to share their experiences with each other.</p>
3 minutes	Close the session by highlighting key points to take home from the session



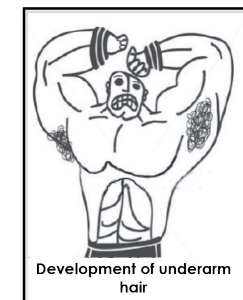
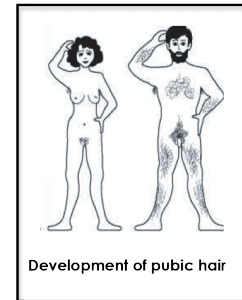
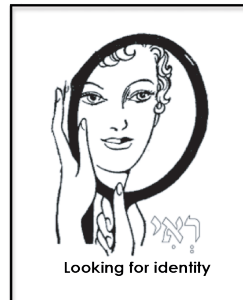
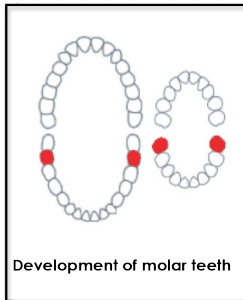
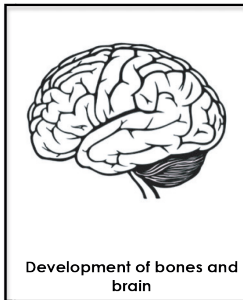
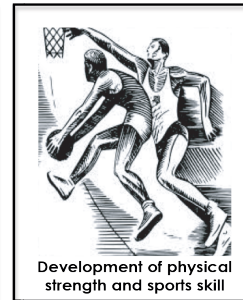
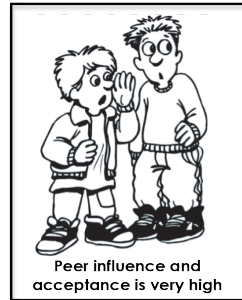
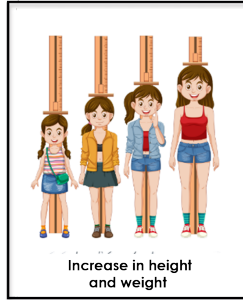
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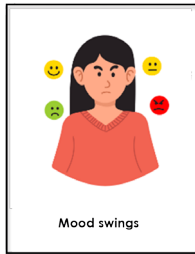
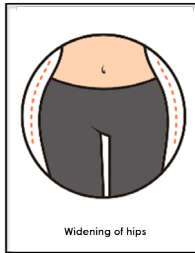
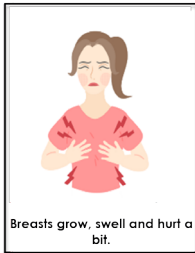
Boys	Girls	Both
Broadening of chest, shoulders,	Breasts grow, swell and hurt just a bit.	Weight and height increases rapidly
Voice changes may occur as voice gets deeper	Voice changes may occur, as the voice gets sharper.	Skin becomes oily, sometimes with pimples/Acne
Beard and moustache develop	Widening of hips	Heavy sweating and body odor may appear
Penis and testicles grow larger	Menstruation starts and there is more wetness in vaginal area	Arousal of sexual feelings
Wet dreams and erection	Mood swings	Peer influence and acceptance is very high
Development of Adam's apple		Looking for an identity
Increase in weight and height		Development of physical strength and sports skill
		Development of bones and brain
		Development of molar teeth 2 nd molar- 13 years 3 rd molar- 14-25 years
		Development of underarm hair
		Development of pubic hair

Cards

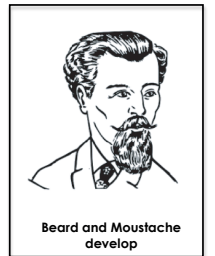
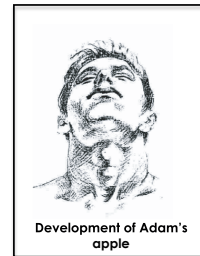
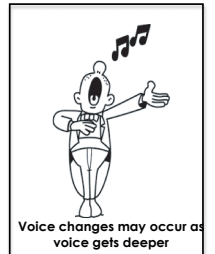
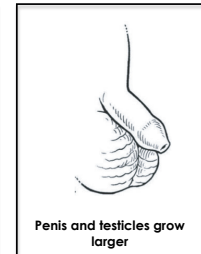
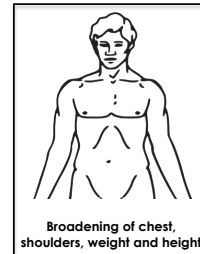
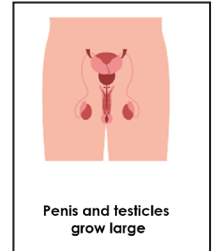
Changes in both boys and girls during puberty



Changes in girls during puberty



Changes in both boys during puberty



Role of men in menstruation



Objective of the session

- To enhance the understanding of importance of men for maintaining safer and healthier menstruation of menstruators.
- To promote role of men in menstruation



Materials required: Sticky notes, newspaper, Marker



Duration: 30 minutes

Duration	Session
5 mins	Explain to the participants about the objective, process and time required for the session.
20 mins	Ask participants to write about the role of men during menstruation in sticky notes and stick it on the newspaper. Highlighting key points, explain in brief about the individual, family, community and national role of men in menstruation.
5 mins	Close the session by summarizing the key issues and brainstorming the solutions.



NOTES

Role of men in menstruation

- Men have crucial role in managing menstrual health as menstruators alone cannot attain an optimum level of menstrual health by themselves.

INDIVIDUAL ROLE

- For a man to truly become a role model at the community level, he must begin by challenging harmful practices and unequal power dynamics within himself and his own household. Transformation starts from within—by reflecting on one’s own attitudes, behaviors, and privileges.
- In societies where patriarchal norms dominate, the voices of menstruators are often silenced—even within their own families. This cannot be addressed by menstruators alone. It requires men and boys to actively question and dismantle gender norms, stand in solidarity, and share power and responsibility.

- Men must not only support daily household activities but also advocate for gender justice, amplify marginalized voices, and work alongside menstruators as equal partners in creating inclusive, respectful, and just communities.

FAMILY ROLE

- Men have important role in maintaining menstrual health of family member. Some of the efforts include maintaining confidentiality, maintaining hygiene and sanitation, motivation, etc. Also, they can discuss with family about combating isolation during menstruation for their mothers and sisters.

COMMUNITY ROLE

- Men can aware their community about the various health hazards during menstruation. Men can be role model of the community against malpractice prevailing in their community.
- **For example:** They can organize awareness campaigns, engage in advocacy efforts, participate in radio or television programs, and provide support

through counseling to challenge harmful practices and promote menstrual health in their communities.

NATIONAL ROLE

- Decision-making roles are predominantly held by men. Men can contribute to managing menstrual health in many ways from national level. They can launch various program on management of menstrual health. Men along with the inclusion of women at the national level can make plans and

policies in removing stigma relating to menstruation. Formulation of plans and policies and punishing those who discriminate against them during their menstruation is very important to create a safe environment for menstruators.

- **For example:** Making plans and policies, formulating laws, being a role model, launching various programs, funding local partners, etc.

Anatomy of female reproductive system and physiology of menstruation



Objective of the session

- To enhance the understanding of the participants about anatomy of internal and external female reproductive parts, and its role in menstruation.
- To explain to the participants about physiology of menstruation

**If arrangements for LCD Projector, sound system, educational movie are not feasible then the facilitators can use the chart and apron and conduct the session accordingly.*



Duration of the session

60 minutes



Materials required

- Chart of female external and internal reproductive system, Apron with female internal reproductive system, LCD Projector, Sound system, Masking tape, Marker, Educational movie on physiology of menstruation

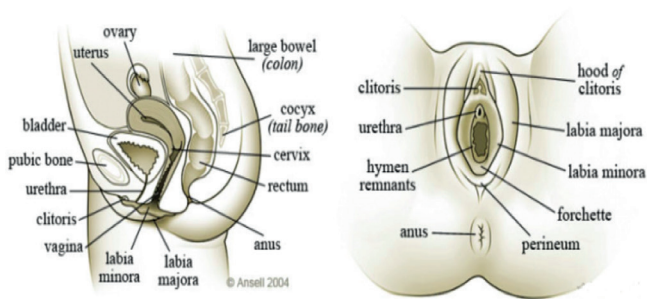


Activities

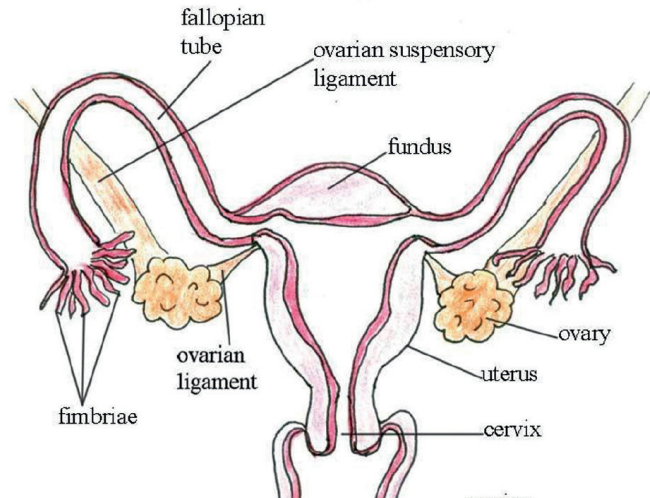
Duration	Session
2 minutes	Explain to the participants about the objective, process and time required for the session.
15 minutes	Stick a chart of female external reproductive system in front of the participants. Have the name of the parts hidden with a masking tape. Ask the participants for the name of the organ and reveal it. Explain the function of the part as you move ahead.
15 minutes	Put the apron of the internal reproductive organs on the participant to show the actual size and position of the internal reproductive organs. Describe in detail about the organs and their functions
15 minutes	Using internal reproductive system chart, explain about the physiology of menstruation
5 minutes	Using the educational video, further clarify about the physiology of menstruation. If the arrangement for the resources cannot be made then this session can be skipped.
5 minutes	Discuss about any queries raised by the participants regarding the session
3 minutes	Close the session by highlighting key points to take home from the session

Sample charts to be used in the session

Female External Reproductive System



Female Internal Reproductive System



Further Reference for facilitators

What is Menstruation?

Menstruation, or a menstrual period, is the periodic shedding of the lining of a menstruator's uterus. It is one of the phases of the menstrual cycle. The uterine lining breaks down into a bloody substance. It then passes down through the cervix and exits through the



vagina. The process usually lasts from three to five days. The amount of menstrual blood can vary from period to period and from woman to woman.

Menstruation is:

- A natural biological function of all menstruator's worldwide
- A natural process where the person body sheds the lining of the uterus every month if a fertilized egg does not plant itself there and develops into a baby.
- When the lining of the uterus, rich in blood and other matter ready to nourish a baby, flows out through the vagina every 28 days if conception has not occurred
- Sometimes painful because the uterus cramps up to shed the lining

Menstruation is NOT:

- An illness or a curse
- Shameful
- A reason to keep menstruators from school, household activities, or work

Why is it Necessary?

The uterus is the womb that will cradle a fetus as it grows. A fertilized egg will implant here, and it is important for the uterus to have a nice fresh supply of nutrients and goodies to help the egg during early development. But, the uterine lining has an expiration date. If the menstruator does not become pregnant, then the lining is cleared out during menstruation so that a fresh one can be built.

A Natural Process

Menstruation is a natural process linked to the reproductive cycle of menstruators. It is not a sickness, but if not hygienically managed, it can result in health problems, such as yeast infections or urinary tract infections.

The Menstrual Cycle

The cycle of building and shedding is called the menstrual cycle. A typical cycle is 28 days, although cycles from 21 to 35 days can often occur. Each cycle involves the release of an egg (ovulation), which moves

into the uterus through the fallopian tubes. Tissue and blood start to line the walls of the uterus for fertilization. If the egg is not fertilized, the lining of the uterus is shed through the vagina along with blood. The bleeding generally lasts between two and seven days, with some lighter flow and some heavier flow days. The cycle is often irregular for the first year or two after menstruation begins.

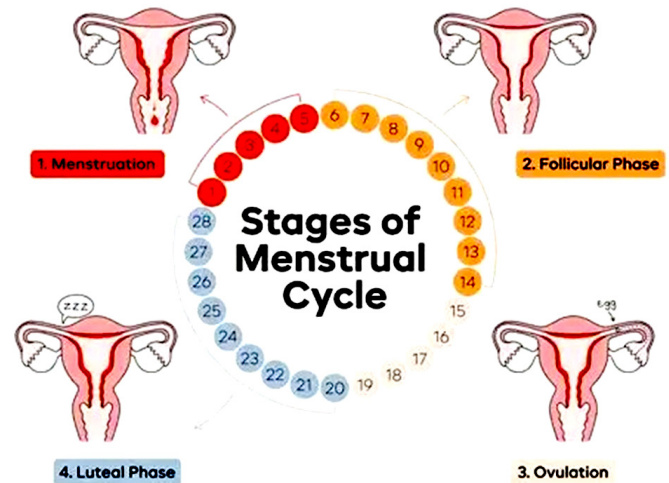
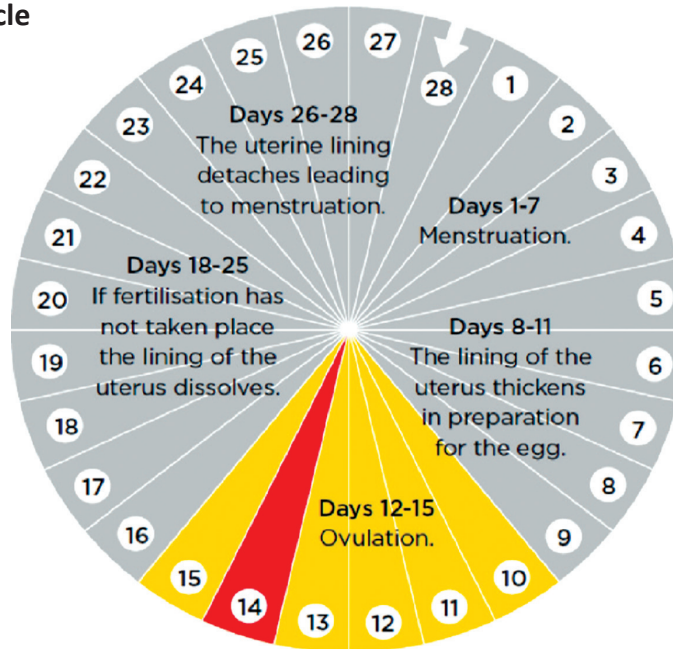


Figure 1 Menstruation Cycle



Source: UNICEF



Note: Premenstrual Syndrome (PMS)

Most menstruators suffer from period pains, such as abdominal cramps, nausea, fatigue, feeling faint, headaches, backache and general discomfort. They can also experience emotional and psychological changes (e.g., heightened feelings of sadness, irritability or anger) due to changing hormones. This varies from menstruator to menstruator and can change significantly over a menstruator's life. Menstruators may also experience these symptoms during menstruation.

Energizer

Objective of the session



- To break the monotony of staying in a single room and to enhance the attention span of the participants.

Duration of the session



15 minutes



Activities

Duration	Session
5 minutes	Explain to the participants about the objective, process and time required for the session.
7 minutes	<p>Ask the participants to form a circle. The facilitator says “Fire in the jungle” several times while the participants move in the circle. When the facilitator shouts X by X, where X is a number, the participants have to form a group of that number. The person who does not fit into that group is out of the game.</p> <p>Do this for 3-4 rounds. At the last round, ask every participant who have been out of the game to come back. Then play the last round and divide the participants into group of 2 each.</p>
3 minutes	Request the participants to remember who they have been paired with, as it will come to use later in the workshop.

Discomforts of menstruation and their management



Objective of the session

- To generate understanding about the discomforts, risky behavior and its harmful hazards and complications
- To discuss about ways to manage risks and complications during menstruation



Duration of the session

60 minutes



Materials required

- Chart of flip chart, marker, meta card
- IEC Materials, Posters or chart paper with information regarding menstrual hygiene regarding menstrual hygiene



Activities

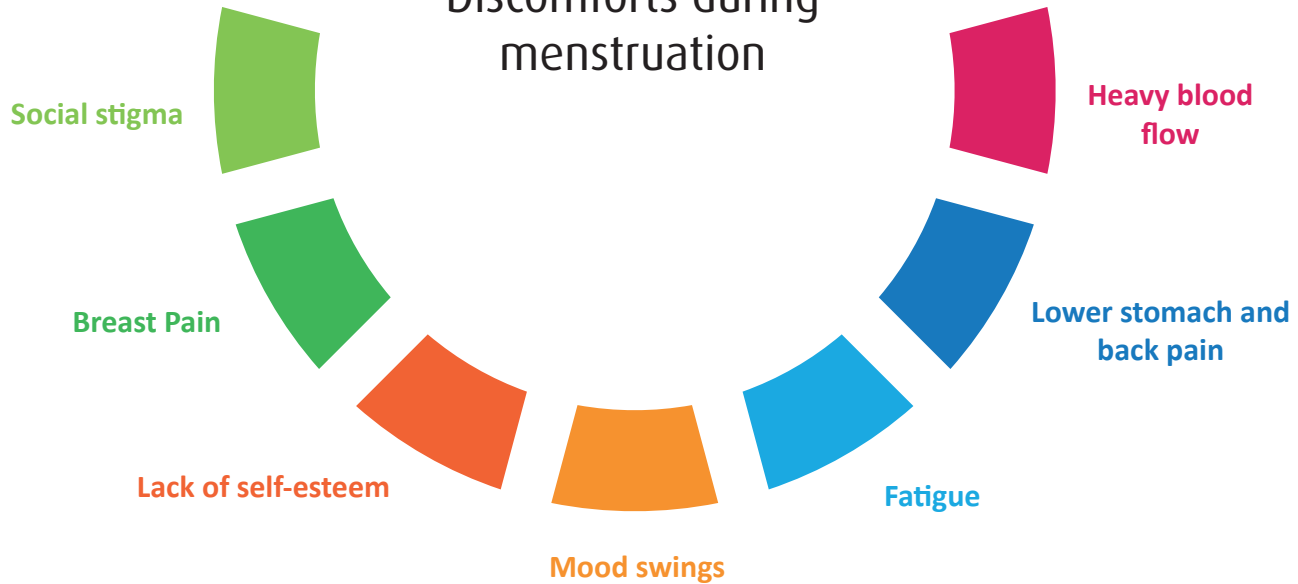
Duration	Session
2 minutes	Explain to the participants about the objective, process and time required for the session.
10 minutes	Use the flip chart in which the malpractices during menstruation is written at one side and the health risks or possible complications of the practice is written on the other side. As the facilitator shows one poor menstrual hygiene practice to the participants from the flipchart, he/she will eventually reveal the possible complications of that practice after some time which is written on the back side. This process will ultimately help the participants to understand the things that should be avoided during menstruation so that they can maintain effective and improved menstrual hygiene
15 minutes	Use the meta cards to discuss about the various discomforts often experienced during menstruation. Whenever possible, share or encourage the participants to share their experiences from real life.
10 minutes	Using the posters, then discuss about various ways in which the menstruators can manage discomforts during menstruation. Also, discuss practical tips to manage risky behaviors and practice safer menstruation
5 minutes	Explanation and demonstration of Pelvic Floor exercise
3 minutes	Close the session by highlighting key points to take home from the session



NOTES

Risky Behaviour	Complications
Unclean Sanitary pads/ materials	Bacteria may cause local infections or travel up the vagina and enter the uterine cavity.
Changing pads infrequently	Wet pads can cause skin irritation and can lead to rashes and further infection.
Insertion of unclean materials into vagina	Bacteria potentially have easier access to the cervix and the uterine cavity.
Wiping from back to front following urination or defecation	Can cause contamination of vagina with harmful anal bacteria such as Escherichia coli (E. coli).
Unprotected sex	Possible increased risk of sexually transmitted infections or the transmission of HIV or Hepatitis B during menstruation.
Frequent Douching (forcing liquid into the vagina)	Can facilitate the introduction of bacteria into the uterine cavity.
Lack of handwashing after changing a sanitary towel	Can facilitate the spread of infections such as Hepatitis B or Thrush.
Unsafe disposal of used sanitary materials or blood	Risk of infecting others especially with Hepatitis B (HIV and other Hepatitis viruses don't survive long outside the body and pose a minimal risk except when there is direct contact with blood just leaving the body.

Discomforts during menstruation



Menstruation is a natural process. However, if not properly managed it can result in various health problems and complications that can lead to school absenteeism increased school drop-out rates. It is assumed that the risk of infection (including sexually transmitted infection; STIs) is higher than normal during menstruation because the blood coming out of the body creates a pathway for bacteria to travel back to the uterus. Certain practices are more likely to increase risk of infection such as: use of unclean sanitary pads or cloths, prolonged use of same sanitary pads, not washing hands after changing sanitary pads etc. Therefore, it is vital to aware everyone about such malpractices and their potential health risks so that they can manage menstruation hygienically and with dignity in future.

Heavy bleeding

Menstruators may have heavy bleeding during menstruation. Many of the Menstruator are anemic because of heavy bleeding. It is advisable to consult



a doctor if there are any signs of lump-like tissues passing from the vagina.

Breast pain

Breast pain is common discomfort which occurs during menstruation. This is because of the hormonal changes during menstruation period. The breast starts to become tender and swollen from the beginning of menstruation and begins to relieve along with end of menstrual bleeding.



Mood swings

During onset of premenstrual symptoms related to menstruation and also during menstruation a Menstruator might pass large amount of blood from their vagina and also because of imbalance of hormone in their body they might have mood swings (sometimes after sad sometimes overexcited) and in such condition if they aren't properly cared, they might have mental and emotional distress.



Lower abdomen and back pain(dysmenorrhea)

It's normal to have mild cramps during your period, because of uterine contractions. The uterus is a muscle that tightens and relaxes. This can cause jabbing, or cramp-like pain.



Primary dysmenorrhea is the most common kind of dysmenorrhea. Cramping pain in the lower abdomen (belly) can start from 1–2 days before your period begins and can last 2–4 days. Secondary dysmenorrhea is caused by an underlying reproductive health issue. Endometriosis is one such condition, where tissue similar to the lining of the uterus grows outside the uterus, often leading to pain before and/or during menstruation. Other possible causes of secondary dysmenorrhea include adenomyosis, fibroids, pelvic inflammatory disease (PID), and congenital anomalies.

Stigma leading to decreased self-esteem:

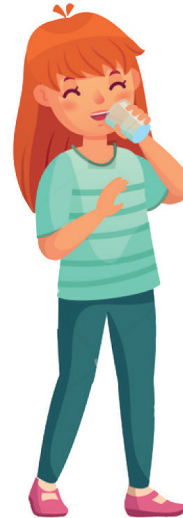
In many culture menstruators during the menstruation are considered impure. Because of after this their activities are limited. They are not allowed to enter inside kitchen, participate in festivities, touch water tanks, etc. Due to these practices menstruators might lose their self-esteem during menstruation and it may even affect them psychologically.



Tips to maintain health and reduce discomforts during menstruation

Walk for thirty minutes.

Exercise causes the body to release chemicals called endorphins. These endorphins interact with the receptors of the brain and help to reduce the perception of pain. A simple walk can help to reduce the levels of stress and anxiety which further can help to reduce the severity of menstrual cramps.

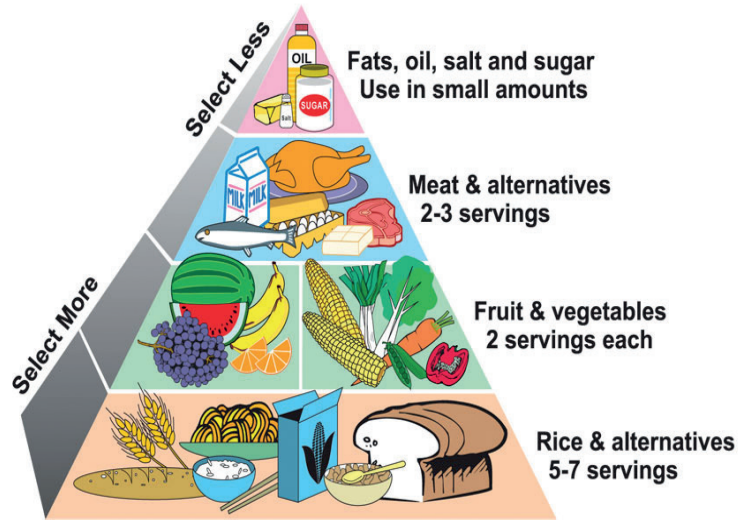


Drink plenty of water (avoid drinking Soft drinks).

Drinking water keeps the body from retaining water and helps to avoid painful bloating during menstruation. Sugary carbonated drinks like soft drinks can cause bloating and water retention. So, such drinks should be avoided.

Take balanced diet

A balanced diet is essential for healthy growth, development, and overall body function, making it equally important during menstruation. Including plenty of fresh fruits and vegetables in one's meals helps maintain proper nutrition during this time.



Drink hot soup or hot beverages (Avoid tea and coffee).

During the pain, take soup or hot beverages (Avoid tea and coffee). Caffeine found in tea and coffee may cause the menstrual cramps to get even worse while hot soup and beverages help to soothe the pain during period cramps.



a. Use the water bag or bottle with hot water in it and place it over the area of pain.

Heat is supposed to work in the same way as the pain killer blocking pain receptors called P2X3. Therefore, application of heat in the lower stomach and back can help to reduce the pain .



Take foods rich in Iron and Vitamin C

Bleeding every month causes the depletion of different nutrients in the body. One of the important nutrient lost during menstruation is iron. Therefore iron rich foods should be incorporated in the diet during menstruation. Vitamin C , is another important nutrient which should be incorporated in the diet as it aids the absorption of iron in the body.

For example: vitamin C-rich foods include amla (gooseberry), guava, citrus fruits like lemon and orange,

papaya, tomatoes, green chilies, and leafy vegetables such as mustard greens and spinach. Iron-rich foods include dark green leafy vegetables like spinach (*palungo*), mustard greens (*tori ko saag*), and fenugreek leaves (*methi*) are excellent plant-based sources, along with legumes such as lentils, chickpeas, and beans. Iron is also present in whole grains, jaggery (*gur*), dried fruits like dates and raisins, and seeds like sesame and pumpkin. Animal-based sources, which provide more readily absorbed iron, include red meat (such as goat or buffalo), liver, eggs, and fish.

Ten tips for maintaining hygiene during menstruation

1. Be prepared for the upcoming menstruation period.
2. Use sterilized soft cloth or sanitary napkins during after menstruation
3. Change the napkin in every 4-6 hours.
4. Don't throw the sanitary pad haphazardly or on the pan of the latrine rather throw it on the dustbin or bury it into the soil or burn it in incinerator or open air away from human residence.

5. Take bath regularly during the period.
6. The reusable sanitary napkins need to be properly washed with soap and water which eventually should be dried in the sunlight.
7. Proper care needs to be taken during menstruation regarding proper nutrition and diet.
8. Perform pelvic floor exercise to strengthen your pelvic floor and reduce menstrual cramps and pain.
9. The genital area should be cleaned with clean water every time you use the toilet.
10. Always wash from front to back (vagina to anus) to prevent the spread of bacteria and reduce the risk of infections. Avoid using soap or other chemical products, as they may cause irritation or disturb the natural pH balance.
11. Discuss about any issue related with the menstrual health among your friends, seniors or health worker.

Pelvic Floor Exercise

Pelvic floor exercise is the exercise for the pelvic floor which helps in reduction



of menstrual pain, regulation of menstrual cycles, decrease pre-menstrual tension, reduction of gastrointestinal disturbances during menstruation, decrease breast pain, also improve confidence to confront the menstruation and prevent menstrual leakage.

Begin with this instructions:

12. Squeeze the muscles that you use to stop your urine flow. Make sure to focus on only your pelvic muscles. Now pretend your vagina is a lift and you are going upwards. Be careful not to squeeze the muscles of the leg, buttock or abdomen instead.
13. Hold for at least 4 seconds. The more often you do this, the “higher” you can go. Try holding for up to 10 seconds.
14. Slowly exhale through your mouth and gradually release the hold. Repeat 10–20 times in a row at least 3 times a day.
15. You can test your pelvic floor muscles with a simple stop start test. When using the bathroom, begin to urinate and cut off the flow by contracting the muscles.



Activities

Duration	Session
5 minutes	Explain to the participants about the objective, process and time required for the session.
20 minutes	Ask the Participants to stay in line and the facilitator will read the written statements. For each statement, the participants can either agree and move towards the left, disagree and move towards the right or stay in the middle if they are not sure. Randomly ask few participants why they chose to agree or disagree on the statement. Later explain to the participants whether such statements are true or false, based on scientific reasoning. The main aim of this myth game is to clarify and aware about the various menstrual myths and practices in the society.
5 minutes	Close the session by highlighting key points to take home from the session.



NOTES

Myth/practice	True or False	Facts
Menstruators are unclean just because they are menstruating and shed blood from their vagina.	False	Menstruation is a sign of health and normal development. Menstrual blood is the same as blood from anywhere else in the body and is usually sterile. Menstruators should always maintain good hygiene throughout their menstrual periods.
Taking a bath/shower/washing the body makes menstruators weak.	False	Taking a bath/shower/washing the body during menstruation is necessary as it prevents a menstruator from getting infections.
Menstruators shouldn't eat certain foods (e.g. yoghurt, vegetables, cold water) because they harm their body.	False	Menstruators need to eat foods that contain iron to replace iron losses during bleeding. Also, eating fresh fruit and foods high in calcium can help keep them healthy.
Starting menstruation means a menstruator is ready to marry and have children immediately.	False	A menstruator's body is still developing after they started menstruating. Getting married and having a baby early during their development phase could lead to health problems for both the mother and child.
A menstruator should not attend religious functions during their menstrual period even if they want to.	False	Religions place various restrictions on menstruators but there is no reason menstruator should not attend a religious function. It should all up to their choices.

A menstruator must sleep separately during their menstrual period even if they don't want to.	False	There is no reason why a menstruator should sleep separately, until only if they are in pain and want to sleep separately.
A menstruator should not cook during their menstrual period even if they want to.	False	A menstruator can continue to cook during their menstrual period. They should ensure good personal hygiene as usual.
Only women menstruate.	False	Not only women menstruate. While many people who menstruate identify as women and girls, others such as transgender men, non-binary, and gender-diverse individuals can also menstruate if they have a uterus and ovaries. Menstruation is a biological process, not limited to any one gender identity. Being inclusive in how we talk about menstruation helps reduce stigma and ensures that everyone who menstruates feels seen, respected, and supported.

Social Dignity Forum Theater



Objective of the session

- To sensitize participants about the prevalent social stigma in Nepalese context



Materials Required

- Script and scenarios
- audio and video materials



Activities Duration

30 minutes



Activities

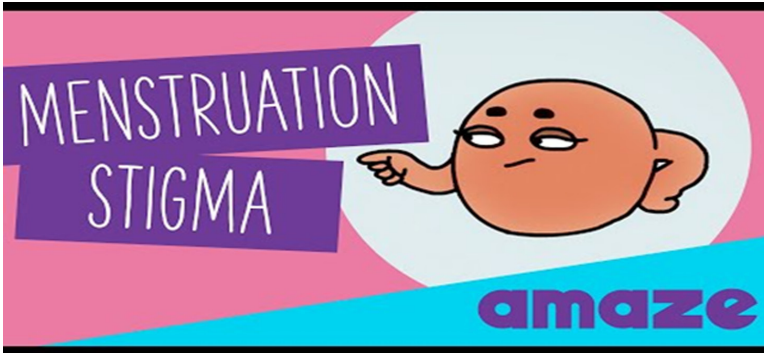
Duration	Session
5 minutes	Explain to the participants about the objective, process and time required for the session.
20 minutes	The facilitators prepare and perform a skit on relevant menstrual health practices. In each important turn in the plot, they stop the play and ask the audience to guess what might have happened or what would they do in such situation. Discuss with personal experience and clarify the audience about social dignity during menstruation in our society.
5 minutes	Close the session by highlighting key points to take home from the Session



https://youtu.be/OoBAnhVaJ1U?si=v4SDCr3Kk3t_HmsU



https://youtu.be/OoBAnhVaJ1U?si=v4SDCr3Kk3t_HmsU



Note: In case of highly facilitated schools social dignity forum can be performed through audio tape materials that can be recorded in the media house like the F.M, Television etc. as well as role play can be performed preparing the students itself or the programmers with costumes, dialogues (with modification for the role play). In every condition, it cannot be performed due to lack of time and other necessary conditions.

Understanding Menstrual Product Choices



Objective of the session

- To inform about the available menstrual products through cafeteria approach



Materials required

- Soap, Hand wash, Hot water bag, Sanitary napkins,
- Homemade pads, Washing soap, Intimate wash, Dustbin Tampons, Menstrual cu



Duration of the session

30 minutes



Activities

Duration	Session
5 minutes	Explain to the participants about the objective, process and time required for the session.
20 minutes	<p>Arrange a table where various products for managing menstruation are placed in cafeteria style. Eg: i.e. soap, water bag, Sanitary pad, Home cloth</p> <p>Pick up one product, & discuss about it highlighting on the advantages, disadvantages, method for its proper use, varieties available in the market & approximate market price. Allow the participants to touch the product. Do this for all the product on the table.</p> <p>Clarify to the participants that each product has its advantages and disadvantages, and menstruators should have informed choice about the product they wants to use.</p>
5 minutes	Close the session by highlighting key points to take home from the session



NOTES



Dustbin

Advantages	Disadvantages
<ul style="list-style-type: none">• Helps in proper waste management.• Helps for disposal of pads.• Reduces the risk of contamination.• Keeps city clean.	May spread infection if it is used without cover
Things to be considered Space to put the dustbin.	Market Price: NRs. 350



Handwashing Soap

Advantages	Disadvantages
<ul style="list-style-type: none">• Keeps our body fresh, clean and dry during menstruation• Helps to prevent diarrhea, dysentery and other water borne diseases.• Easily available.• Easy to handle.	May cause contamination if not used separately or without proper cleaning
<p>Things to be considered</p> <ul style="list-style-type: none">• Wet your hands with running water, take soap and lather well. Rub your hands vigorously and rinse well.• Wash your hand properly with soap before and after changing the sanitary pads.• Do not use soap to clean vagina.	<p>Market Price:</p> <p>NRs. 50-100</p>



Handwashing Soap

Advantages	Disadvantages
<ul style="list-style-type: none">• Can be made from local materials• It is cost effective and environmentally sound• No harm to environment• Can last several years.	Should be made from soft and clean cloth only.
Things to be considered <ul style="list-style-type: none">• Use clean soft cloth.• Do not use wet clothes.• Wash your hands before and after you put on the pad.• Properly clean the home-made pad with soap and water and dry under the sunlight.• Do not let others use it and replace it in every few years.	Market Price: Rs.50 per meter of cloth



Sanitary cotton pad

Advantages	Disadvantages
<ul style="list-style-type: none"> • Easily available in markets • More affordable than gel napkins • Easy and portable • Good for travelling, while at schools • No needs to worry about cleaning • Can be worn overnight • Considered safer than tampons in terms of health risks 	<ul style="list-style-type: none"> • Can cause a bad odor • Using the same pad for too long can create a breeding ground for bacteria, leading to potential infections • More waste to dispose of • Don't absorb as much blood as tampons do • Can show through clothing
<p>Things to be considered</p> <ul style="list-style-type: none"> • Change the pad in every 4-6 hours. • Wash your hands before and after you put on the pad. 	<p>Market Price:</p> <p>Nrs. 80-120 (Per packet of 8 pieces)</p>



Sanitary gel pads

Advantages	Disadvantages
<ul style="list-style-type: none"> • Easy and very comfortable • Odour-free • Very beneficial for menstruators having heavy flow • More preferred choice • Very helpful for long trips • Do not need to worry about cleaning it • Holds more flow than normal sanitary napkins. 	<ul style="list-style-type: none"> • May cause infections. • More waste to dispose. • May be visible through tight or light-colored clothing. • Unlike tampons you cannot swim with it
<p>Things to be considered</p> <ul style="list-style-type: none"> • Change the pad in every 3-4 hours. • Wash your hands before and after you put on the pad. 	<p>Market Price: Nrs. 80-150 (Per packet of 6- 8 pieces)</p>



Hot water bag

Advantages	Disadvantages
<ul style="list-style-type: none"> • Can be used for back pain or lower abdomen pain to give continuous supply of heat. • Gives instant relief as well as long term relief from pain • A preferable option compared to taking medicines • Less expensive and easily available. 	<ul style="list-style-type: none"> • Bulky to carry in your bag.
<p>Things to be considered</p> <ul style="list-style-type: none"> • Fill the water bag with hot water and seal it with a stopper to make sure the seal is tight enough to prevent water from leaking out • Place hot water bag on affected area and apply heat for 20 to 30 minutes • Always wrap a hot water bag in a towel or cloth before placing it on the skin as direct contact with a hot surface can lead to burns • Don't use the hot water bag for extended periods as experts recommend a maximum of 15-20 minutes at a time to prevent burns and skin irritation. 	<p>Market Price: Nrs. 300-800</p>



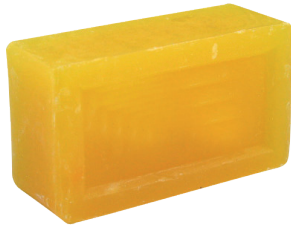
Intimate Wash

Advantages	Disadvantages
<ul style="list-style-type: none"> • Maintains the personal hygiene • Provides natural, soap free clean-ing • These cleanse without upsetting the pH value of vagina 	<ul style="list-style-type: none"> • May contain fragrances, chemicals, or harsh ingredients that can cause allergies or irritation • Overuse or incorrect use can disturb the natural balance of good bacteria, increasing infection risk • The vagina is self-cleaning; excessive washing can do more harm than good
<p>Things to be considered</p> <ul style="list-style-type: none"> • Pour a small amount on your hand and apply it on your external intimate area (area around vagina) during a shower, a bath, or in-between during regular toilet usage. 	<p>Market Price: Nrs. 300 for 100 ml.</p>



Tampons

Advantages	Disadvantages
<ul style="list-style-type: none"> • Durable • inserted inside vagina, no mess of blood or no odor, • Less waste to dispose. • Can be used while swimming • Hold more flow than pad. 	<ul style="list-style-type: none"> • Can be uncomfortable or difficult to insert and remove, especially for first-time users • Can cause dryness, especially on light flow days or when using a high-absorbency tampon • Single-use and non-biodegradable, contributing to waste • Can leak without any warning
<p>Things to be considered</p> <ul style="list-style-type: none"> • Open the labia and position the tampon in the vaginal opening and gently push it. • Once outer tube is inside your vagina, use your index finger to push the inner tube. • Make sure that the string hangs outside of your vaginal opening. • Hold the string and gently pull to remove it. 	<p>Market Price:</p> <p>Rs. 500 for 16 tampons in a packet</p>



Clothes washing soap

Advantages	Disadvantages
<ul style="list-style-type: none">• Used to wash clothes.• Easily available.• Cheap• Protects from infections.	<ul style="list-style-type: none">• Strong smell may cause allergies to some people.
Things to be considered <ul style="list-style-type: none">• Clean the soap with water and let it dry after washing menstrual cloth with it	Market Price: Nrs. 40-60



Reusable commercial pad

Advantages	Disadvantages
<ul style="list-style-type: none"> • Better option than home pad • Environmentally sound • It has wings which helps pad to keep in a place • Made from soft cloth • At first, it might be expensive but in the long run it is cost effective. • Can be used up to several years 	<ul style="list-style-type: none"> • Usually not easily available in local stores as other sanitary pads • Market price is comparatively higher
<ul style="list-style-type: none"> • Things to be considered: • Clean the reusable pad every time after use and dry it in direct sunlight 	<ul style="list-style-type: none"> • Market Price: Rs. 650 to 750 for a packet of four



Liquid handwash

Advantages	Disadvantages
<ul style="list-style-type: none">• Better option than soap for hand washing.• Easy to handle and portable• No risk of contamination• Single drop is enough to make the hand clean and germ free.	<ul style="list-style-type: none">• A bit more expensive compared to soap• Can be used for hand washing only
Things to be considered <ul style="list-style-type: none">• Always make sure the product is not expired to ensure its effectiveness and safety• Use the right amount (usually a pea-sized drop is enough) and follow proper handwashing steps for at least 20 seconds	Market Price: Rs. 350 for 500ml



Menstrual Cups

Advantages	Disadvantages
<ul style="list-style-type: none"> • Less odor • It can hold the blood flow for up to 12 hours. • Sexual intercourse is possible while using menstrual cups • Easy to use • No harm to the environment • Cheaper in the long run. 	<ul style="list-style-type: none"> • Difficulty for insertion for some • After each cycle, it needs to be cleaned and sterilized before reuse.
<p>Things to be considered</p> <ul style="list-style-type: none"> • Fold and hold • Insert and ensure • Use it up to 12 hours • Remove, wash the blood and insert it again 	<p>Market Price: Nrs. 650 – 800 per piece</p>

Make sure you have a range of different materials to make the display as interesting as possible. These could include tissue, local types of material such as cotton and towel, different types of disposable sanitary pads including commercial products and locally made products if available, reusable sanitary pads including home-made pads or commercial products tampons, menstrual cups, underpants for demonstration of use and explaining about advantages and disadvantages.

Social marketing on menstrual products



Objective of the session

- To enhance the understanding of the participants about the various products for managing menstruation.



Materials required

- Products to manage menstruation displayed in the previous session, chit with the name of the product
- Homemade pads, Washing soap, Intimate wash, Dustbin "Tampons", Menstrual cup



Duration of the session

45 minutes



Activities

Duration	Session
5 mins	Explain to the participants about the objective, process and time required for the session.
20 mins	<p>Ask the girls and boys to form a line facing each other. When they stand randomly, tell them that a boy and a girl who are facing each other form a pair.</p> <p>Each pair of one boy and one girl each pick one chit that has the name of the product used to manage menstruation. Give the participants 10 minutes to discuss and prepare a short skit on social marketing of the product. The skit should include the boy promoting the use of the product to the girl, highlighting its advantages, disadvantages, proper method of use and market price.</p> <p>Then each pair has to present their skit in the larger group within 5 minutes.</p>
5 mins	Close the session by highlighting key points to take home from the session

Menstrual health friendly School



Objective of the session

- To discuss the concept, essential infrastructures and benefits of menstrual health friendly schools.



Materials required

- Sticky notes
- Flip Chart
- Marker



Duration

30 minutes



Activities

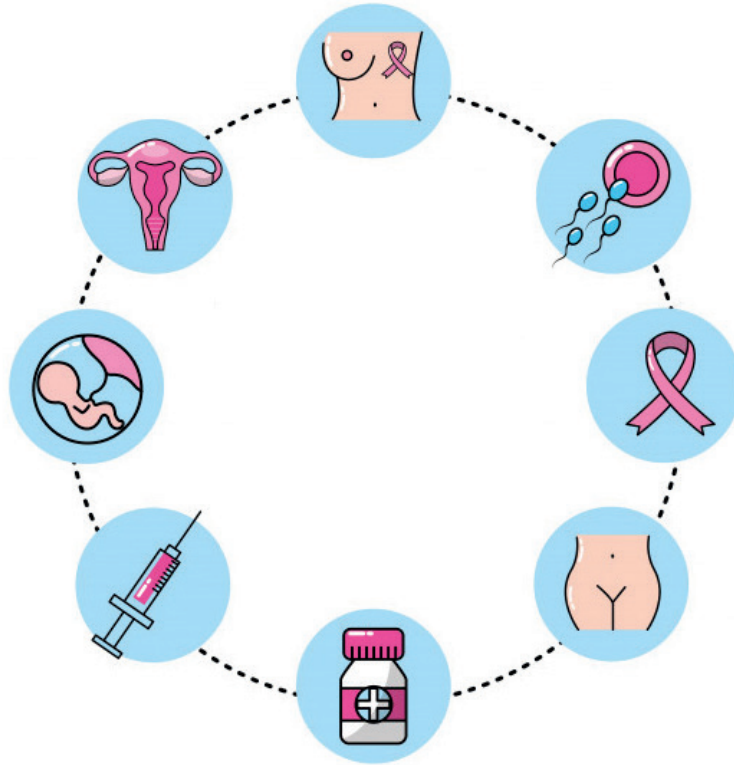
Duration	Session
10 mins	Provide each girl participants with a sticky note and tell them to list menstrual hygiene related challenges they are facing at school and read them aloud.
15 mins	Describe different features of Menstrual health friendly school to participants incorporating menstrual hygiene friendly infrastructure and menstrual hygiene friendly teaching and school environment.
5 mins	List out the benefits of good menstrual health in school using flip chart papers.



NOTES

Introduction

During menarche, menstruators experience different feelings including fear, shame and guilt because of lack of prior information about menstruation. Consequently, they are likely to miss school or struggle to concentrate and participate in lessons when they are menstruating. Menstruators who are unable to manage their menstrual hygiene at school risk missing a substantial proportion of their education and falling behind, which could lead to them dropping out of school altogether.



Menstrual health challenges faced by school girls and female teachers

Infrastructure related challenges

- Lack of sanitary protection materials
- Lack of menstruation-friendly latrines and changing facilities
- Lack of water and sanitation facilities
- Lack of facilities to dispose sanitary materials (Waste collection containers and incinerators)

Other challenges

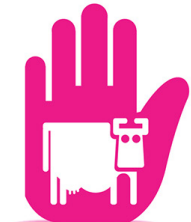
- Less concentration and participation, including not standing up to answer questions
- Absenteeism
- Fear of using the latrine
- Inability to keep clean
- Bodily smell or the smell of used sanitary materials that have to be taken home for disposal
- Lack of knowledge
- Exclusion from sports



Features of menstrual health-friendly schools

Infrastructures

- Separate latrines are available for boys and girls, and male and female teachers.
- Latrines have doors with locks, and are secure and private with a privacy wall.
- Latrine, water supply and hand-washing facilities are in a safe location.
- Latrines are easily cleanable and there is an efficient mechanism for sustaining cleanliness and maintenance.
- The facilities are accessible for all everyone including those with mobility limitations.
- Each unit has a washable container with lid for collecting sanitary protection materials, and wrapping materials.



- A small mirror (even a broken piece of mirror) is present in the latrine to help check for spotting or leaking.
- A mechanism is established for the collection and disposal of sanitary protection materials, such as in a pit or incinerator.
- Changing facilities are provided in a larger latrine cubicle that can be used by all so that sanitary protection materials can be changed discretely.
- Latrines and bathing units have lights and are near the dormitories.
- A financing mechanism is established sustain the operation and maintenance of the water supply, latrine and hand-washing facilities.

Supportive Environment

- A menstruator can openly discuss about their problems during menstruation with their friends/ teachers, including male, without being mocked at.



Benefits of good menstrual hygiene in school for menstruators

- The benefits of good menstrual hygiene in school (available sanitary protection materials; clean and safe toilets, bathing or changing facilities with locks on the inside of doors; discrete disposal facilities; understanding and supportive staff; information on menstrual hygiene) can be:
- More time spent in school.
- Increased concentration.
- Higher confidence buildup.
- Greater participation.
- More confidence to stand up to answer questions and ask to leave the classroom to use the latrine.
- Increased comfort, good hygiene, less irritation from sanitary materials and less risk of related infections.



Post test Questionnaire



Objective of the session

- To measure the learnings received after the workshop



Materials required

- Post-test Questionnaire



Duration

15 minutes



Activities

Duration	Session
10 mins	<p>Explain the purpose, procedure, and estimated time for the post-test session.</p> <p>Hand out one copy of the post-test questionnaire to each participant. (Annex)</p>
10 mins	<p>Ask the participants to correctly fill in the questionnaire. Let them know that they should not worry about getting every answer right—this is to help the organizers understand what they've learned.</p>
3 mins	<p>Collect the filled-in questionnaire from the participants. Make sure that each participant has written their name or code accurately, as it should match the one used during the pre-test.</p>

Evaluation and Closing



Objective of the session

- To evaluate workshop and provide the participants with an opportunity to share their learnings



Materials required

- Sticky notes for feedback



Duration

15 minutes



Activities

Duration	Session
5 minutes	Briefly summarize the workshop’s main themes and acknowledge participants’ efforts and engagement.
2 minutes	Distribute a sticky note to each participant and invite them to share their feedback thoughtfully.
5 minutes	Ask some of the participants to share brief reflections—such as what they learned, what was most valuable, or how they plan to apply the knowledge
3 minutes	Deliver closing remarks expressing gratitude, highlighting key outcomes, and encouraging continued application of skills

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Visible Impact

"No Shame To Bleed Campaign"

Menstrual Health Workshop

Code

Date

Section 1

1. Name of the school:

2. Type of school

- Government School
- Private School
- Community School
- Any

3. Class:

4. Age: (in years)

5. Sex

- Female
- Male
- Others

Section 2

Please tick mark (✓) in the appropriate boxes for the following questions.

1. Among the various changes occurring during adolescence, which of the following is a characteristic of both boys and girls?

- Physical and emotional development
- Hair grows in underarm
- Hair grows in pubic areas
- All of the above

2. Where do sperm and egg fuse?

- Uterus
- Fallopian Tube
- Ovary
- Vagina

3. What is the average amount of blood discharged during one cycle of menstruation?

- 150-200 ml
- 60-90 ml
- 250-350 ml
- 100-110 ml

4. At what age does menstruation typically begin?

- 8-10 years
- 11-14 years
- 15-18 years
- I don't know

5. From where does bleeding start during menstruation?

- Vagina
- Anus
- Uterus
- Fallopian Tube

6. Which of the following is a risky practice during menstruation?

- Bathing everyday
- Changing pads infrequently
- Wiping from front to back during urination or defecation
- Eating adequate water

7. Can curd be consumed during menstruation?

- Yes
- No
- I don't know

8. Why should one not consume sour, spicy food during menstruation?

- It causes problems during pregnancy.
- It increases stomach acid and causes discomfort.
- It weakens bones
- It halts the monthly period cycle.

9. Normally, one menstruation is a cycle of

- 15 days
- 28 days
- 40 days
- 50 days

10. If you are using a disposable sanitary pad, in how many hours should you change it to avoid infection?

- 4-6 hours
- 10-12 hours
- Once per day
- Twice in a day

11. Is it good to clean the vagina with soap during menstruation?

- Yes
- No
- Don't know
- Twice in a day

12. Which among the following products to manage blood during menstruation lasts the longest?

- Disposable sanitary pads
- Menstrual cup
- Tampons
- Reusable sanitary pads

13. Which among the following is the best way of managing used sanitary pads?

- Bury it in the pit
- Wrap it and throw it in the dustbin, and later burn it in a closed incinerator
- Flush it in the toilet
- Wash it and use it again

14. Do you think menstruating women are unclean, and so should be discriminated?

- Yes
- No
- Don't know

15. Men can play important role in making menstruation safer and healthier for girls and women. Do you agree?

- Yes
- No
- Don't know

16. Sarita is experiencing cramps during menstruation. What should she do?

- Drink milk tea or coffee
- Drink warm soup
- Eat junk food
- Eat spicy foods

17. Today is the fourth day of Sarita's menstruation. She wants to go to a temple. Should she be allowed to go to the temple, if she wants to go?

- Yes
- No
- Don't know

Statements	Strongly agree	Agree	Neutral	Disagree	Strongly dis-agree
1. I feel comfortable discussing menstruation with my peers.					
2. I believe menstruation is a natural and normal process.					
3. I think schools should provide education about menstruation					
4. I believe that menstrual hygiene is important.					
5. I think boys should also be educated about menstruation.					

Thanks for your participation !!

Envisions to create **visible impact** on
lives of girls, youth and women



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611, Shrijanshil Marga

Basundhara, Kathmandu, Nepal

+977 9847697791

mail.visim@gmail.com

www.visim.org