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Government High School

Govt. H.S.
Konanakunte, Bengaluru



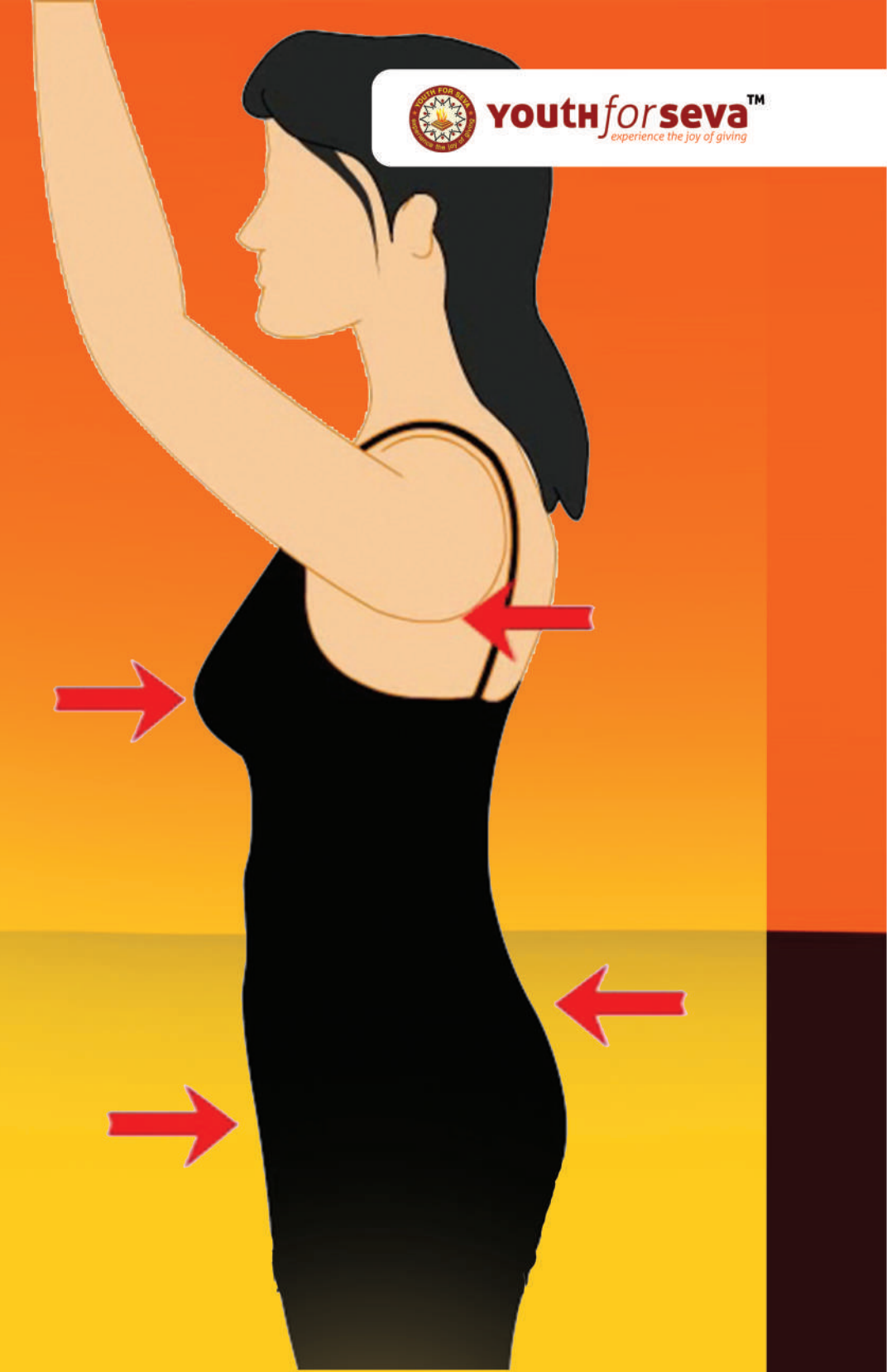
MYTHRI

MENSTRUAL HYGIENE AND GIRL'S SAFETY AWARENESS

If we plant a small seed and water it daily, as days go by, it grows into a big tree. Once it becomes a tree, it provides fruits and flowers.

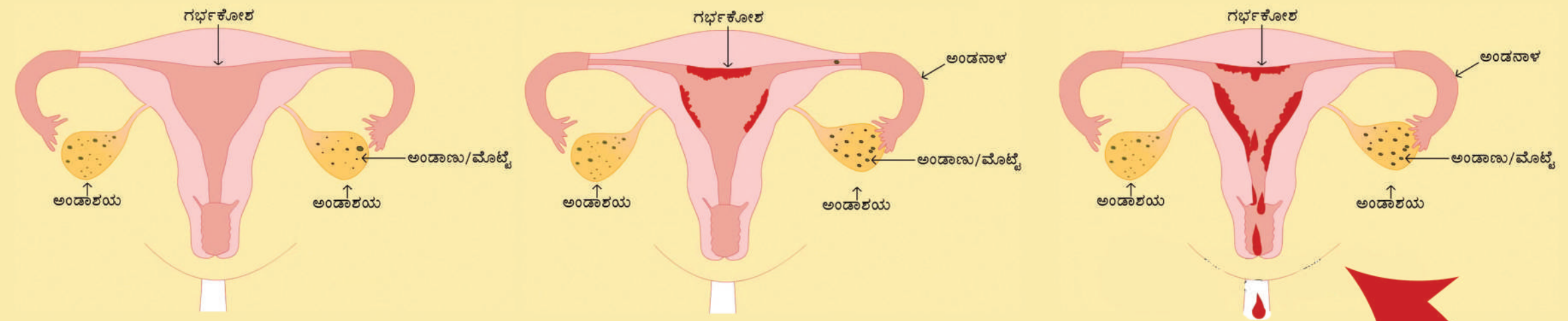
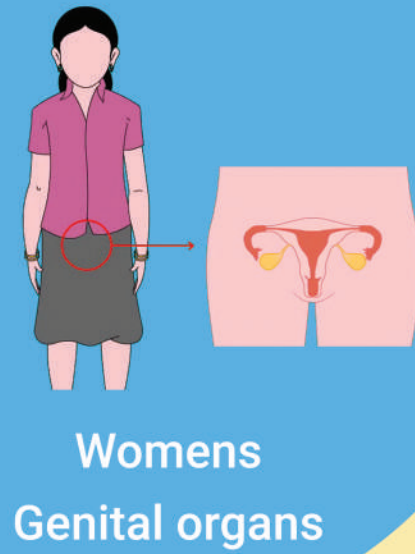


A girl child too grows up playing in a cradle, then goes to school, plays with friends, and eventually becomes a grown woman.



Just as a sapling grows into a tree, a young girl grows into a woman. During this time, several changes take place in her body. These changes begin when girls attain puberty. This is the rule of nature and way in which nature works. This is normal.

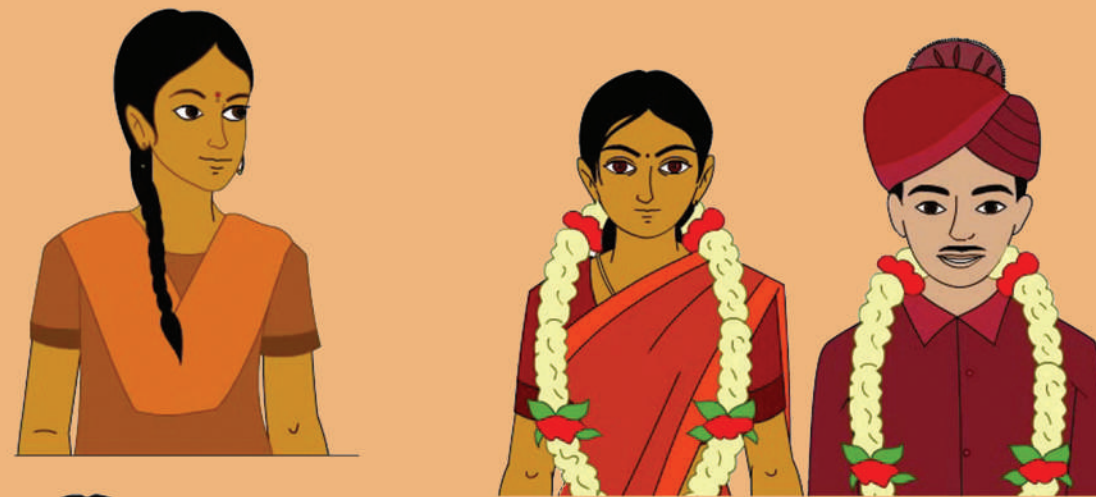
Shall we learn how and why **Menstruation** occurs?



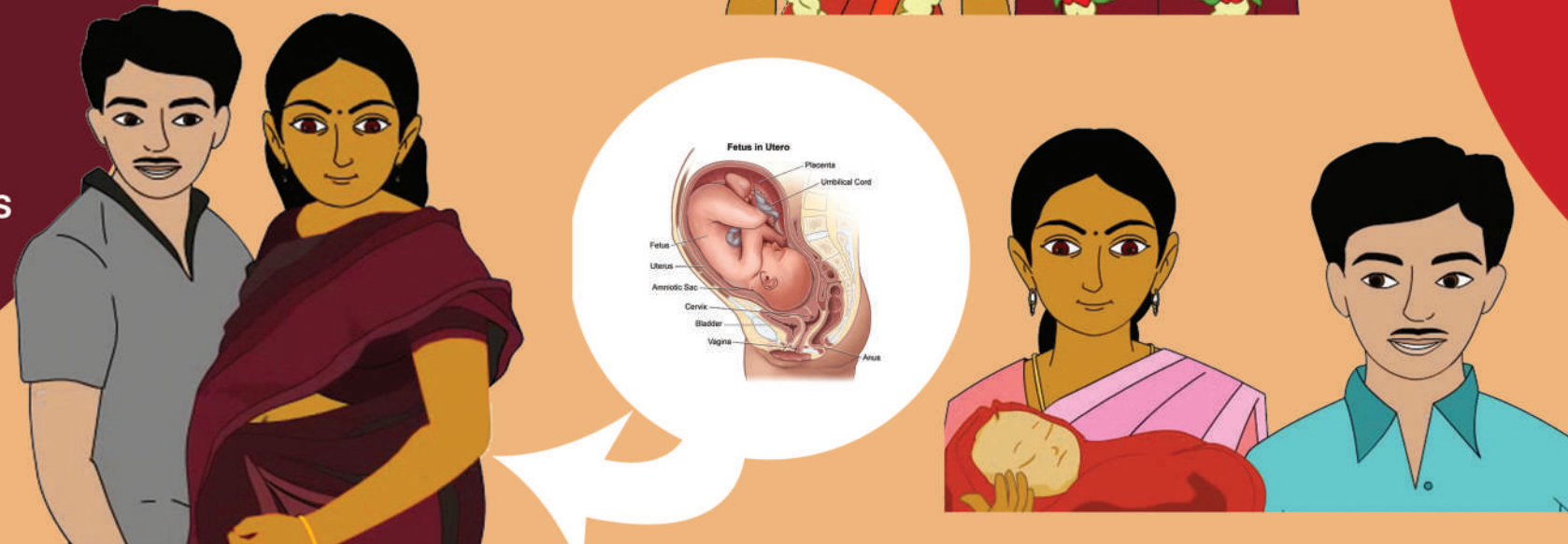
Every month, or every 21 to 40 days, one egg is released from any one of the ovaries. This egg travels through the Fallopian tube and goes into the uterus.

Only after a woman has developed mentally and physically, i.e. after the age of 18 years, it is recommended to get her married.

Just as women have eggs, men have sperms. Once there is sexual contact between a man and a woman, the woman's egg and the men's sperm come together in the uterus, and fertilize to start the process of a child being born. The inner areas of the uterus are filled with nutrients to help the growing baby.



But, in case the egg and sperm do not meet, then fertilization does not take place, and the inner ingredients of the uterus along with the unused egg come out of the vagina as blood. This is the menstrual blood, and this entire process is called a Menstrual cycle.





During the menstruation period, many girls experience stomach ache, stomach cramps, excessive bleeding, back ache, leg pain, irritation, anger, depression and tiredness – this is normal.



The following methods can be employed to bring some relief to the above problems



Fill a plastic bottle with warm water, wrap it with a cloth, and place it on the area where there is pain.

Gently massage the aching part of the stomach, we can reduce stomach ache.

During menstruation, girls must consume food rich in iron.



Herbal ginger or cumin drink might help.

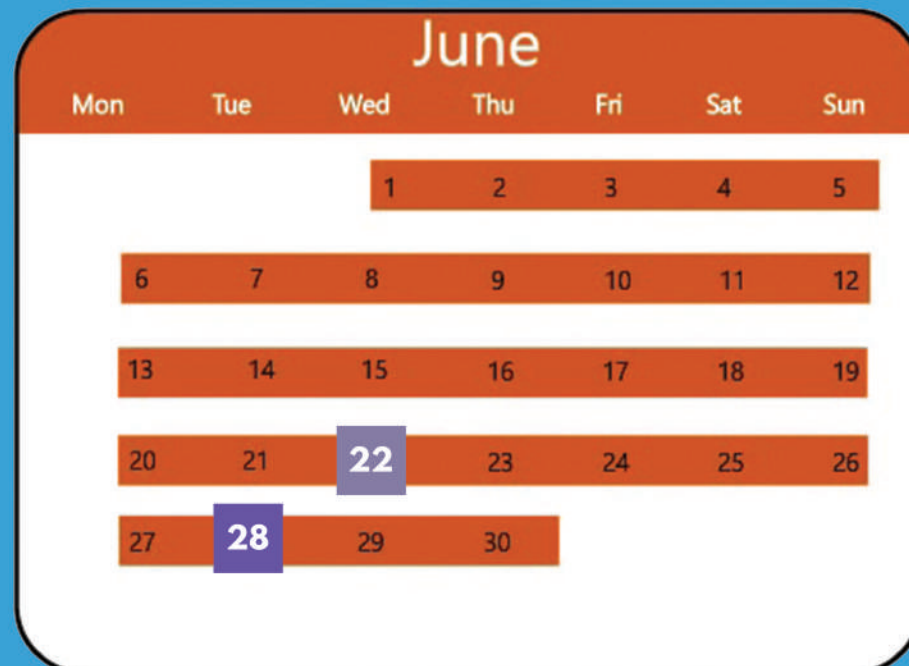


They must reduce the salt intake during a period.



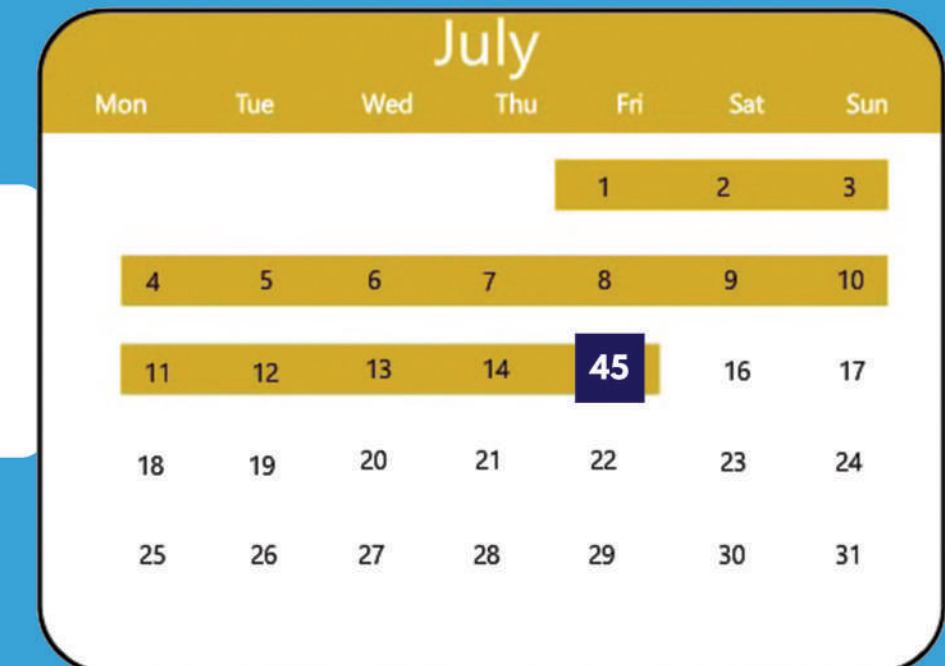


In the first 2 to 3 years after a girl has attained puberty, menstruation could happen in an irregular manner, and this is normal. Very young girls sometimes have menstruation only 3 to 4 times in a year. It will normalize after few years.



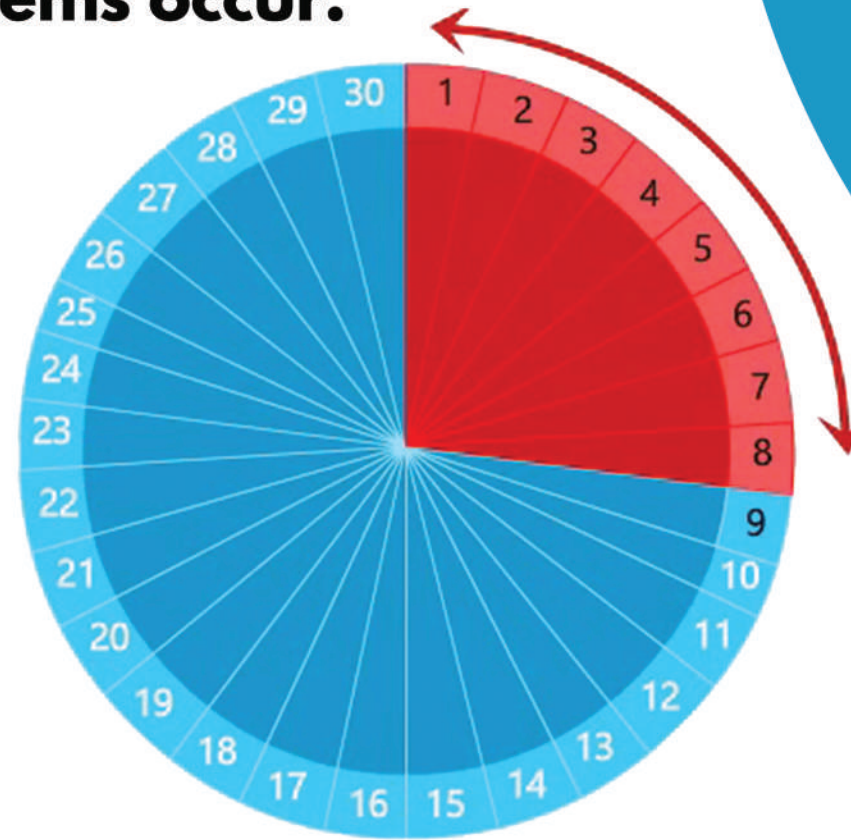
MENSTRUAL CYCLE

22 Days ← 28 Days → 45 Days



One menstrual cycle is counted from the first day of one period to the first day of the very next period. For most women, a menstrual cycle lasts around 28 days, with a lesser cycle of 22 days to a longer cycle of 45 days, thus seeing a variation in many women.

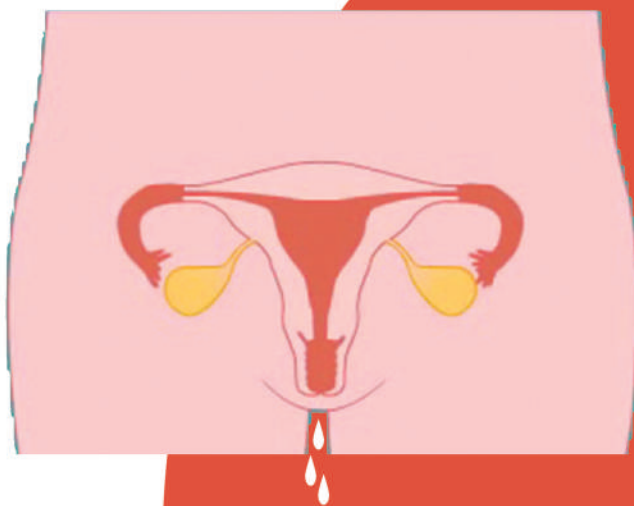
During menstruation you should go to a Doctor when the following problems occur.



If one has to change more than 1 pad/cloth in 2-3 hours, or if it lasts for more than 8 days, and if your body feels fatigue and exhaustion, it is better to consult a gynaecologist.(doctor)

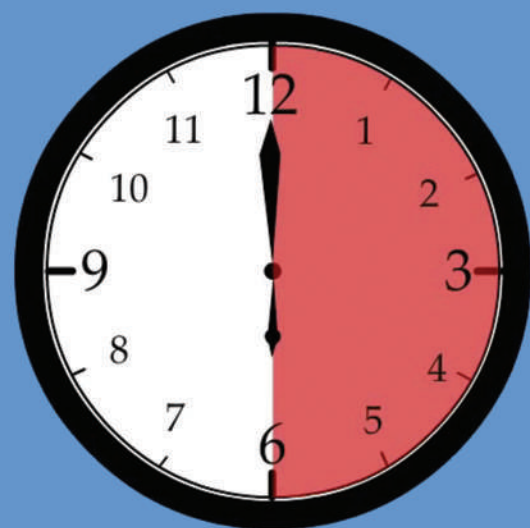


Every woman experiences white discharge a few days before menstruation begins, which is released from the vagina. This is normal. But, if this discharge has bad odour, is discoloured or is discharged in excess and is thick then it is best to consult a gynaecologist immediately.



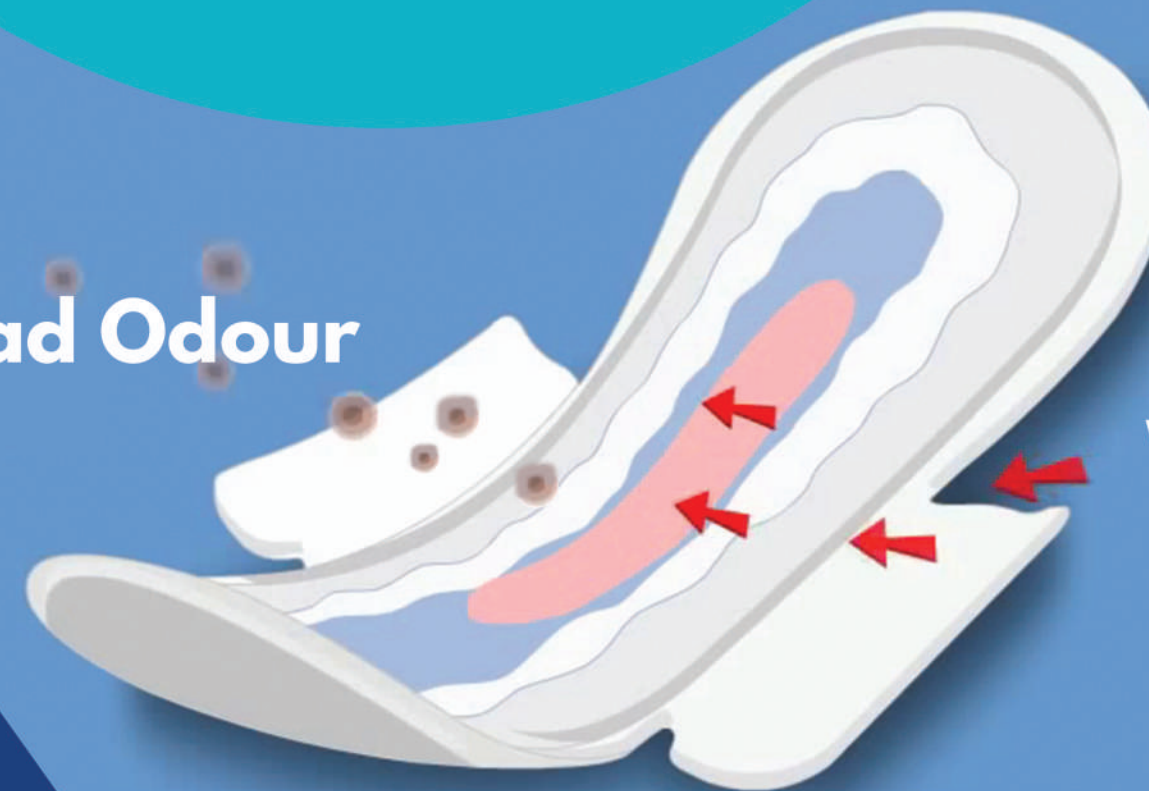
Personal Hygiene and Cleanliness

Hour : 06-08



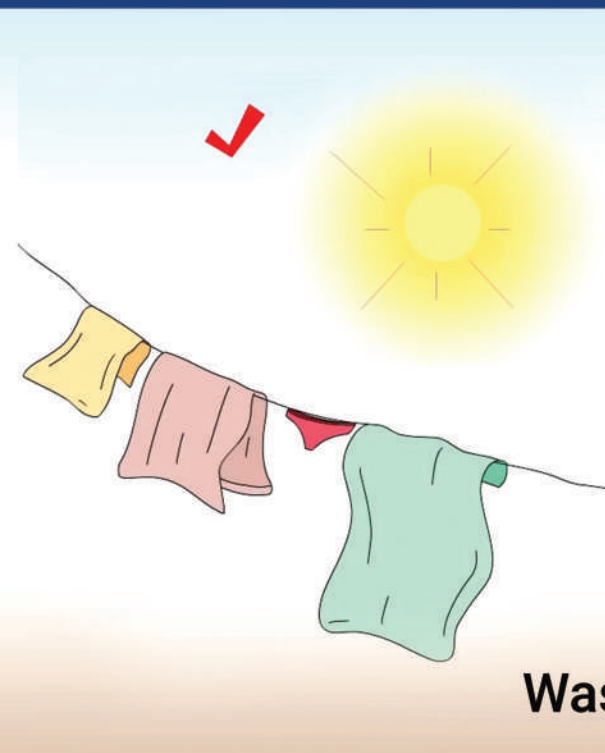
During menstruation, girls must wash their vagina and surrounding areas and keep them clean at all times, else it will result in infection. It could also cause rashes and bad odour.

Bad Odour

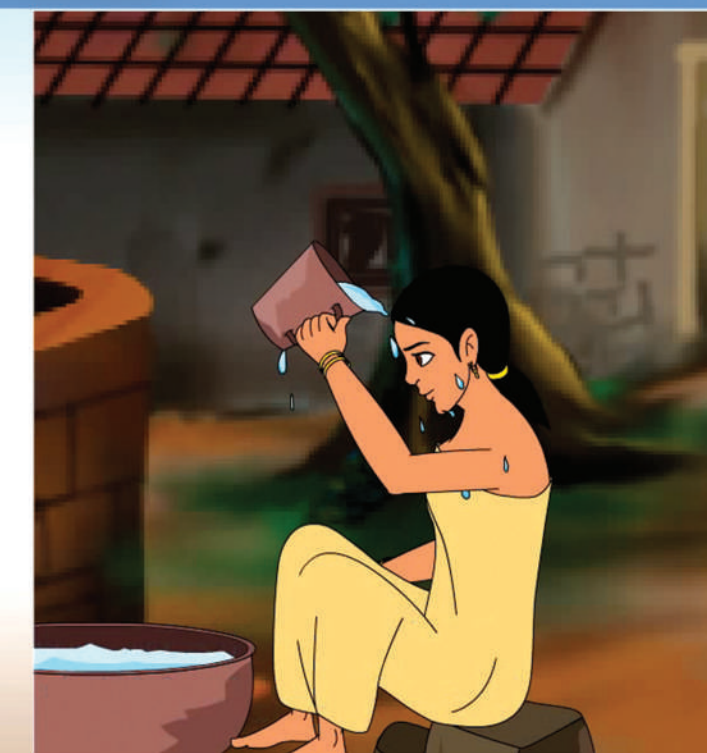


Wind

If using cloth, change it frequently, wash it in hot water with soap or detergent, and dry it under sunlight to prevent bacteria build up. Also, dry it only in an open, airy space. Do not hide it under some other cloth to prevent others from seeing.

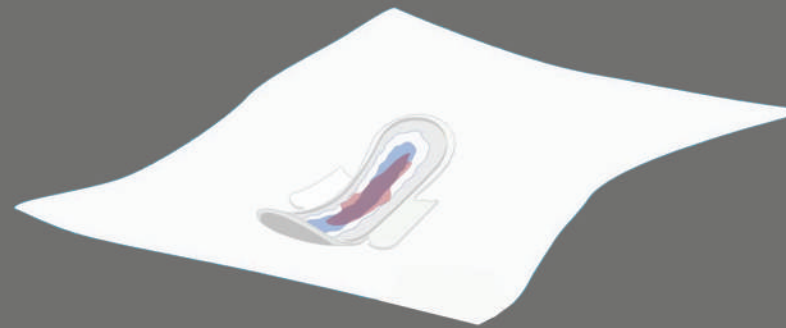
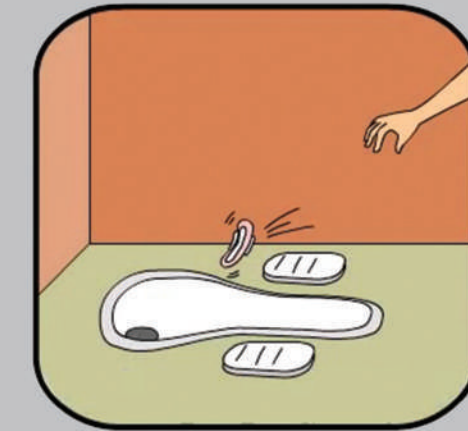


Wash your hands properly.

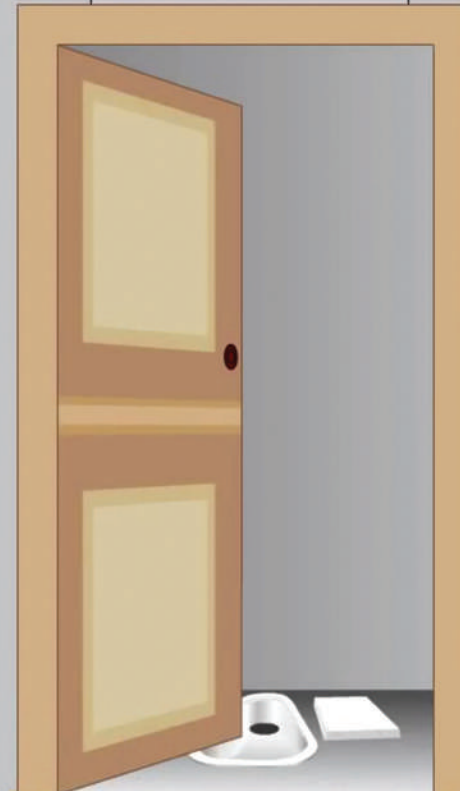


Ways to dispose the used pad

Used pads should be wrapped in old paper and thrown into a dustbin. These dustbins have to be emptied daily along with other garbage from the house. In villages, it is possible to bury the used Sanitary pads in pits and cover it with mud.



TOILET



Newspaper



Dustbin



You must never throw Sanitary pads in water bodies, gutters, or in the toilet. The plastic in the pad will not dissolve in water, and the cotton will swell up and block the toilet pipes.



Eat well, exercise regularly. During menstruation, running, jumping or riding a bicycle need not be restricted. Regardless of whichever activities you undertake during this time, make sure that it does not harm your health and hygiene.

Nutrition required for an Adolescent Girl



During menstruation, girls must consume food rich in iron. Especially, those who are Anaemic should have food such as Drumstick leaf, Raagi, Green leafy Vegetables, Spinach, Fruits, etc.



Since these have less sugar and more fibre content, they should be consumed in larger quantities. Also, they must reduce the salt intake during a period. Every day they should drink 3-4 litres of water.



FAQ's

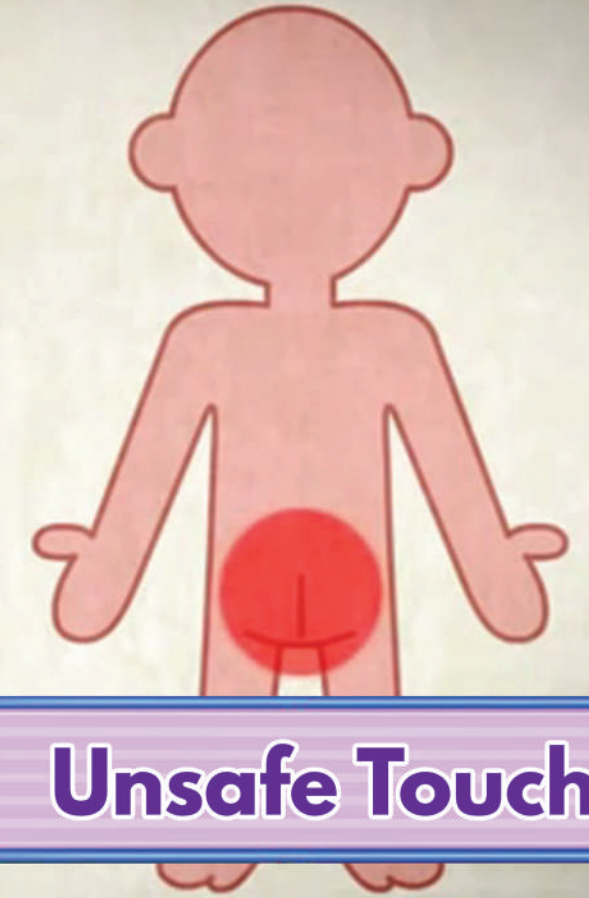
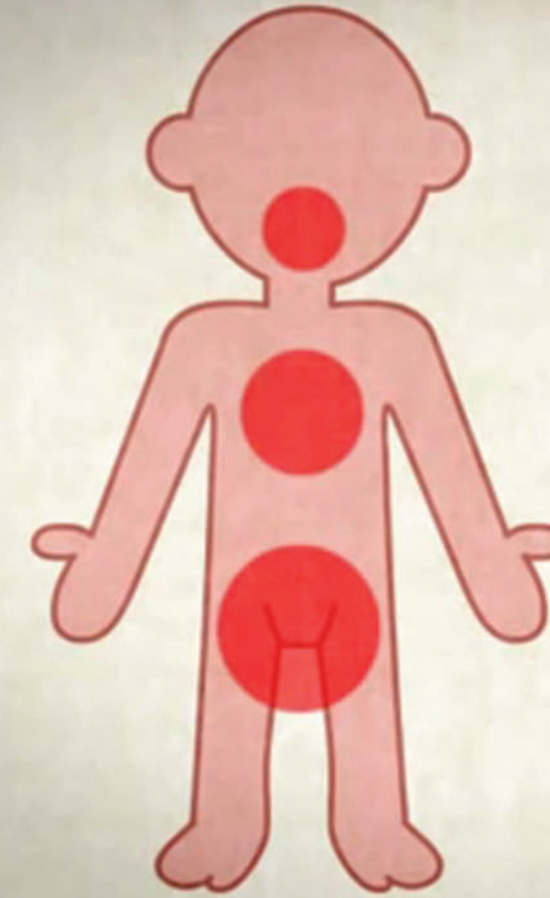
- ✦ What is the range in age during which girls attain puberty?
- ✦ During this time, how do you know much bleeding per month is normal? Do you know when we should go see a doctor?
- ✦ How many days should a normal period last?
- ✦ Is it normal if a girl child menstruates 3-4 months after her first period during the first 2-3 years or does she have any problem?
- ✦ The blood that is released during menstruation is impure or pure? If the blood is not impure then why does it smell?
- ✦ How do you know your expected date of menstruation?
- ✦ What is the white colour discharge coming out of my body instead of blood before menstruation?
- ✦ How and why does Menstruation occurs?
- ✦ During menstruation, should we use a cloth or a Sanitary Napkin?
- ✦ How should we dispose the used pad?



Information about Safe Touch and Unsafe Touch



Safe Touch



Unsafe Touch

You can share your problems with them



Mother – Father

Teacher

Friend

Child Line

Police