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For Girls and Women

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1. Your First Menstruation: What to Expect and How to Prepare

Your First Menstruation: What to Expect and How to Prepare 💭

Hey there, Girlypop! 💸 If you're reading this, you're probably wondering about your first menstruation, when it will come, what it will feel like, and how to be ready. No worries, we've got you covered! Let's talk about everything you need to know in a fun, no-stress way. 🔞

What is Menstruation?

Menstruation is your body's way of saying, "Hey, you're growing up!" Every month, your uterus builds up a special lining in case a baby needs a cozy home. If there's no baby, your body lets go of that lining, and that's your menstruation! It usually lasts between **3 to 7 days** and happens about every **28 days** (though this can vary!).

What to Expect When It Happens

Your first menstruation might be light (like a few drops of blood) or a bit heavier. The blood can be **bright red, brown, or even pinkish**—all normal! You may also feel:

- ✓ Cramps (a little belly pain—think of it as tiny muscle hugs)
- ✓ **Mood swings** (one minute you love your cat, the next minute... not so much)
- ✓ **Tiredness** (extra naps = extra power!)
- ✓ Breast tenderness (a little soreness in your chest)
- ✓ Acne breakouts (hormones doing their thing)

If you don't feel any of these, that's okay too! Every girl's body is different.

How to Prepare Like a Pro



1. Pack a Menstruation Kit 🗐

Be ready anytime! Keep a small pouch in your school bag with:

Pads or panty liners

Extra underwear

✓ Wipes for freshening up

✓ A small bag for disposal

2. Know Where to Go 🙈

Check if your school has a **nurse's office** or a **restroom with menstruation supplies**. If you're ever caught off guard, don't be shy—ask a friend, teacher, or even the school nurse for help. Many girls have been in your shoes!

3. Wear Comfortable Clothes

Dark-colored bottoms can make you feel more confident, just in case of any surprises. Wearing comfy clothes can also help with cramps.

Drinking water and eating healthy snacks (like fruits and nuts) can help reduce cramps and boost your energy.

5. Talk to Someone You Trust 💬

Your mom, sister, aunt, or even a close friend can be a great support system. Don't be afraid to ask questions—everyone who menstruates went through their first one too!

Final Thoughts 😵

Your first menstruation is a sign that your body is growing and doing amazing things. It's completely normal, and you are NOT alone!

If you ever feel unsure or have questions, reach out to a trusted adult or friend. And remember—you've got this! (5) %

Stay confident, stay prepared, and keep being the awesome girl you are!

#RedDotClub #FirstMenstruationGuide

2. The Ultimate Guide to Managing Menstrual Pain Naturally

The Ultimate Guide to Managing Menstrual Pain Naturally

Hey there, amazing you! We know that menstrual cramps can be a real struggle—one minute you're feeling great, and the next, your belly feels like it's hosting a wrestling match. But don't worry, we've got your back! Here's your ultimate guide to handling menstrual pain naturally, so you can feel your best, even on those tough days.

Why Do Cramps Happen?

Menstrual cramps happen when your uterus contracts to shed its lining. This process releases **prostaglandins** (fancy word for pain-triggering chemicals). Some people feel just a little discomfort, while others experience strong cramps. The good news? There are plenty of natural ways to help ease the pain!

Natural Ways to Soothe Menstrual Pain

1. Heat Therapy 🗘

A little warmth can work wonders! Try:

- A heating pad on your belly or lower back
- ✓ A warm water bottle (old-school but effective!)
- ✓ Taking a warm bath with essential oils like lavender for extra relaxation

2. Move Your Body 🏖 🗜

It might sound crazy, but light exercise can actually help!

- Stretching or yoga to relax your muscles
- ✓ Walking for better blood flow
- ✓ Dancing to your favorite song (who says pain relief can't be fun?)

3. Sip on Herbal Teas

Some teas have natural pain-fighting properties! Try:

✓ Ginger tea – anti-inflammatory and soothing

- ✓ Chamomile tea calming and great for cramps
- Peppermint tea helps relax your muscles

4. Eat Smart

What you eat can affect your cramps! Avoid junk food and try:

- Leafy greens (spinach, kale) for iron and magnesium
- **✓ Bananas & nuts** for muscle-relaxing potassium
- ✓ Dark chocolate (yes, really!) for mood-boosting magnesium

5. Stay Hydrated \Diamond

Drinking plenty of water helps prevent bloating and reduces pain. Try:

- ✓ Warm lemon water for digestion and hydration
- ✓ Coconut water for extra electrolytes
- ✓ Infused water with cucumber or mint for a refreshing twist

- ✓ Gently massage your lower belly in circular motions
- ✓ Press on the acupressure point between your thumb & index finger to ease pain
- ✓ Try self-massage with essential oils like lavender or clary sage

7. Breathe & Relax □♀

Stress can make cramps worse! Try:

- ✓ Deep breathing exercises to calm your body
- Listening to soft music or guided meditation
- ✓ **Journaling or coloring** to keep your mind relaxed

When to See a Doctor □

If your cramps are super intense, last more than a few days, or stop you from doing daily activities, it's a good idea to check in with a doctor. Sometimes, strong menstrual pain can be linked to conditions like **PCOS or endometriosis**, and a doctor can help find the best solution for you.

Menstrual pain is no fun, but you are **strong, powerful, and totally capable** of handling it! Try these natural remedies and find what works best for you. And remember—your body is doing something amazing, so be kind to yourself.

Stay comfy, stay relaxed, and don't forget to treat yourself to a little extra love during this time. You deserve it! \heartsuit

#RedDotClub #MenstrualPainRelief #NaturalRemedies

3. How to Handle Your Menstruation at School Like a Pro

How to Handle Your Menstruation at School Like a Pro 🗐 🛠

Hey, Girlypop! 💥 We know that getting your menstruation while at school can feel stressful, but guess what? You've got this! With a little prep and confidence, you can handle it like a total pro. Let's break it down so you can stay comfortable and worry-free all day long. 💭

Be Prepared: Your Menstruation Kit Essentials



A little planning goes a long way! Keep a small, discreet pouch in your backpack with:

- Pads or panty liners (bring a few extra, just in case!)
- ✓ A spare pair of underwear (accidents happen—no stress!)
- ✓ Wipes or tissues for quick clean-ups
- ✓ A small bag for disposing of used products
- Pain relief (like a heat patch or a small bottle of water to stay hydrated)

Timing is Everything 🔯

- ✓ Know your cycle Use a period tracker app or a calendar to estimate when your next menstruation will start.
- ✓ Set reminders If you have a heavy flow, change your pad every 3-4 hours to stay fresh and
- ✓ Use breaks wisely The best time to check on things? Between classes, lunch breaks, or bathroom trips before PE.

How to Handle Emergencies 🕰



Oops, a surprise menstruation? No big deal! Here's what to do:

- ✓ Stay calm Panicking won't help, but having a plan will!
- ✓ Ask a friend or school nurse Someone will always have a spare pad. (Sisterhood is real!



✓ Tie a jacket around your waist — Need a quick cover-up? No one will notice!

Head to the bathroom – Clean up as best as you can and swap for fresh underwear if you have it.

Choosing the Right Outfit

Dressing smart can give you extra confidence!

- ✓ Dark-colored bottoms Just in case of leaks.
- ✓ Comfortable clothing Soft, loose fabrics help when you have cramps.
- ✓ Layers A light sweater or jacket can keep you warm if you feel chilly.

Dealing with Cramps in Class

Cramps at school? Try these quick fixes:

- ✓ Sit up straight Good posture can reduce cramping.
- ✓ **Drink water** Staying hydrated helps!
- ✓ Stretch at your desk Roll your shoulders, twist side to side—small movements help!
- ✓ Use a heating pad (if allowed) Some schools let you bring small heat patches.
- **✓ Breathe & relax** Stress makes cramps worse, so take deep breaths and remind yourself:

You're strong, and this will pass! 💍

What If Someone Notices?

First of all, **don't be embarrassed!** Menstruation is **completely normal**, and half the world experiences it. But if you ever feel awkward:

- ✓ **Keep a lighthearted attitude** Laugh it off if needed!
- ✓ Remember: Most people won't even notice.
- ✓ Walk confidently Even if you're feeling unsure, act like everything is fine. Confidence is key! ∰>

Final Thoughts 💭

Handling your menstruation at school doesn't have to be stressful. With a little preparation and confidence, you'll be just fine. Remember: **You are strong, capable, and totally in control!**

Stay prepared, stay positive, and keep being your amazing self! \heartsuit

#RedDotClub #MenstruationAtSchool #StayConfident

4. Breaking Menstruation Taboos: Why We Need to Talk About It (Menstrual MythBusters)

Breaking Menstruation Taboos: Why We Need to Talk About It 💬 🛠

Hey, Super Girl! Let's talk about something super important—menstruation and the taboos around it. In many places, including Nigeria, menstruation is often treated like a secret, something to be whispered about. But guess what? Menstruation is completely natural, and the more we talk about it, the more we break unnecessary taboos!

Common Menstruation Myths & Taboos in Nigeria NG

Here are some myths and taboos that need to go:

⊘ "Menstrual blood is dirty."

This is one of the biggest myths! Menstrual blood is **not dirty**—it's just the body shedding the uterine lining. It's the same blood that helps create life. Nothing impure about that!

○ "You shouldn't cook or touch food during menstruation."

Some people believe that women shouldn't cook while menstruating because they'll "contaminate" the food. This is **totally false**—menstruation does not affect hygiene or cooking skills!

Why should something natural be a secret? Talking about menstruation helps **normalize** it and ensures girls get the support they need. Silence only leads to shame, and we are **not ashamed!**

Many cultures believe women are 'unclean' during menstruation and shouldn't pray or enter religious spaces. But menstruation is a natural part of life—why should it stop anyone from worshipping?

Surprise! While it's **less likely**, pregnancy can still happen during menstruation. Understanding how the menstrual cycle works is super important for reproductive health. $\Box \varphi$

Why We NEED to Talk About Menstruation 🙎

Breaking these taboos starts with **open conversations**. Here's why we need to talk about menstruation **loud and proud**:

- **▼ To End Shame & Stigma** No girl should feel embarrassed about something natural!
- **To Improve Education** When we talk about it, people learn the truth instead of harmful myths.
- **To Ensure Better Health & Hygiene** Some girls don't know how to care for themselves properly because no one talks about it. That needs to change!
- **To Promote Access to Menstrual Products** Talking about it helps remove barriers so every girl can access pads, tampons, and hygiene essentials.

Final Thoughts 💭

Menstruation is **natural**, **powerful**, **and nothing to be ashamed of**. By breaking these taboos and speaking up, we create a world where every girl can manage her menstruation with **dignity and pride**. We must start talking—because change begins with us!

#RedDotClub #EndMenstruationStigma #BreakTheTaboo

5. Menstrual Cycle Tracking methods: The Best Ones to Help You Stay Prepared

Menstrual Cycle Tracking: The Best Methods to Help You Stay Prepared ₩

Hey, Queen! Ready to take control of your menstrual health? Tracking your menstrual cycle is like having a superpower—it helps you **stay prepared, understand your body, and avoid surprises**. Whether you're trying to predict your next menstruation, manage symptoms, or just feel more in sync with your body, we've got you covered!

Why Track Your Menstrual Cycle? 🚱

Tracking your cycle isn't just about knowing when your next menstruation will start. It helps with:

- ✓ Preventing surprises No more getting caught off guard!
- ✓ Understanding your body Notice patterns in mood, energy, and cravings.
- ✓ Managing symptoms Prepare for cramps, bloating, or PMS ahead of time.
- Monitoring your health Spot irregularities and know when to see a doctor.
- Family planning Whether avoiding or planning pregnancy, tracking is key!

Top Menstrual Cycle Tracking Methods

Period Tracker Apps (Easy & Digital)

If you love your phone, period tracking apps are a game-changer! They predict your next menstruation, ovulation, and even symptoms.

- **♦** Best Apps to Try:
- √ Clue Science-backed and super detailed!
- √ Flo Easy to use and offers health insights.
- ✓ Period Tracker by GP Apps Simple and beginner-friendly.
- ✓ Eve by Glow Great for mood tracking and cycle insights.
- Calendar Method (Old-School but Reliable)

Prefer writing things down? Grab a journal or use your phone's calendar! Simply mark the **first day** of your menstruation every month and look for patterns over time.

✓ Best for: Girls with regular cycles.

Tip: Count the number of days between the first days of each menstruation to understand your cycle length.

Basal Body Temperature (BBT) Tracking

Your body temperature slightly rises during ovulation, so tracking it daily can help you understand your cycle better.

✓ Requires a special thermometer to measure your temperature every morning before getting out of bed.

✓ Best for: Girls who want precise fertility tracking.

✓ Pro Tip: Combine with a period tracker app for best results!

Cervical Mucus Method (Body Awareness)

Your body naturally changes throughout your cycle, and your **cervical mucus (discharge)** can give clues!

- ♦ Before menstruation = Dry or sticky.
- During ovulation = Clear and stretchy, like egg whites (fertile window!).
- ♦ After ovulation = Thicker or creamy.
- ✓ Best for: Girls interested in natural body awareness.
- ✓ Tip: Combine this with other tracking methods for accuracy.

Wearable Tech (For the Trendy & High-Tech!)

Did you know there are smart bracelets and rings that track your menstrual cycle?

- ✓ Oura Ring Tracks sleep, body temperature, and cycle changes.
- ✓ Ava Bracelet Popular for fertility and cycle tracking.
- ✓ Apple Health If you have an iPhone, it can track your cycle too!

Which Method is Right for You?

- **Beginner?** Start with a period tracker app or calendar.
- Want more body awareness? Try cervical mucus tracking.
- Need fertility insights? BBT or wearable tech might be for you!

Final Thoughts 💝

Your menstrual cycle is unique to you, and tracking it helps you **stay in control, confident, and prepared**. No more surprises—just you being your amazing, powerful self!

Which method will you try? Let's chat in the comments! 💬 🤝

#RedDotClub #TrackYourCycle #StayPrepared

6. How to Support Your Friends During Their Menstrual Cycle

How to Support Your Friends During Their Menstrual



Because friendship means being there for each other, even during the most awkward times!

Hey Girl, Let's Talk About Menstruation!

We all know that time of the month can come with a lot of feels. From cramps to mood swings to just needing a little extra TLC, your friend might be going through a lot. As a good friend, you can totally help her feel supported, understood, and loved—no awkwardness required!

1. Be There to Listen

Sometimes, all a girl needs is someone to talk to. Let your friend vent, share her struggles, or just chat about random stuff to distract her from the cramps. You don't need to offer solutions all the time—just be that friend who listens and understands. 💬 💭

2. Offer Comfort, Not Judgment

Everyone experiences their cycle differently. Some girls barely notice it, while others feel like they're battling cramps and fatigue. So, if your friend needs to lay down and rest or wants to curl up with a warm blanket, don't judge her! Let her be herself. Sometimes, a cozy environment and a supportive vibe are all she really needs to feel better.

3. Surprise Her with Period-Friendly Snacks

Want to be the best friend ever? Bring her some snacks! 🖺 💮 During her cycle, your friend might crave all sorts of comfort food (hello, chocolate!). Throw in some healthy snacks like fruit, nuts, or granola bars too! A little treat can go a long way in making her feel better.

4. Help Her Stay Comfortable

Offer to bring her a heating pad or a hot water bottle if she's feeling crampy. If she's at school, offer her a discreet pad or tampon if she forgets her supplies. It's those little gestures that show you've got her back!

5. Encourage Movement (If She's Up for It)

We all know how it feels to want to curl up in bed and *never* move during your period. But gentle exercise can help release endorphins, which ease cramps and boost mood! If she's feeling up for it, suggest a walk or some light stretching together. Nothing too intense, just something that makes her feel better.

6. Be Extra Kind, No Matter What

Periods can mess with a girl's emotions—one minute she's laughing, and the next she might feel like crying over a cute puppy video. (2) So, if your friend is feeling emotional, be patient and understanding. Show her kindness in small ways: a compliment, a funny meme, or a gentle hug. This simple support means the world.

7. Respect Her Need for Space

Some girls prefer to be alone during their period, and that's okay! Respect her space if she's not in the mood to chat or hang out. Let her know you're there if she needs you, but also allow her to take care of herself in the way that feels right for her.

8. Help Her Keep Track of Her Cycle (If She Wants to)

If you and your friend are close, you might even suggest tracking her cycle together! It's a fun way to stay in sync, plus it helps her predict her symptoms (like cravings, cramps, or mood changes) and plan ahead. Period apps can help her track things like her flow, cycle length, and symptoms—and you could remind her to check in with how she's feeling.

9. Keep the Conversations Open and Judgment-Free

Normalize talking about menstruation! Period talk should be no big deal. If your friend opens up about cramps, mood swings, or her period experience, embrace it with an open mind. Being

open about menstruation helps everyone feel more comfortable and less embarrassed. Let's break the stigma!

10. Help Her Find Products That Work for Her

Pads, tampons, cups, or period underwear—there are so many options out there! If she's unsure which product to use, help her explore what works best for her. And always make sure she has access to what she needs, especially if she runs out at school or when you're hanging out. A little extra care goes a long way.

Bonus Tip: Be the Fun Friend

Being there for your friend doesn't mean everything has to be serious. Sometimes, you can totally lighten the mood by watching funny videos, telling jokes, or planning something fun to distract her from the discomfort. It's all about being supportive and having fun together, no matter what's going on with your cycle!

Final Thoughts: Girl Power at Its Best!

Supporting your friends during their menstrual cycle is just one of the many ways you can show love and care. It's about understanding, kindness, and making sure she feels valued—no matter what time of the month it is! When we support each other, we create a world where menstruation is no longer a taboo but a natural, empowering part of our lives.

So, next time a friend's cycle is in full swing, just remember: you've got her back! 🛞 💭



#PeriodPositivity | #SupportEachOther | #GirlPower 袋

7. What Happens if You Don't Change Your Menstrual Products Regularly?

What happens if You Don't Change Your Menstrual Products Regularly?

Spoiler: It's not cute! Let's talk about why it's important to change your products regularly—and how it helps keep you healthy and fresh!

Hey Girl, Let's Get Real About Hygiene!

We all know what it's like: You're at school, at work, or chilling with friends, and you just want to get through the day. Sometimes, you might wonder, "Can I just leave this *for a little longer*?" But let's be honest—when it comes to your menstrual products, regularly changing them is one of the best things you can do for your health, confidence, and comfort.

Why Does Timing Matter?

When you're on your period, your menstrual products (pads, tampons, menstrual cups, etc.) are there to absorb or collect menstrual blood and other fluids. Over time, they can get full and begin to smell, and if you leave them for too long, bacteria can start to grow. This can lead to some unwanted situations.

Risk of Infections

If you don't change your menstrual products regularly, bacteria can build up. When your pad or tampon is left for hours, it creates the perfect environment for bacteria to thrive, which can cause infections like vaginal infections or urinary tract infections (UTIs). These infections are no fun at all! So, keep your products fresh and change them every 4–6 hours to avoid this.

Unpleasant Odor

We've all been there: You're out, and you start to feel a little... self-conscious. A full menstrual product that hasn't been changed can start to develop a smell. € No thanks! Changing your

pad, tampon, or menstrual cup regularly not only keeps you feeling fresh but also helps avoid any unwanted odors that can make you feel less confident.

Risk of Toxic Shock Syndrome (TSS)

TSS is a rare but serious condition that can happen if you leave a tampon in for too long—usually more than 8 hours. TSS occurs when bacteria make their way into the bloodstream, causing fever, dizziness, and other symptoms. If you're using tampons, it's essential to change them every 4–8 hours to reduce the risk of TSS.

Leaking & Messy Situations

Ever left it just a *little too long* and then...oops! The product overflows, and you end up with a mess that's not cute at all. (a) To avoid leaks and uncomfortable situations, be sure to change your product regularly according to your flow. More frequent changes on heavy days and less often on lighter days can help keep you dry and comfortable all day long.

Skin Irritation and Chafing

Wearing the same pad or tampon for too long can cause skin irritation or chafing, especially in hot or humid weather. The moisture from your menstrual blood combined with friction can lead to redness, bumps, or even rashes down there. Yikes! Keeping your products fresh and dry by changing them regularly can prevent irritation and help you stay comfy.

Reduced Confidence

Let's be honest: When you're not feeling fresh, you're less likely to feel confident. Knowing that your menstrual product is changing regularly gives you peace of mind and keeps you feeling your best. Whether you're at school, hanging with friends, or out and about, keeping up with your product changes helps you feel fresh and secure throughout the day.

How Often Should You Change?

Here's a quick guide on how often to change different menstrual products to keep everything fresh:

- Pads: Change every 4–6 hours depending on your flow. If it's a heavy day, change more often.
- Tampons: Change every 4–6 hours—no longer than 8 hours to avoid the risk of TSS.
- Menstrual Cups: Empty and rinse every 8–12 hours. You can le ave it in for longer, but it's best to clean and replace it within this time frame.
- Period Underwear: Change as needed, typically every 4–6 hours, depending on how heavy your flow is.

What Happens If You Don't Change Regularly?

If you ignore the 4–6 hour rule and go longer than you should, you risk:

- Infections: Bacteria buildup leads to infections.
- Leaking: Overflow and uncomfortable situations.
- Bad odor: Not the fresh vibe we're going for!
- Skin irritation: Chafing and discomfort.
- TSS (for tampons): A serious health condition to avoid at all costs.

Final Thoughts: Your Health Comes First

Girl, you deserve to feel confident, fresh, and comfortable all day long—so don't skip those regular product changes! Your menstrual health is important, and keeping up with hygiene is one of the easiest ways to protect yourself from discomfort, infection, and awkward situations.

Take care of yourself, stay fresh, and keep rocking that period like a pro! 紫

#PeriodHygiene | #StayFresh | #HealthFirst 🛠

8. How to Make Your Period Experience More Comfortable

How to Make Your Menstruation Experience More Comfortable

Practical tips for reducing pain, handling bloating, and managing emotional ups and downs during your cycle! 💭

Hey Girl, Menstruation Don't Have to Be a Nightmare!

Let's face it: that time of the month can be a real challenge. Whether it's cramps that feel like tiny dragons inside your belly, bloating that makes you feel like a balloon, or mood swings that hit out of nowhere, the struggle is real! But the good news is that there are so many ways you can make your period experience way more comfortable—and even fun! Ready for some game-changing tips? Let's do this!

1. Manage Cramps with Heat & Hydration

Those cramps can be a total vibe killer, right? Here's the good news: heat is your BFF. Applying a heating pad or hot water bottle to your lower abdomen can work wonders to relieve cramps. It helps relax the muscles and ease the tension. PQ If you're on the go, try warm water bottles or even heating patches that stick to your clothes.

And don't forget about hydration! Staying hydrated helps reduce bloating and can also help relieve cramps by keeping your muscles relaxed. So sip on that water like it's your secret superpower! $\lozenge \$

2. Fight Bloating with Healthy Snacks

We all know that bloated feeling during your cycle—when you feel like you've swallowed a beach ball. But don't worry, you've got options! Instead of reaching for junk food (which might make things worse), try eating light, healthy snacks that reduce bloating, like:

Bananas & (they help with bloating and give you energy)

- Ginger tea (it has natural anti-bloating properties)
- Yogurt (probiotics help balance your digestive system)
- Cucumbers 🗞 (hydrating and light on your stomach)

By snacking smart, you can fight bloating and feel lighter and more comfortable. Plus, you'll get those good nutrients in!

3. Manage Mood Swings with Self-Care

Feel like crying over a puppy video one minute and then snapping at your friend the next? (1) It's the hormones, girl! Emotional ups and downs are completely normal during your period, but that doesn't mean you have to just ride the emotional rollercoaster.

Here's the key: self-care. Take a break when you need to, whether that's going for a walk, taking a nap, or even watching your favorite show. Here are some other ways to calm your mood:

- Meditation or deep breathing exercises 🛵
- Journaling (write down how you feel—it helps you process your emotions)
- Listening to music (make a playlist full of feel-good songs to lift your spirits)
- A warm bath (this can help relax your muscles and your mind)

Taking a little me-time can make a big difference when your emotions are running high. Be kind to yourself!

4. Use Period Products That Make You Feel Confident

Nothing beats feeling secure and comfortable when it comes to your menstrual products. Whether you prefer pads, tampons, menstrual cups, or period underwear, the right products can make a world of difference.

- Try a menstrual cup if you want something more eco-friendly and less likely to leak.
 They can hold more fluid and last longer, which is great for long days.
- Period underwear is a comfy, no-hassle option. Just change them as needed, and you're good to go!

 Pads and tampons are still the go-to for many, but don't forget to change them regularly to stay fresh and leak-free.

When you feel confident in your period products, it's way easier to just focus on living your life without worrying about leaks or discomfort. Plus, there's nothing more empowering than taking control of your period experience!

5. Gentle Exercise for More Energy

It might sound counterintuitive, but light exercise can help you feel better during your cycle! Moving your body releases endorphins, which are natural pain relievers and mood boosters. Don't worry—you don't have to go all-out at the gym!

Here are some gentle exercises to help you feel better:

- Yoga □♀ (great for stretching out cramps and calming your mind)
- Walking ♣ ♀ (low-impact and energizing)
- Stretching **%**♀ (relieves tension in your lower back and legs)

Even though you might not feel like it, getting moving can help ease cramps, reduce bloating, and improve your overall mood.

6. Prioritize Sleep (Your Body Needs It!)

Let's be real: sleep is everything. During your period, your body is working overtime, so it's extra important to give yourself enough rest. If you're not getting enough sleep, you might feel more tired, moody, and achy.

Here are some tips for better sleep during your period:

- Try a cozy bedtime routine (think: warm tea, relaxing music, or a good book)
- Create a peaceful sleeping environment (dim the lights, keep it cool, and avoid screens)
- Get comfy (make sure you're wearing soft, breathable clothes and have a comfy pillow)

Your body deserves all the rest it can get, especially during this time, so make sleep a priority!

7. Know When to Call in Backup

Okay, so sometimes the cramps are too much, or the bloating is just overwhelming, and that's okay! Don't hesitate to ask for help. Whether it's your mom, a sister, a friend, or even a healthcare professional, reaching out when you need extra support or advice is a smart move.

If you're in too much pain or feeling unwell, it's always good to check in with your doctor. Pain shouldn't be unbearable—and there are things you can do to make it more manageable.

Final Thoughts: You Got This, Girl!

Periods can be challenging, but they don't have to ruin your day—or your whole week. By using a little self-care, tracking your symptoms, choosing the right products, and knowing how to manage pain, bloating, and mood swings, you can feel comfortable, confident, and ready to take on anything.

Remember, you're in control—your period doesn't have to control you!

So go ahead, own it, and make your period experience as easy and breezy as possible. You've got this, girl! 💥 💭

#PeriodComfort | #GirlPower | #SelfCare

Resources

Menstruation Emergency Kit Checklist: Essentials for Every Girl 🛱 🛠

Hey, superstar! © Ever had one of those moments when menstruation shows up unexpectedly? No stress—we've got you covered! Having a **Period Emergency Kit** in your school bag, purse, or locker means you'll **always be prepared** like the queen you are.

Must-Have Essentials □

1. Menstrual Products (Your Faves!)

- ✓ Pads Go for regular, heavy, or overnight depending on your flow.
- ✓ Tampons Compact and great for active days.
- ✓ Menstrual cup Eco-friendly and reusable.
- ✓ Pantyliners Perfect for lighter days or backup protection.

Pro Tip: Pack at least **2-3 of your preferred products** so you're never caught off guard!

☐ 2. Wipes & Tissue

- ✓ Feminine wipes Helps you stay fresh on the go.
- ✓ Pocket tissues Because school and public bathrooms don't always have them!

3. Extra Undies

✓ A spare pair of **comfortable underwear** in case of leaks. Dark colors are a great choice!

4. Pain Relief Essentials

- ✓ Pain relievers (if needed, with permission) like ibuprofen or paracetamol.
- ✓ Heat patch Mini ones can fit in your kit for cramps!
- ✓ Essential oil (lavender or peppermint) Great for soothing cramps and stress.

5. Snacks & Hydration

- ✓ Dark chocolate or nuts Helps with cravings and mood swings.
- ✓ A small water bottle Staying hydrated reduces bloating and cramps!

🙎 9 6. Discreet Storage Bag

✓ A small pouch or zippered bag to keep everything organized and private. Pick a cute one that fits your style!

Bonus Items for Extra Comfort

- Mini deodorant Helps with freshness throughout the day.
- ♦ Hair tie or scrunchie Because sometimes you just need your hair out of the way!
- Hand sanitizer Clean hands before and after handling menstrual products.
- Small notebook or period tracker app Stay on top of your cycle like a pro!



Where to Keep Your Kit? 🗐

- ✓ School bag Always handy when you're on the go!
- ✓ **Locker** A backup kit for just-in-case moments.
- ✓ Purse or handbag Perfect for daily outings.
- ✓ At home Keep a stocked kit so you can refill as needed!

Final Thoughts 💭

Being prepared means you can handle anything with confidence! Your menstrual cycle is a normal, powerful part of life, and with your Period Emergency Kit, you're always in control.



What's in your kit? Let us know in the comments! 💬 🤝

#RedDotClub #PeriodPrepared #StayConfident

Safe & Healthy Menstrual Hygiene Practices (PDF)

A Guide for Girls, Women, and Educators

Menstruation is a natural and powerful part of life, and **menstrual hygiene** is essential to staying comfortable, confident, and healthy during your cycle. Whether you're new to menstruation or experienced, understanding and practicing safe menstrual hygiene is key to maintaining your well-being.

Why Menstrual Hygiene Matters

Menstrual hygiene is all about keeping your body and reproductive system clean and healthy during your cycle. When you manage menstruation properly, you:

- Prevent infections: Using clean menstrual products and following good hygiene practices reduces the risk of bacteria and fungal infections.
- **Feel more comfortable**: Regular changes, fresh underwear, and proper care keep you feeling confident and comfortable.
- **Maintain mental well-being**: Knowing you're taking care of yourself can reduce stress and help you stay positive throughout your cycle.

Safe Menstrual Hygiene Practices

1. Choosing the Right Menstrual Product

There are several menstrual products available, each offering different benefits. Choose the one that works best for you and your flow:

- **Pads**: Available in different sizes for light, moderate, and heavy flow. Ideal for beginners and for use during sleep. Make sure to change your pad every 4-6 hours.
- **Tampons**: Inserted into the vagina to absorb menstrual blood. Great for active days and swimming. Remember to change them every 4-8 hours.
- **Menstrual Cups**: A reusable, eco-friendly option. Menstrual cups collect menstrual blood and can be worn for 8-12 hours. Remember to sterilize it before and after use.
- Period Underwear: Designed to absorb menstrual blood without any extra product.
 Ideal for lighter days or as a backup.

Top Tip: Always use clean, high-quality products. Avoid using homemade items like cloths or rags that might not be sterile.

2. Changing Your Menstrual Product Regularly

One of the most important aspects of menstrual hygiene is **changing your product regularly**. This helps to prevent:

- **Odor**: Leaving products on for too long can result in unpleasant smells.
- **Infections**: Bacteria grow in used menstrual products, leading to possible infections if left on too long.
- **Discomfort**: Worn-out products can cause discomfort or leaks.

How often to change:

- Pads & Pantyliners: Every 4-6 hours.
- Tampons: Every 4-8 hours (Never wear a tampon for more than 8 hours).
- Menstrual cups: Every 8-12 hours (depending on your flow).

3. Proper Hand Hygiene

Before and after changing your menstrual product, always **wash your hands** with soap and water. This reduces the risk of transferring bacteria to your genital area, which can cause infections.

4. Keeping Products Clean and Dry

Store your menstrual products in a cool, dry place to keep them clean. If you're using a menstrual cup, be sure to **sterilize it** properly before each cycle to prevent infection.

- Pads and tampons should be disposed of in a sanitary bin.
- Wash your menstrual cup with mild soap and water before storing it in a clean, breathable pouch.
- **Period underwear** should be washed regularly, either by hand or in a washing machine, following the care instructions.

5. Wearing Comfortable, Breathable Clothing

Opt for **loose**, **breathable clothing** and **cotton underwear**. Tight-fitting clothes and synthetic fabrics can trap heat and moisture, leading to discomfort and even infections. Cotton allows the skin to breathe and helps keep the area dry.

6. Keeping the Private Area Clean

Daily hygiene is important. Washing the outer genital area with mild soap and warm water can help you stay fresh.

- **Avoid scented products**: Scented soaps, sprays, or wipes can cause irritation and disrupt the natural balance of your intimate area.
- Don't douche: The vagina is self-cleaning, and douching can disturb its natural pH balance, leading to infections.

Menstrual Hygiene Tips for Educators

For secondary school educators, it's crucial to provide a supportive, non-judgmental environment for students learning about menstruation and hygiene.

- **Educate students** about menstruation in a way that's accurate, inclusive, and sensitive to their cultural contexts.
- **Provide access to sanitary products** and ensure students have access to clean, private spaces to manage their menstruation.
- Promote open discussions about menstrual hygiene to reduce stigma and build confidence in your students.

The Bottom Line: Your Health, Your Choice

Remember, menstrual hygiene is about **respecting your body** and making choices that keep you healthy, comfortable, and empowered. By following these simple practices, you can ensure that your menstrual cycle is a smooth and healthy experience.

Key Takeaways

- Choose the right products: Find what works best for you and change them regularly.
- **Cleanliness is crucial**: Wash hands before and after changing products and clean products after use.
- Wear breathable clothing: Stay comfortable and dry.
- **Educate and support**: Create an open environment to talk about menstruation and support those around you.

Remember: Menstruation is a normal part of life and shouldn't be something you hide or feel ashamed of. Stay informed, stay healthy, and always embrace your power!

This resource is meant to support everyone in building a better understanding of menstrual hygiene, creating a space for learning, and reducing the stigma around menstruation. Share this with your friends, family, and students to make the world a more informed and supportive place!

Stay confident, stay clean, and stay empowered! 🛠

For Boys and Men

■ Blog Articles – For Boys & Men

- 1. What Every Guy Should Know About Menstruation (But Was Too Afraid to Ask)
- 2. Breaking the Silence: Why Men Should Talk About Menstruation
- 3. Real Talk: How to Be a Supportive Brother, Friend, or Boyfriend During Her Cycle
- 4. Debunking Period Myths: The Facts vs. Fiction Nigerian Boys Hear
- 5. How Dads Can Have the 'Period Talk' With Their Daughters Without Feeling Awkward
- Menstrual Health is a Human Issue: Why It's Not Just a 'Girl Thing'
- 7. How Teachers & Coaches Can Support Girls During Their Menstrual Cycle
- 8. What to Do When a Girl Has a Menstrual Emergency Around You
- 9. Empathy Over Embarrassment: Changing the Way Boys View Menstruation
- 10. Menstruation and Masculinity: Why Real Men Respect the Red Dot

♣ Downloadable Resources – For Boys & Men

- 1. Menstrual Health 101: A Simple Guide for Boys
- 2. How to Be a Period Ally: Do's and Don'ts Cheat Sheet
- 3. Conversation Starters: Talking to Girls About Menstruation Respectfully
- 4. Father's Guide to Menstruation: Helping Your Daughter with Confidence
- 5. Bro Code: How to Be There for Your Sister or Friend During Her Period
- 6. Coach's Guide: Supporting Athletes During Their Menstrual Cycle
- 7. Myths Nigerian Boys Hear About Menstruation—and the Truth
- 8. Quick Tips for Teachers: Creating a Menstrual-Safe Classroom
- 9. 10 Things Boys Can Do to Fight Period Shame in Their Communities
- 10. Understanding Period Products: Pads, Tampons, Cups—Explained for Boys

What Every Guy Should Know About Menstruation (But Was Too Afraid to Ask)

Hey guys, let's talk.

You've probably heard words like "flow," "cramps," or "that time of the month" and thought, "Yikes—what do I do with this info?" Or maybe you've stayed quiet because you didn't want to say the wrong thing. But guess what? Understanding menstruation doesn't make you weird—it makes you smart, supportive, and seriously cool.

Let's break it down, guy-to-guy style.

☐ So... What *Is* Menstruation Anyway?

Menstruation (aka a girl's monthly cycle) is when her body sheds the lining of the uterus if she doesn't get pregnant. It usually happens once a month, lasts 3–7 days, and yes—there's bleeding involved. It's completely natural and **not gross**, **weird**, or **shameful**.

Why Should You Care?

Because menstruation affects:

- Your sisters
- Your girlfriend
- Your classmates, teammates, future daughters, and friends

When you understand it, you:

- Stop awkwardness
- Show real maturity <u>mag</u>
- Make the world safer for girls and women 🕤

What Not to Do

• Don't joke about it ("Are you moody because you're on your period?" = NOPE இ ∰♂)

- Don't treat it like a secret or curse
- Don't be that guy who acts weird around pads and tampons

✓ What You *Should* Do

- Be chill. It's just a normal part of life.
- If a friend needs help (like an extra pad or support), step up.
- Ask respectful questions if you're curious. Girls appreciate it when you're honest and open-minded.
- Keep a little empathy in your pocket—cramps hurt like crazy!

Pro Tip: Real Men Respect the Red Dot

Being period-aware doesn't make you soft. It makes you **emotionally intelligent, thoughtful**, and **the kind of guy people trust**.

So next time someone mentions menstruation, don't freeze. Own it. You're officially in the know.

Breaking the Silence: Why Men Should Talk About Menstruation

Let's be honest, guys...

Talking about menstruation can feel like walking into a conversation you're not sure you're *allowed* in. But here's the truth: **you are allowed. In fact, you're needed.**

Menstruation isn't just "a girl thing" it's a human thing. And when guys speak up, ask questions, and support the people around them, **everybody wins.**

Let's break it down, one myth at a time.

Why the Silence?

- It wasn't taught in school properly. Remember health class? Exactly.
- It feels like "girl business." But if it affects half the population, how is it not everyone's business?
- You're scared of saying the wrong thing. That's fair—but silence isn't safer.
 Understanding is.

Why Should You Talk About It?

- 1. **To End the Stigma** When boys joke about menstruation or treat it like a mystery, it adds shame to something natural. Your voice can flip that script.
- 2. **To Show You Care** A simple "Are you okay?" or "Do you need anything?" can go a long way. It tells your sister, friend, or girlfriend: *I've got your back*.
- 3. **To Be That Guy** The mature one. The thoughtful one. The one who isn't afraid of pads, cramps, or hard convos.

Mhat Does Talking About It Look Like?

- You ask your sister if she's feeling okay when she looks uncomfortable.
- You're not weirded out when your friend asks to borrow a hoodie because of a "stain situation."

- You mention to your school's leadership team that bathrooms should have period products.
- You respectfully correct someone making dumb jokes like "Ew, she's on her thing."

☐ It's Not About Being a "Hero." It's About Being Human.

You're not expected to know everything. But learning, listening, and being open? That's next-level maturity.

The world needs boys who normalize care, who reject shame, and who aren't afraid to say, "Hey, menstruation isn't taboo. It's just biology."

Real Men Break the Silence

Start small. Start chill. But start.

Because when boys talk, girls feel safer—and the world gets way more respectful.

■ Real Talk: How to Be a Supportive Brother, Friend, or Boyfriend During Her Cycle

So... she's on her menstrual cycle. What now?

If you've ever felt clueless about what to say or do when a girl around you is dealing with menstruation—don't stress. You don't need a medical degree, just a little empathy, good vibes, and this cheat sheet.

Let's make you the most supportive guy in the room. 🖒 🎬

☐ Step 1: Understand What She's Dealing With

Menstruation isn't just about "bleeding"—there's a *lot* happening:

- Cramps that feel like mini earthquakes in her lower belly
- Backaches
- Mood swings (yes, hormones are real)
- Fatigue
- Bloating
- Worry about leaks, stains, or people noticing

So yeah—it's not a walk in the park. Be kind. Be chill.

Step 2: Offer the Right Kind of Support

Here's how to be there, no cape required:

- Ask how she's feeling "You okay?" goes a long way.
- ☐ **Bring water or a warm drink** Hydration helps with cramps.
- @ Offer space or comfort Sometimes she wants to talk, sometimes she doesn't. Respect both.
- Snacks help. Always.
- Don't make a fuss about buying pads.
- **Put on her favorite show, chill quietly.** Just being around can help.

○ What Not to Do (Ever.)

- Say "Are you on your period or something?" (♥ Super disrespectful)
- Make jokes about her mood
- Act disgusted or weirded out by menstruation
- Complain if she cancels plans to rest

Bonus Tips: For the Bros, Friends & Baes

Solution As a Brother: Keep an emergency stash of pads/tampons at home. Be the one she can text from school if needed.

As a Friend: If she stains her uniform or feels awkward, help her out—no questions, no teasing.

As a Boyfriend: Don't act awkward. If she's in pain or feeling down, just say, "How can I help?" Be patient. Her body's doing a lot.

\$\$ Being Supportive = Being Legendary

When you step up instead of stepping back, you make her feel seen, safe, and respected. That's not soft—that's **solid.**

So next time she's on her cycle, remember: small gestures = big impact. You've got this, king.

How to Talk to Younger Boys About Menstruation (Without It Being Awkward)

Real talk: You're older. You've got sense. Now what?

Maybe your younger brother, cousin, or guy friend just made a dumb joke about menstruation, or maybe they're genuinely confused. Either way—you've got the perfect opportunity to *school them... the chill way*.

This isn't about being preachy. It's about keeping it real, respectful, and simple.

☐ Why Bother?

Because silence = ignorance.

And ignorance = shame, bad jokes, and zero empathy.

You can be the guy who breaks that cycle (pun intended ②).

A What Should You Say?

Here's a super easy script to work with:

"Hey bro, just so you know—menstruation is a normal thing that girls go through. It's not gross. It's part of life. Don't be weird about it."

That's it. Keep it short, confident, and casual.

If they're curious, go a bit deeper:

- "It's not something to joke about."
- "It can be painful or uncomfortable for girls, so respect goes a long way."
- "If you don't understand something, ask respectfully—not in a 'haha' kind of way."

How to Make It Cool (And Not Cringe)

- Talk like a big bro, not a school teacher.
- **Use real-life examples.** "Remember when our classmate stained her skirt? That's exactly why we shouldn't laugh—it's tough enough for her already."

- **Be confident.** If you say it like it's normal, they'll take it that way too.
- Stay calm if they laugh. Just say: "One day you'll get it. And when you do, you'll wish you knew sooner."

What If They Push Back?

Them: "Why should I care?"

You: "Because real guys protect, not embarrass."

Them: "It's not our business."

You: "That's what makes it your business. If you're not helping, you're adding to the problem."

Gentle Kings Raise Gentle Kings

It starts with you.

The more you normalize menstruation talk, the easier it gets for the next guy—and for every girl who's just trying to live her life.

■ Menstrual Hygiene 101: What Every Guy Should Know (Even If He'll Never Need Pads)

You might never bleed, but you still need to know this.

Let's get something straight—menstrual hygiene isn't "girl stuff," it's human stuff. If you care about your sisters, friends, girlfriend, or even your future daughter someday, then you should definitely know the basics.

No weird energy, no confusion—just the facts, made easy.

So, What Is Menstrual Hygiene?

It's all the things a girl or woman does to stay clean, comfortable, and healthy while she's on her menstrual cycle.

And guess what? It's super important.

Poor hygiene = infections, rashes, bad smells, and a whole lot of discomfort.

☐ The Essentials of Good Menstrual Hygiene

Here's what girls typically need to stay fresh and safe:

☐ Clean Menstrual Products

Pads, tampons, reusable cloths, or menstrual cups—whatever works best for them.

A Changing Products Regularly

Pads/tampons should be changed every 4–6 hours (depending on the flow). Not changing them can lead to infections.

☐ Washing Hands & Body

Before and after changing products, it's important to wash hands. A quick bath or freshen-up daily helps too.

Proper Disposal

Used pads shouldn't just be tossed anywhere. Wrap and bin them—never flush them.

Wearing Breathable Underwear

Cotton is usually best. Comfort over fashion when it's that time.

☐ Why Should You Know This?

- So you can help when needed.
 (Imagine your little sister whispers, "I stained myself" and you actually know what to do.)
- So you don't say dumb stuff.
 (Knowledge = confidence. You'll avoid cringey, outdated opinions.)
- So you become a **better partner**, **friend**, **and human**.

Bonus: What You Can Actually Do

- Buy her pads without acting weird
- ☐ Help protect her privacy if she's stained or uncomfortable
- ☐ Stand up for girls when others tease them about menstruation
- ☐ Share what you know with your guys

6 Bottom Line

You don't have to experience menstruation to respect it.

The more you understand it, the more helpful, thoughtful, and solid you become.

And trust us—girls notice.

Debunking Period Myths Guys Still Believe (Time to Let Go, Bros)

Spoiler alert: Most of what you heard about menstruation growing up? Straight-up false.

Let's clear the air and get rid of the awkward (and totally wrong) stuff we picked up from locker room banter, Nollywood movies, or random tweets.

It's time to hit *unlearn* and upgrade your knowledge.

☐ Myth 1: "Menstruation is dirty."

TRUTH: It's literally the body's way of shedding old blood and tissue. It's not "dirty" or "unclean"—it's biology, not bad hygiene.

Women can be *super* clean and fresh during their cycle (especially when using good menstrual hygiene practices).

☐ Myth 2: "Girls are just being dramatic."

TRUTH: Nah, bro. Menstrual cramps can feel like actual **mini punches to the gut.** Some girls can't even walk properly on their heavy days.

Saying "it's not that deep" just makes you look clueless.

☐ Myth 3: "You can tell when a girl is menstruating."

TRUTH: Unless she tells you, you probably won't know. There's no "look" or "smell" or "weird vibe." Girls aren't broadcasting it—and trust, they're not trying to.

☐ Myth 4: "Girls shouldn't cook or go to church during menstruation."

TRUTH: This one's old-school and steeped in taboos. There's *no scientific reason* a girl can't live her normal life during her cycle. Respect culture, sure—but don't confuse tradition with truth.

☐ Myth 5: "Menstrual blood is dangerous or cursed."

TRUTH: No. Just... no. It's not magic, it's not harmful, and it's definitely not a weapon of mass destruction. Chill, bros.

☐ Myth 6: "Only girls should know about menstruation."

TRUTH: Every guy should know. Because one day, you'll have a girlfriend, a wife, a daughter—or maybe you're just trying to be a better friend or ally.

Knowledge = respect. Respect = real power.

☐ Myth 7: "Pads and tampons are embarrassing."

TRUTH: They're just products. Like tissue. Like toothpaste. Helping a girl get them shouldn't make you feel weird—it should make you look like the MVP.

G Final Word: Grow Past the Myths

Being a man means being educated, empathetic, and mature.

Let go of the jokes and the misinformation. You're not in young kid anymore.

Should You Buy Pads for a Girl?

(Short Answer: Yes. Long Answer: Definitely Yes.)

Let's stop playing—this is your moment to step up, not freak out.

If you're wondering whether it's okay—or even *cool*—to buy menstrual products for a girl in your life... this article is for you.

Here's the truth, bro: Real ones don't hesitate.

\mathbf{Q} Why it even matters:

Buying pads might seem like no big deal to you, but to her? It's:

- A sign of support
- A moment of relief
- A total green flag

It shows you're not immature, you're not uncomfortable with natural stuff, and you've got her back like a legend.

But wait—I don't even know what to buy?

Don't stress. Here's the quick guide:

† Common options you might see:

- Pads (most common for girls in Nigeria)
- Tampons (less common here, but still used)
- Pantyliners (for light days)
- Sanitary wipes (for freshening up)

What to look out for:

- "Heavy flow" or "overnight" for the first few days
- "Regular" or "daily" for lighter days
- With wings or no wings wings help pads stay in place

If in doubt? Just text her:

"Hey, which one should I grab for you?"

Easy. Respectful. 100 points.

☐ Still feel awkward?

Let's reframe it:

- Buying condoms = normal.
- Buying pain relief = normal.
- Buying *menstrual products* = also normal.

You're not buying something *gross* or *weird*—you're buying something **essential**. It's not for you, but it says a *lot* about you.

What She Thinks When You Offer to Buy Pads

"He's thoughtful."

"He's not childish."

"I can count on him."

"Wow, he's actually a decent human being."

You just became *Top Tier*. Congrats.

Final Word: Stop overthinking it

Buy the pads. Carry the pads. Be the pad plug.

Be **that guy**—the one who's emotionally mature, not scared of shelves marked "feminine care," and proud to support women.

It's not soft. It's solid. 200

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How Dads Can Have the 'Period Talk' With Their Daughters Without Feeling Awkward

Talking about menstruation can be uncomfortable for some dads, but it doesn't have to be awkward! It's a part of growing up, and having an open, positive conversation can help your daughter feel supported and understood. Here's how dads can approach the topic with confidence and care.

Step 1: Acknowledge the Awkwardness

First things first—it's okay to acknowledge that it might feel awkward. You're both navigating new territory, so be honest about it. You could say something like:

"I know this can be an awkward conversation, but I want to make sure we talk about it openly."

This sets a tone of **comfort and openness** and lets her know it's a safe space.

☐ Step 2: Educate Yourself First

Before diving into the conversation, make sure you have the right information. It's important that you understand what menstruation is and why it happens. This will help you answer any questions and keep the conversation respectful and accurate. You don't need to be an expert, but a basic understanding will go a long way.

You could read up on:

- The physical changes that happen during menstruation
- The emotional and mental effects of the menstrual cycle
- How to handle menstrual products like pads, tampons, and menstrual cups

Being informed will help you keep the conversation factual and grounded.

Step 3: Approach the Conversation Early

Start talking about menstruation before it becomes a **sudden surprise**. It might feel uncomfortable, but if you bring it up **early**, it gives your daughter time to process the information and ask questions.

"As you get older, your body will go through changes, and one of those changes is getting your period."

You don't need to have the full conversation at once—**gradually** introduce the idea over time, so she feels more prepared when the time comes.

F Step 4: Make It About Growth, Not Shame

Make sure your daughter knows that menstruation is a **natural**, **healthy part of growing up**. Emphasize that it's not something to be ashamed of, and it's just one part of the journey into womanhood.

"Getting your period is a sign that your body is growing and developing, and it's something that all women experience."

This helps **normalize** the experience and removes any stigma or shame attached to menstruation.

Step 5: Keep It Positive and Supportive

While you might not have personal experience with menstruation, you can still offer **emotional support**. Let her know that she can come to you if she has questions or needs help with anything related to her cycle.

"If you ever need any help, advice, or just someone to talk to, I'm here."

Encourage an **open line of communication** so she feels comfortable coming to you when she needs it.

☐ Step 6: Talk About Menstrual Products

Discuss the different types of menstrual products available, and help her find what's comfortable for her. You don't have to get into all the details at once, but you can **start the conversation**:

"There are different ways to manage your period, like pads, tampons, or menstrual cups. We can talk about what you might prefer and get what feels best for you."

This removes the **mystery** and **awkwardness** around menstrual products, making it easier for her to transition when the time comes.

© Step 7: Make It a Positive, Ongoing Conversation

The "period talk" doesn't have to happen just once. It's an ongoing conversation that can evolve as your daughter gets older and learns more about her body. Keep checking in with her and making sure she feels supported throughout her menstrual journey.

You could ask:

"How's everything going with your period? Do you have any questions or need anything?"

This shows that you're not only supportive but also willing to keep the conversation going without judgment.

Final Thoughts:

Having the 'period talk' with your daughter may feel a bit uncomfortable at first, but it's an incredibly important conversation that will help her feel **empowered** and **supported** as she grows. By keeping things positive, honest, and open, you can help her understand that menstruation is a **natural part of life**—and it doesn't need to be something awkward or embarrassing.

What to Do When a Girl Has a Menstrual Emergency Around You

Menstrual emergencies happen, and when they do, it's essential to respond with **calmness**, **understanding**, **and support**. Here's how to handle it like a pro:

Step 1: Stay Calm and Reassuring

When you notice a girl in distress due to a menstrual emergency, stay calm. Your calm reaction will help keep her composed and avoid making the situation more stressful.

"Don't worry, we'll get everything sorted."

Reassure her that it's a **normal part of life**, and it's okay to need help.

Step 2: Provide Immediate Support

If she's bleeding through her clothes or feels uncomfortable, offer a discreet solution.

- Have spare pads or tampons ready.
- If you're in a public setting, offer her a chance to go to the restroom privately.

"Let's get you to the bathroom so you can get comfortable."

F Step 3: Respect Her Privacy

Menstrual emergencies can be embarrassing, so be sure to keep the situation **private** and discreet.

Don't make a spectacle of it. Offer support in a way that respects her boundaries, like:

"I'll wait here if you need anything, just let me know."

Step 4: Help with Clean-Up if Necessary

If she needs help cleaning up or accessing menstrual products, offer assistance without hesitation. Having a few **emergency supplies** available is key. You can also help her clean up or walk her to the school nurse or a safe space where she can feel more comfortable.

© Step 5: Follow Up Later

After the emergency is resolved, check in with her later in a non-intrusive way.

"Hey, I just wanted to make sure you're doing okay after everything earlier."

This shows that you care and reinforces the message that it's a normal, no-big-deal situation.

Final Thoughts:

Menstrual emergencies can feel stressful, but with **empathy**, **respect**, and the right support, you can make it a lot easier for a girl to navigate. Staying calm and being prepared will help her feel seen and cared for during a challenging time.

Empathy Over Embarrassment: Changing the Way Boys View Menstruation

Boys can sometimes feel uncomfortable talking about menstruation, but it's crucial for them to learn about it with **empathy** and **understanding**. Here's how we can help shift the way boys view menstruation.

♀ Step 1: Teach Respect, Not Ridicule

Encourage boys to view menstruation as a **natural process**. Instead of making jokes or using terms that feel disrespectful, teach them to show respect and support.

"It's important to understand that menstruation is a normal part of life for girls."

Step 2: Open Conversations

Start by encouraging conversations at home or in school. Boys need to understand that menstruation is **not a taboo** topic. Create a space where they can ask questions without feeling embarrassed.

"If you have any questions about periods, ask! We need to talk about this openly."

Step 3: Help Them See the Bigger Picture

Let boys know that being supportive during menstruation is part of being a **caring** and **mature** person. It's about empathy, not just biology.

"When you understand what girls go through, you'll be more supportive and respectful."

Step 4: Normalize the Conversation

Normalize the conversation by including menstruation in everyday discussions. It's not something to shy away from.

"If your friend is having cramps or needs a break, show some empathy and support."

This helps boys grow up to be men who see menstruation as just another part of life.

Final Thoughts:

By fostering empathy and respect, boys will grow up to be better allies, partners, and friends. Teaching them that menstruation is **normal** and **nothing to be embarrassed about** will help create a world where girls feel more confident and supported.

Menstruation and Masculinity: Why Real Men Respect the Red Dot

Menstruation isn't just a women's issue—it's a human issue, and **real men** should respect and support women through their menstrual journey. Here's why respecting the Red Dot should be part of every man's mindset.

Step 1: Understanding Menstruation as a Natural Process

Menstruation is a **biological process** that happens naturally and is essential to women's health. It's a **powerful thing** that reflects a woman's ability to create life. When men understand this, they'll gain a deeper respect for the process.

"This isn't something to be uncomfortable with; it's a part of life."

Step 2: Show Support, Not Ignorance

Men should show **support** for the women in their lives by offering help during their menstrual cycle. Whether it's by offering emotional support or practical help (like running an errand for pads), showing support is a key part of **respect**.

"I've got you covered—anything you need, let me know."

F Step 3: Respecting Women's Needs Without Judgment

Being a real man means **accepting and respecting** women's needs during their menstrual cycle, whether it's dealing with cramps, fatigue, or mood swings. Don't belittle them or make it seem like it's something small—it's an essential part of their health.

"I see you, and I've got your back."

Step 4: Spread Awareness to Other Men

Men should also take on the responsibility of educating other men. Real masculinity includes encouraging men to be more empathetic, supportive, and knowledgeable about menstruation.

"If we're real men, we need to respect and support the women around us."

Menstruation isn't a 'women's problem'; it's a **shared responsibility**. Real men understand, support, and respect the Red Dot. Let's challenge traditional views of masculinity by showing empathy and respect for what women go through.

☐ Menstrual Health 101: A Simple Guide for Boys

How to Understand Menstruation and Be a Supportive Ally

Hey guys, let's talk.

You may not menstruate — but someone close to you does. Your sister. Classmate. Friend. Future partner.

And while menstruation is completely natural, it's often surrounded by silence, shame, and misunderstanding. This guide is here to change that. No awkwardness. Just real talk and respect.

☐ So, what *is* menstruation?

Menstruation is when blood flows from a girl's or woman's body every month as part of the natural reproductive cycle.

Each month, the female body prepares for pregnancy. If pregnancy doesn't happen, the body releases the unused lining of the womb — that's the blood flow.

👉 🕮 It's normal. It's healthy. It's not "dirty" or "gross."

☐ Quick Facts to Know:

- Menstruation usually starts between ages 9–16.
- It happens about every 28–35 days and can last 2–7 days.
- Some girls experience pain, cramps, mood swings, or tiredness.
- Every girl experiences menstruation differently and that's okay.
- Menstruation is not something to laugh at or shame.

○ What NOT to Do:

• Don't tease anyone for having a menstrual stain.

- Don't act disgusted or make jokes.
- Don't say things like "are you on your period?" it's inappropriate and insensitive.
- Don't spread myths like "girls are dirty when they menstruate" they're not.

✓ What TO Do Instead:

- Be respectful and kind.
- Offer help if someone feels unwell even if you don't fully understand what they're going through.
- Treat menstruation like any other part of health nothing to mock.
- Correct others when they joke or say something disrespectful.

Why It Matters:

- When boys understand menstruation, schools become **safer and more inclusive** for girls.
- You become a better friend, brother, classmate, and future partner.
- You help break harmful stigmas and show true leadership.
- Girls who menstruate can focus better on their studies and feel confident when the people around them are supportive.

☐ Quick Checklist: Are You Menstruation-Friendly?

- I speak respectfully about menstruation.
- I don't tease or gossip if a classmate has a stain.
- I support clean, safe toilets for everyone.
- I treat menstruation as a normal part of life.
- I speak up when I hear someone spreading myths or shaming others.

If you checked 3 or more — you're already making a difference. (5)

☐ Final Thoughts:

Menstrual health is not "just for girls." It's about **dignity, empathy, and equality** — values we all share.

When you understand menstruation, you become a stronger ally and a more respectful young man. And that's the kind of energy the world needs.

☐ How to Be a Menstruation Ally: Do's and Don'ts Cheat Sheet (For Boys & Men)

DOs	X DON'Ts
Speak about menstruation with respect and maturity.	Don't make jokes, tease, or act like menstruation is disgusting.
Offer support if someone looks uncomfortable or unwell.	Don't ignore someone in distress or tell them to "toughen up."
Be discreet and kind if someone has a stain or needs help.	Don't point out menstrual stains loudly or make fun of them.
Encourage clean and safe toilets in schools and public places.	Don't vandalize or mess up school toilets, especially those girls use.
Learn basic facts about menstruation — it's normal biology.	Don't believe or spread myths like "menstruation makes girls dirty."
Speak up when others shame or bully someone over menstruation.	Don't stay silent when others are being mean or ignorant.
Include menstruation education in boys' groups and conversations.	Don't act like "it's not our business" — it is.
Buy or carry pads if you're helping a sister, friend, or partner.	Don't act embarrassed about sanitary pads or menstrual products.
Treat menstruating girls with extra patience and empathy.	Don't say things like "are you moody because you're menstruating?"
Be proud to be a respectful, informed, and kind ally.	Don't think caring makes you weak — it makes you wise.

Sample Coach's Guide: Supporting Athletes During Their Menstrual Cycle

Building a Stronger, Safer, and More Informed Team

Menstruation is a natural part of many athletes' lives. As a coach, understanding how it affects your players — physically, mentally, and emotionally — can make a huge difference in their confidence, performance, and overall well-being.

This guide helps you create a period-friendly training environment where your athletes feel supported, not sidelined.

☐ 1. Understand the Basics

- The menstrual cycle typically lasts 21–35 days.
- Common symptoms include:
 - ➤ Fatigue
 - ➤ Muscle cramps
 - ➤ Headaches
 - ➤ Mood changes
 - ➤ Bloating
- Every athlete experiences their cycle differently. There is no "one-size-fits-all" response.

② 2. Create a Safe, Shame-Free Environment

✓ DO	X DON'T
Use correct terms like <i>menstruation</i> or <i>menstrual cycle</i> .	Avoid slang or using the topic as a joke.
Normalize open conversations without forcing disclosure.	Don't make athletes feel awkward if they mention their cycle.



X DON'T

Offer privacy, empathy, and discretion when needed.

Don't shame athletes for needing a break or adjustment.

3. Adjust Training When Needed

- Allow for flexibility during intense days modify drills or reduce training load.
- Offer rest days or lighter sessions during menstruation when necessary.
- Encourage **hydration**, **stretching**, **and warm-ups** to reduce cramps and injury risk.
- Be mindful of **performance dips** they don't mean laziness or lack of dedication.

☐ 4. Be Prepared & Proactive

- Keep sanitary pads and pain relief items in the locker room or first aid kit.
- Make sure toilets are clean, accessible, and have disposal bins.
- Encourage athletes to track their cycle to better understand how it affects them.
- Support **confidentiality** never single someone out.

S 5. Involve the Whole Team

- Educate male coaches and teammates to reduce stigma and promote team solidarity.
- Create a team culture where menstruation is acknowledged and respected, not mocked or silenced.
- Include menstrual health education in wellness briefings or team check-ins.

9 6. What Athletes Need from You

- Support, not pity
- Options, not pressure
- Respect, not assumptions

• Understanding, not judgment

☐ Final Thoughts

Your support can help athletes feel seen, safe, and strong — even on tough cycle days. When menstruation is no longer a taboo in sports, **everyone wins.**

You're not just building champions. You're building confidence.

☐ 10 Things Boys Can Do to Fight Menstruation Shame in Their Communities Be the Change. Break the Stigma.

Menstruation is a normal part of life — but in many places, it's surrounded by shame, silence, and misinformation. Boys have a powerful role to play in changing that. Here are 10 simple but impactful ways to fight menstruation shame and become a true dignity ally.

✓ 1. Use the Right Words

Say "menstruation" or "menstrual cycle" with respect. Avoid slang, teasing, or awkward jokes. Normalize it in everyday conversation.

2. Learn the Facts

Understand what menstruation really is — not myths or locker-room gossip. Being informed helps you speak up and support others confidently.

3. Stop the Jokes

Never laugh at someone for menstruating or having a stain. Shut down teasing and jokes when you hear them — online or in person.

✓ 4. Speak Up for Respect

If someone is being teased, stand up for them. Say, "That's not okay," or quietly check if they're alright. Silence can make you part of the problem.

5. Support Clean & Safe Toilets

Keep school and public toilets clean and safe for everyone. Don't vandalize restrooms or mock menstrual hygiene bins.

✓ 6. Join or Support Pad Drives

Contribute to or help organize pad donation campaigns. Everyone deserves access to menstrual products — period.

7. Offer Help with Discretion

If you see someone struggling (e.g., needing a pad or hiding a stain), offer help quietly and kindly — like lending a sweater or alerting a teacher.

8. Include Everyone in the Conversation

Encourage your male friends and classmates to talk respectfully about menstruation too. Lead by example.

9. Respect Privacy

Don't ask invasive questions or pressure anyone to talk about their menstruation. Create a judgment-free space instead.

✓ 10. Be the Guy Girls Trust

Be the boy others feel safe around — someone who listens, doesn't shame, and always uplifts. That's real strength.

For Schools and Educators

How Teachers & Coaches Can Support Girls During Their Menstrual Cycle

Supporting girls during their menstrual cycle is essential for teachers and coaches, as it helps them maintain confidence and focus. Girls often face challenges during this time, and with the

right support, they can feel empowered. Here's how teachers and coaches can make a difference:

Step 1: Create a Safe & Comfortable Environment

Make sure your classroom or sports area is a **safe and supportive** place. Create a culture where menstruation isn't something to be embarrassed about. A simple acknowledgment that you understand it's a part of life can make girls feel more comfortable.

"If anyone needs a moment or has questions, don't hesitate to ask."

Having a **private space** where girls can take a break if needed can also go a long way.

Step 2: Be Compassionate, Not Invasive

If a girl seems uncomfortable or needs to step out for a moment, don't make her feel bad about it. Simply offer **understanding** without drawing attention to it. A quiet, compassionate gesture like:

"Feel free to take a break, we're here if you need anything." Can help ease the stress.

Avoid calling attention to the situation or pressuring her to continue if she's struggling. It's about respecting her needs and letting her feel **safe**.

Step 3: Keep Menstrual Products Available

One simple way to support girls is by keeping **menstrual products** available in your classroom or training area. Having pads, tampons, or other products on hand means they don't need to worry if they're caught off guard. It's a small gesture that can make a huge difference in how supported they feel.

Step 4: Encourage Open Communication

Let girls know it's okay to approach you with any concerns. Creating a space where they can **privately** talk about menstrual pain, products, or worries makes a world of difference.

"If you're ever in need of something or have questions, I'm happy to help out."

This shows that you're empathetic and willing to listen without judgment.

© Step 5: Support in Physical Activities

If a girl is participating in sports or physical education, be aware that **cramps** or **bloating** can affect her performance. Be understanding if she needs to take it easy during certain activities. Offer alternatives or modifications that allow her to still participate without feeling pressured.

♀ Final Thoughts:

Teachers and coaches have a huge opportunity to make a lasting impact on how girls view menstruation. By offering **understanding**, **support**, and creating a culture of open dialogue, you can help them navigate their menstrual cycle with confidence and ease.

☐ Understanding Menstrual Products: A Simple Guide for Boys and Men

What They Are, How They Work, and Why They Matter

Menstruation is a natural biological process — and just like you'd wear socks with shoes, people who menstruate need **products** to stay clean, comfortable, and protected during their menstrual cycle.

If you're a boy or man who wants to support the girls and women in your life, **knowing the** basics of menstrual products is a great place to start.

1. Sanitary Pads (Most Common)

Q What Are They?

- Soft absorbent sheets that stick to the inside of underwear.
- Designed to **absorb menstrual flow** from outside the body.
- Come in various sizes and thicknesses (day, night, light, heavy, with wings, etc.).

What You Should Know:

- Pads are **easy to use** and disposable.
- Some people prefer reusable cloth pads (washable).
- Common in schools, homes, and emergency kits.
- Need to be **changed every 4–6 hours** to prevent leaks and maintain hygiene.

2. Tampons

Q What Are They?

- Small cylindrical products made of cotton that are inserted inside the vagina to absorb flow.
- Expand inside the body and are removed using a string.

What You Should Know:

• Require more **confidence and comfort** to use.

- Not as common in some cultures due to myths and misconceptions.
- Must be **changed every 4–8 hours** to avoid infections like TSS (Toxic Shock Syndrome).
- Some come with applicators to make insertion easier.

3. Menstrual Cups

What Are They?

- Flexible, reusable silicone or rubber cups inserted into the vagina to collect, not absorb, menstrual flow.
- Emptied, washed, and reused lasts up to 10 years if well maintained.

What You Should Know:

- Eco-friendly and cost-effective in the long run.
- Can be worn for **8–12 hours** depending on flow.
- Requires some learning to insert/remove properly.
- Not commonly used by beginners or young teens, but many adults love them.

☐ Why This Matters for You

® Benefit	How You Can Help
Shows you're informed and mature	Don't mock or act awkward about these products
Helps you support sisters, friends, or a partner	Offer to buy or carry menstrual products if needed
Fights stigma and embarrassment	Talk about them without shame or judgment

Bonus: Disposal Tips You Should Know

- Pads and tampons go in the bin, not the toilet.
- Wrap used products in paper before discarding.

• **Menstrual cups** are reusable — just rinse and reinsert.

✓ Final Note:

You don't need to use them to understand them.

You don't need to menstruate to respect those who do.

Being educated about menstrual products helps create a **world where no one feels shame** for something natural.

Promoting Menstrual Health and Dignity in Schools: What Educators Need to Know and Do

Menstrual health is not just a "girls' issue"—it is a **human rights, health, and education issue** that affects the entire school community. For many girls, menstruation becomes a barrier to learning, confidence, and participation due to stigma, lack of support, and inadequate facilities. Schools and educators have a unique opportunity—and responsibility—to change this narrative.

1. Normalize the Conversation

Educators should foster open, age-appropriate conversations around menstruation. Include menstrual health topics in the school's health or life skills curriculum, and create safe spaces for students to ask questions without fear or shame. It's essential that **both boys and girls** are part of these conversations.

Tip: Host health talks or menstrual hygiene sessions with trusted professionals, and ensure educational materials are available in your school library or resource room.

2. Train and Empower Teachers

All teachers—especially female teachers—should receive training on menstrual health, period products, and how to support students who might be experiencing discomfort or embarrassment during their periods.

But equally important is **male teacher involvement**. When male educators are informed and empathetic, they model respect and understanding, which helps break taboos and normalize menstruation within the school culture.

3. Provide Access to Menstrual Products

Where possible, ensure girls have access to free or affordable sanitary products in school. Keep an emergency supply with a trusted staff member (like the school nurse or counselor), and explore partnerships with NGOs or health organizations that can support with donations.

4. Ensure Clean, Private Facilities

Menstrual dignity includes the **right to clean, safe, and private toilets and washing facilities**. Schools should prioritize well-maintained restrooms, proper waste disposal options, and access to clean water. If these are lacking, involve parents, PTAs, and local stakeholders in fundraising or advocacy efforts.

5. Create a Period-Friendly School Culture

Encourage an environment where no student is teased, shamed, or excluded because of menstruation. Teachers should challenge stigma, correct misinformation, and discourage bullying—especially from male students.

How Male Students Can Help:

- Participate in menstrual health awareness programs.
- Show empathy and avoid jokes or teasing.
- Support friends or classmates who might be feeling unwell or uncomfortable during their period.
- Advocate for better facilities and policies in student councils or school clubs.

How Male Teachers Can Help:

- Publicly support menstrual dignity initiatives.
- Speak respectfully and knowledgeably about the topic when relevant.
- Mentor boys on empathy, respect, and responsibility.
- Assist in ensuring facilities are up to standard and accessible.

6. Collaborate with Parents and Communities

Work with parents, health educators, and local leaders to reinforce positive messages at home and in the community. Host community events or parent forums to deepen understanding and break cultural taboos around menstruation.

In Summary: Promoting menstrual health and dignity in schools is not just about products—it's about **respect, empathy, education, and access**. When schools create an environment where girls feel safe, supported, and empowered during their periods, we take a bold step toward **gender equality, better health, and improved educational outcomes**.

Together—male and female, teachers and students—we can create period-positive spaces where every girl can thrive, every day of the month.

Is Your School Menstruation -Friendly? A Practical Checklist for Schools & Educators

Use this guide to assess how well your school supports menstrual health and dignity — and identify areas to improve. Every "yes" is a step toward a more inclusive, empowering environment for girls.

□ 1. Education & Awareness

- 1. Menstrual health is included in the school's curriculum or life skills education.
- 2. Boys and girls are both educated about menstruation and its importance.
- 3. Teachers have received basic training on menstrual health and how to support students.
- 4. There are open, shame-free conversations around periods in the classroom or school clubs.

□ 2. Facilities & Hygiene

- The school has clean, private toilets for girls with functional locks.
- Toilets have water access and soap for handwashing.
- There are covered bins for safe and hygienic disposal of used menstrual products.
- There is a regular cleaning schedule to maintain hygiene in toilets.

☐ 3. Access to Menstrual Products

- Emergency pads or menstrual products are available at school.
- Girls know where and who to go to if they need menstrual products.
- There's a designated staff member responsible for managing the emergency supplies.
- The school partners with local NGOs, health workers, or parents to support product availability.

4. Staff Involvement & Support

- Female staff are available to support students during their periods.
- Male teachers are informed and show empathy around menstrual health.
- Teachers respond appropriately to period-related emergencies or discomfort.
- Staff do not shame, dismiss, or ignore period-related issues.

5. Student Empowerment & Culture

- Girls feel safe, supported, and not embarrassed about being on their period at school.
- Boys are respectful and do not tease or shame girls during their periods.
- Students are encouraged to report any bullying or period-related harassment.
- There are student-led clubs or initiatives where menstrual health can be discussed.

6. Policy & Long-Term Action

- The school has a menstrual health policy or guideline.
- There is a budget or plan to restock sanitary products regularly.
- Parents and community members are involved in menstrual health awareness.
- The school has long-term goals for improving menstrual health support.

Scoring Yourself:

- **20–24 "Yes" answers** You're doing an amazing job! Your school is a strong model for menstrual dignity.
- 14–19 "Yes" answers Great progress, but there's still room to grow.
- **7–13 "Yes" answers** You're on the right path. Prioritize key improvements.
- **0–6 "Yes" answers** It's time to take action. Start with small changes and build momentum!

☐ Menstrual Health and Dignity Policy for Secondary Schools

1. Policy Purpose

This policy aims to promote menstrual health, uphold menstrual dignity, and create a supportive, stigma-free school environment where all students—especially girls—can learn and thrive, regardless of their menstrual cycle.

2. Policy Objectives

- Normalize menstruation through education and open dialogue.
- Ensure access to menstrual hygiene products and proper facilities.
- Empower girls to manage their periods safely and confidently.
- Encourage involvement of all staff and students, including boys, in promoting menstrual dignity.
- Prevent bullying, stigma, or discrimination related to menstruation.

3. Key Guidelines & Commitments

A. Menstrual Education

 Menstrual health education will be integrated into the school's health, science, or life skills curriculum.

- Sessions will be inclusive of all students (boys and girls) to reduce stigma and promote empathy.
- Special training/workshops will be organized for teachers and support staff to understand how to assist students who menstruate.

B. Access to Menstrual Products

- Emergency menstrual products (pads, reusable cloths, etc.) will be made available for students in a discreet, respectful manner.
- Designated staff (e.g., the school nurse, counselor, or matron) will manage the menstrual product supply.
- Efforts will be made to partner with NGOs, parents, and community leaders to maintain a steady supply of products.

C. Sanitary Facilities

- Toilets for girls must be private, lockable, clean, and equipped with:
 - Soap and water for handwashing
 - Covered bins for sanitary disposal
 - Functional lighting and ventilation
- Toilets will be cleaned regularly and inspected for maintenance.

D. Staff Responsibility

- All staff must treat menstruation-related concerns with confidentiality, sensitivity, and urgency.
- Male teachers will be encouraged to participate in menstrual health training and support the initiative without stigma.
- Teachers will allow reasonable breaks or support for students experiencing period pain or emergencies.

E. Student Participation

- Girls will be encouraged to form or join menstrual health clubs or peer support groups.
- Boys will be sensitized to respect and support their female peers, helping eliminate shame or bullying related to menstruation.

F. Stigma Prevention

- No student should be mocked, punished, or embarrassed for period-related issues.
- Reports of teasing, bullying, or shaming will be treated as serious disciplinary matters.

4. Implementation & Monitoring

- A menstrual health focal person (teacher or health staff) will oversee implementation of this policy.
- The school will conduct a termly review to evaluate:
 - Product availability
 - Cleanliness of facilities
 - o Student feedback on support and dignity
- Schools will keep anonymous records to assess the impact and improve services without invading student privacy.

5. Community Involvement

- Parents will be informed and encouraged to support menstrual health initiatives.
- Community health workers or professionals may be invited to hold sessions for both parents and students.
- School leadership will engage local stakeholders for long-term support and sustainability.

6. Policy Review

This policy shall be reviewed annually to reflect new insights, feedback, and evolving best practices in menstrual health.

Conclusion

Menstrual health and dignity are fundamental to student well-being, academic performance, and gender equality. By adopting this policy, our school commits to building a safer, more supportive environment where **no student is left behind because of their period**.