



# Menstrual Hygiene Guide

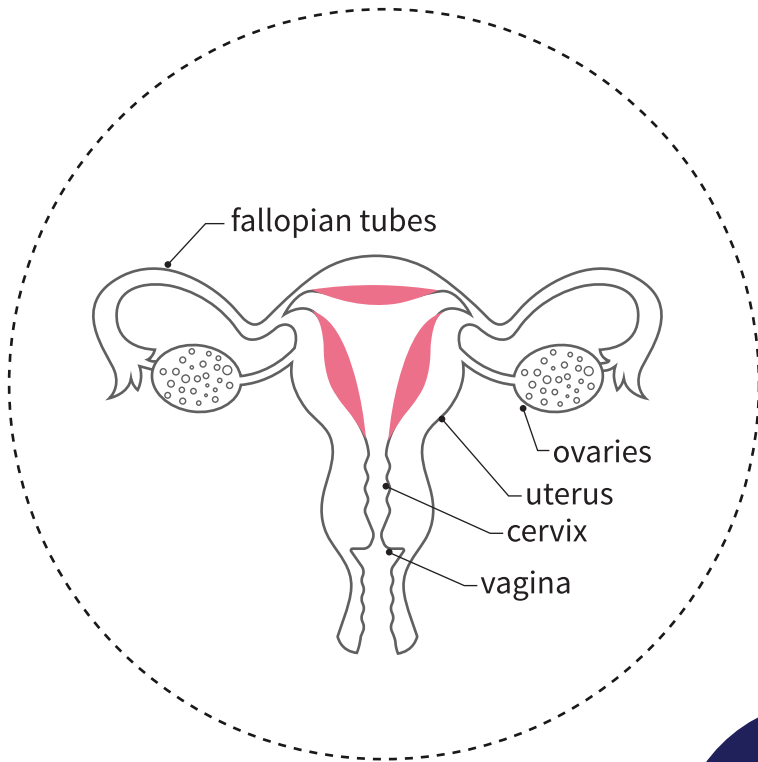
Education on menstruation  
makes a difference

**#ChangeThePeriod**

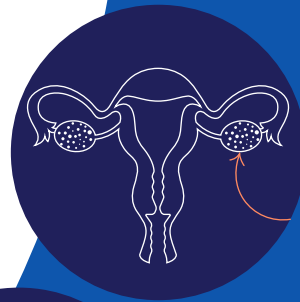
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# It's time for some basic biology

## Menstruation and its phases

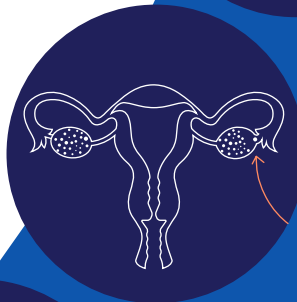


1



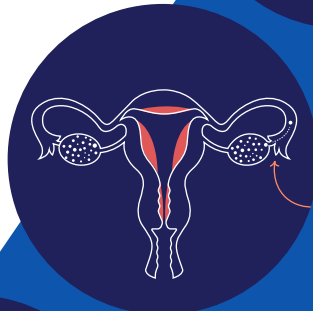
Ovaries prepare for an egg to be released

2



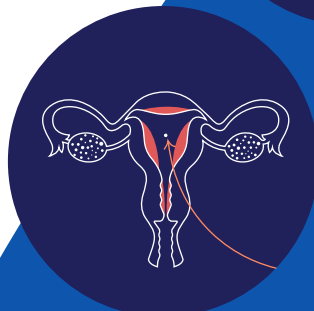
Egg is released from the ovaries

3



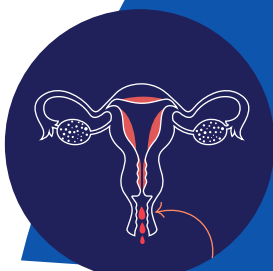
Egg travels through the fallopian tubes

4



Uterus lining grows; egg awaits fertilization

5



If not fertilized, uterus lining breaks down and your period begins

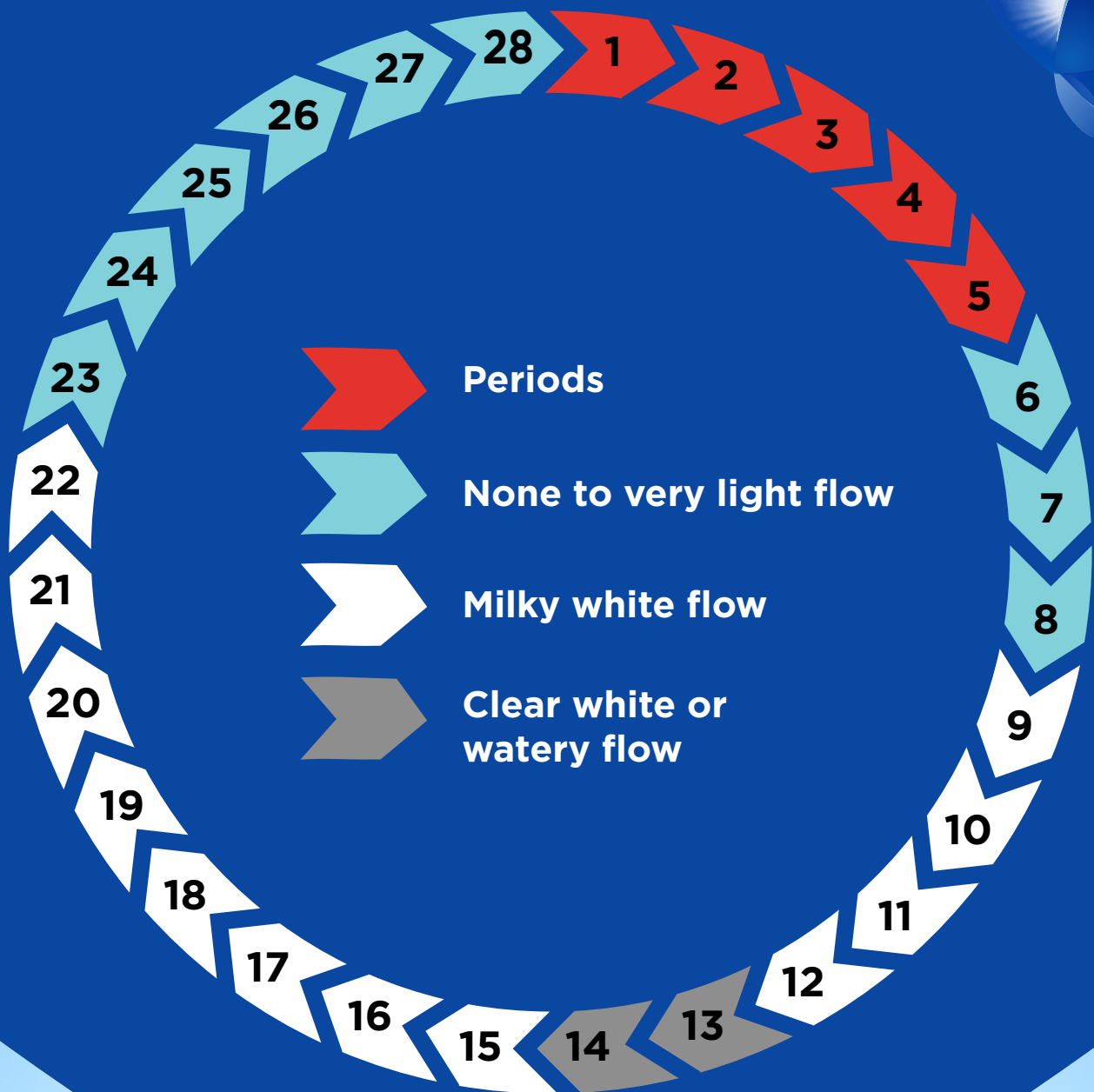
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Source: Paheli ki Saheli, Communication tool developed by UNICEF India, in partnership with Government of India

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# The menstrual cycle

The menstrual cycle is the monthly series of changes in a woman's body

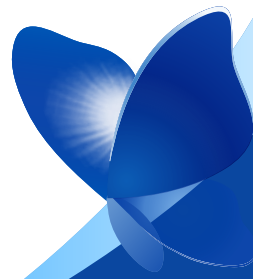


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# Some Myths & Misconceptions



## Menstrual cycles are 28 days

That's only an average. Days in the menstrual cycle vary from woman to woman. Your body will tell you what your cycle is, not other people.



## Menstrual blood is different from regular blood

Menstrual blood is regular blood. This myth probably gained traction because menstrual blood flows from the vagina. And because vaginas are a normal part of the female body, there's nothing unusual or wrong with menstrual blood. And did you know it has no odor? Now that's a fact!



**Lack of communication leads to lack of knowledge. These are only some of the myths around menstruation. Do you know more?**

**Let's talk about it**

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Source: Basis UNICEF India information

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# Hygiene

Periods are an integral part of a woman's life, and so are sanitary pads! While on a period, a woman experiences discomfort, irritation & menstrual pain. Sanitary pads are the safest, comfortable & an effective medium to address the hygiene issues; a solution that will not stop them from going out & living their life.

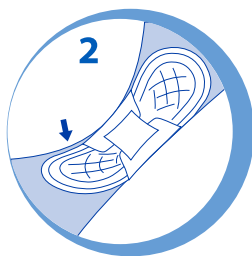
## Choose the product that works best for you



## How to use? It's easy



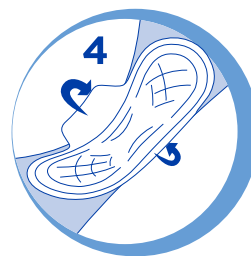
1  
Remove release paper from back of pad



2  
Stick pad firmly onto the panty



3  
Remove release paper from wings



4  
Wrap them around both sides of panty and press firmly



Wrap used napkin in paper and throw into dustbin

Do not flush

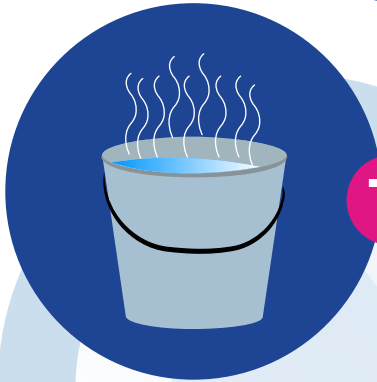
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# Periods are manageable!

Here are some basic hygiene and personal care measures every girl should follow during menstruation.

1



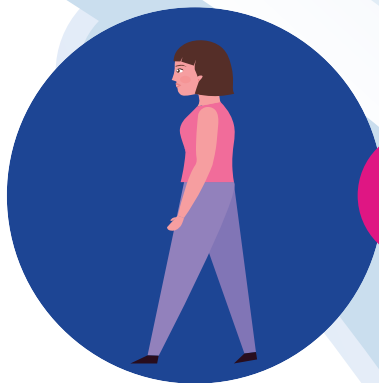
Take a warm bath

Use a hot water bottle if required

2



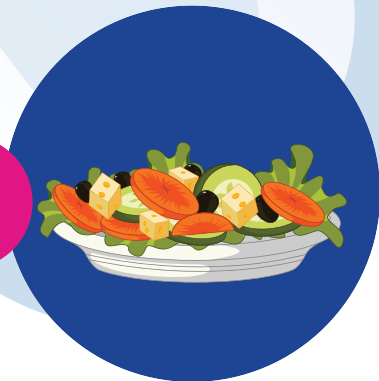
3



Move around and do light exercises

Eat iron-rich, whole foods

4



Join us in making a **CHANGE** by educating girls on menstruation and enabling their dreams of progress.

**#ChangeThePeriod**

Source: Paheli ki Saheli, Communication tool developed by UNICEF India, in partnership with Government of India; as per common home remedies and practices

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