

MENSTRUATION

What is menstruation?

The process of discharging blood and other material from the lining of the uterus occurs in women and girls over a 28 day cycle. This prepares a females body for reproduction and begins during *puberty* which is usually around 12-13 years of age and ends during *menopause* which is usually around 45-55 years of age.

Why is talking about puberty important?

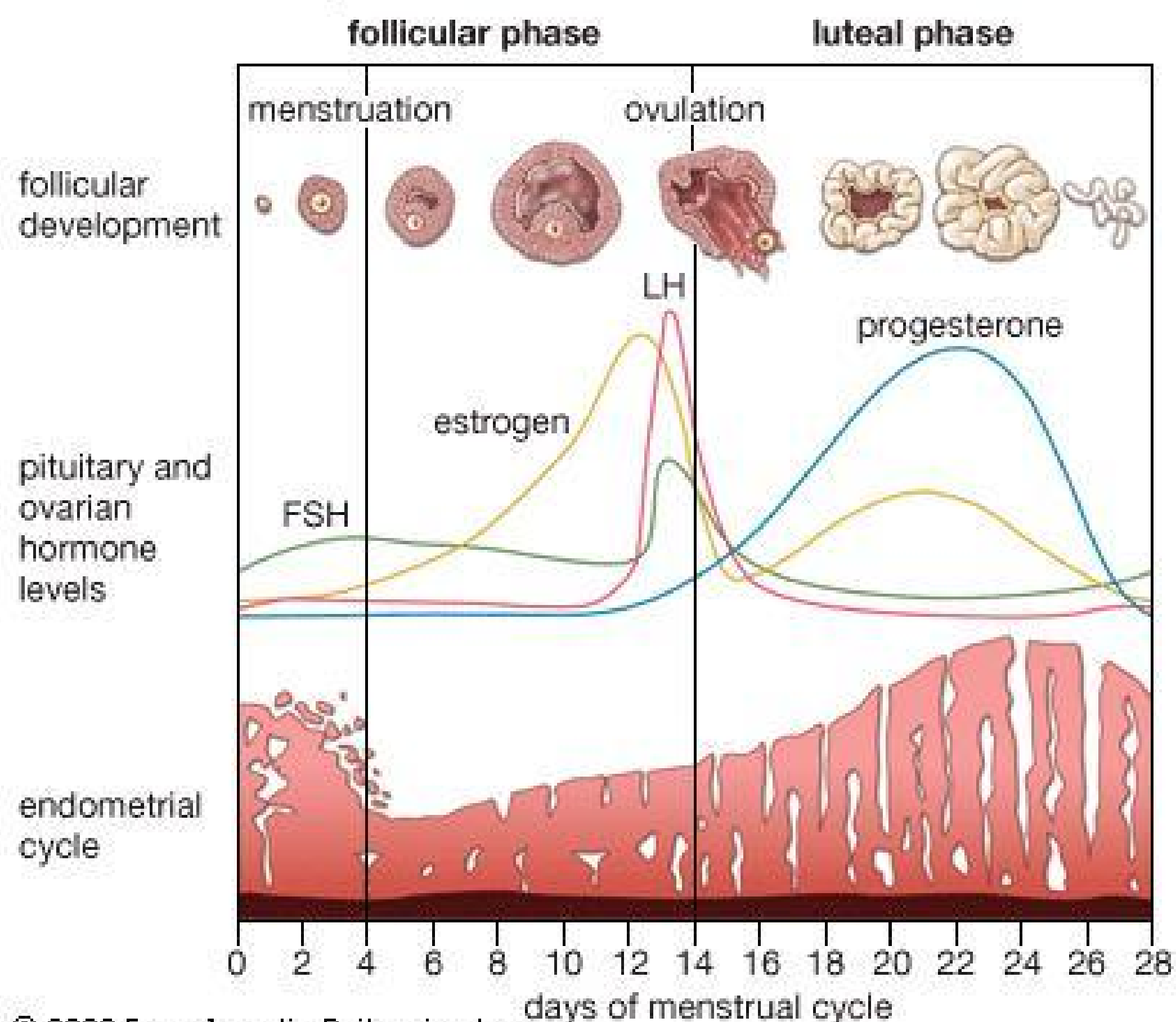
1 in 10 African girls skip school when they are on their period

Talking about menstruation will help girls understand and be prepared for the changes that will occur in your body. It is important to understand that menstruation is a normal part of development. Students should support each other not laugh at each other because there should be nothing shameful or taboo about menstruation.

All these myths about menstruation are false

- Having your period means that you are dirty -If you touch a plant during your period it will dry out
- Girls need there own toilets when they are on their periods
- It is shameful to have your period

The menstrual cycle



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