



GIRLS HEALTH PERIOD

IMPORTANCE OF MENSTRUAL HEALTH EDUCATION IN GIRLHOOD EXHIBIT

- **Menstrual blood is dirty or unclean**

- **Fact:** Menstrual blood is a normal bodily fluid and is not dirty or impure. It is a natural part of the menstrual cycle and is made up of blood, vaginal fluid, and cells and fluid shed from the uterine endometrial lining (i.e. blood, tissue, and mucus). The perception that menstruation is dirty or something to be ashamed of can lead to cultural and self-isolation.

- **Tampons break your hymen**

- **Fact:** Your hymen is a tissue membrane that covers part of your vaginal opening. It's flexible and stretchy, but over time, it loses its elasticity due to everyday movement. Your hymen doesn't actually break, it stretches.
- **Fact:** The hymen can naturally stretch or tear from various activities, including physical exercise or using tampons. Tampons do not necessarily cause the hymen to break.

- **Tampons are for girls who are not virgins**

- **Fact:** Tampons work the same and are just as efficient for all vaginas, regardless of whether or not they have had sex before, how many times they've had sex, for how long, etc.

- **Menstruating individuals are not fit for physical activities**

- **Fact:** Menstruation does not hinder a person's ability to engage in physical activities or sports. Staying active during menstruation is beneficial for overall health and well-being.

- **Only women have menstrual cycles**

- **Fact:** Not every woman gets her period and not every female who gets a period considers themselves a woman. Transgender men and nonbinary people may get their periods, just as transgender women and nonbinary people might not have periods. Menstruation isn't always just a "woman's" issue. It's a human issue.

- **PMS isn't real**

- **Fact:** PMS is a real condition that affects some individuals before their period. It can cause physical and emotional symptoms like mood swings, bloating, and fatigue.

- **Every person's menstrual cycle is 28 days**

- **Fact:** The length of the menstrual cycle varies from person to person, but the average is to have periods every 28 days. Regular cycles that are longer or shorter than this, from 23 to 35 days, are normal.

- **Menstrual cycles last 5 days**

- **Fact:** While most menstrual periods last from three to five days, they can be as short as two days and last for as long as seven days without being cause for concern about menstrual irregularity

- **During your menstrual cycle, a lot of blood is lost.**

- **Fact:** On average, a woman only loses about 60 milliliters, or 2.7 ounces, of blood during each period.



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DEBUNKING MYTHS AND PERIOD EDUCATION

By prioritizing menstrual health and hygiene, we can create a supportive environment that recognizes the importance of well-being during menstruation. This, in turn, fosters overall physical and emotional health, enhances self-confidence, and promotes social inclusion and empowerment for all menstruating individuals. By prioritizing menstrual health awareness and education, we can promote inclusivity, empower individuals, and contribute to a society where menstruation is embraced without shame or stigma.

Physical comfort:

Proper menstrual hygiene practices, such as using clean and appropriate menstrual products and changing them regularly, contribute to physical comfort during menstruation. This helps reduce discomfort, irritation, and the risk of infections, ultimately improving overall well-being.

Emotional well-being:

Menstruation can affect emotions due to hormonal changes. By understanding and tracking their menstrual cycles, individuals can anticipate and manage mood fluctuations better. This knowledge empowers individuals to prioritize self-care, seek support when needed, and enhance their emotional well-being during menstruation.

Self-confidence and body image:

Menstrual health and hygiene practices influence self-confidence and body image. Access to reliable menstrual products and education about proper hygiene help individuals feel more secure and comfortable in their bodies during menstruation. This, in turn, can positively impact self-esteem and body image, contributing to overall well-being.

Mental health:

Menstrual health can have an impact on mental health. Conditions like premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD) can cause emotional and psychological symptoms. Awareness of these conditions and their management strategies can help individuals seek appropriate support and care, promoting better mental health and overall well-being.

Social inclusion and empowerment:

Menstrual health and hygiene directly impact social inclusion and empowerment. When individuals have access to clean menstrual products, proper sanitation facilities, and menstrual health education, they can actively participate in daily activities, including work, education, and social interactions. This promotes their overall sense of empowerment, dignity, and well-being.