

- Hips start to get much rounder and/or wider
- Increased size of uterus, vagina, labia, clitoris
- Appearance of pubic hair
- Girls start menstruating or have monthly periods
- Changes in skin texture
- Chest broadens

Fact sheet – menstruation

Menstruation happens to each and every girl during puberty, usually between 10 and 18years. In some cases, it may start earlier than 10years
Menstruation is a normal or natural process by which girls bleed through the vaginal canal
Another term for menstruation is monthly period
The first menstruation is called menarche
The uterus is a body part which is shed during menstruation as menstrual blood
Every month the uterus grows a wall to prepare for menstruation
A girl bleeds every month after she begins her menstruation in the absence of pregnancy or illness
Menstruation usually occurs every 28 days. However, for some girls it can come earlier than 28days and for others later than 28days. The menstrual cycle sometimes irregular for the first and second year after menstruation starts.
Menstruating girls bleed between 2 to 7days with some lighter and heavy flows

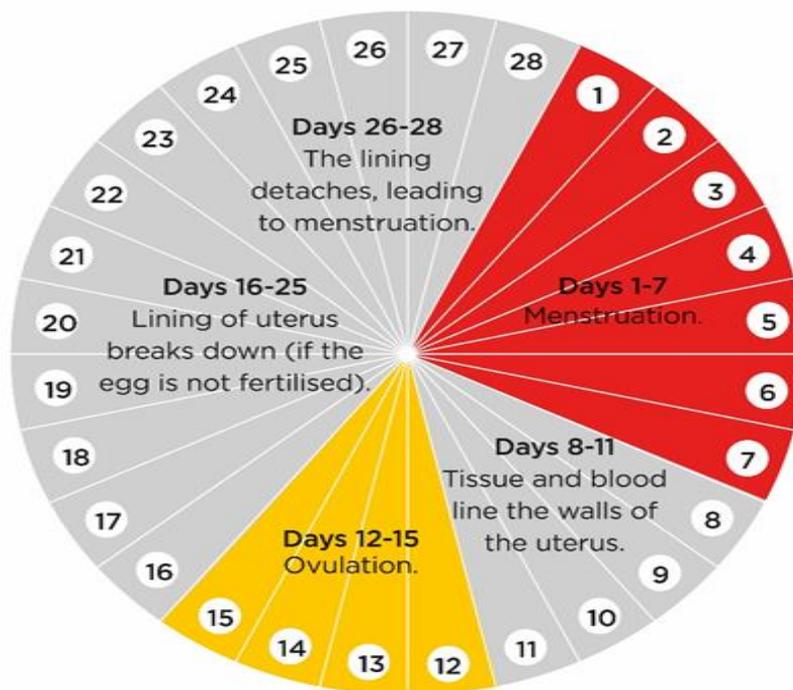
What does a girl experience during menstruation?

Some girls experience the following:

- Heavy or light blood flow
- Pain in the lower part of the stomach and/or lower back
- Emotional changes

The menstrual cycle

Days	Process
1-7	menstruation
8-11	tissue and blood line the walls of the uterus
12-15	ovulation
16-25	lining of uterus dissolves (if the egg is not fertilised)
26-28	the lining detaches, leading to menstruation
*Approx. every 28 days but may be 21-35	
*May be irregular, especially in first 1-2 year	



(Education, 2016)

FACT SHEET – MYTHS AND MISCONCEPTIONS

Myths & Misconceptions	Facts
Menstruating girls are unclean	Menstruation is a natural and healthy process
Disposal of used sanitary material in public places may lead to ritual activities that make girls bleed all of the time	A girl cannot menstruate continuously for life, unless she has a serious illness or infection. Girls can only menstruate for 2-7 days a month. It is still important to dispose used materials safely to keep a clean and healthy environment
Disposal of used sanitary materials by burning or burying leads to infertility	Infertility has nothing to do with burning because menstruation is a sign of fertility. Burning used sanitary materials is the safest way to dispose them
Menstruating girls should not eat certain foods such as yogurt or vegetables, or drink cold water, etc	Menstruating girls need to eat iron-containing foods such as vegetables, fruits, yogurt, etc. to replace iron lost due to bleeding. Girls should continue to drink water to replace the lost fluids and not be thirsty
Menstruating girls should not cook	Girls can cook food while on their menses. Practicing good hygiene when handling food is important.
Starting menstruation means you are ready to marry	Menstruation is an important stage in a girl's growth. It does NOT mean a girl is ready for marriage. It's a process of growing up but it doesn't mean that girls are ready for marriage or getting pregnant
Taking a bath during menstruation causes infection or infertility	Taking bath when having a period is necessary. It actually prevents a girl from