

## **Lesson Plan: Menstrual Health Education for Young Girls**

### **Objective:**

To educate young girls about menstruation, promote menstrual hygiene, and empower them with knowledge and confidence during their periods.

### **Target Audience:**

Girls aged 9-14, first-time menstruators, or those who may start soon.

### **Duration:**

1 hour

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### **1. Introduction (10 minutes)**

- **Icebreaker Activity:**
  - Start with a simple activity where each girl shares something they've heard about periods (if comfortable). This helps gauge their current knowledge and dispel myths early on.
- **Objective Overview:**
  - Explain what will be covered in the lesson: understanding menstruation, managing periods, and self-care.

### **2. Understanding Menstruation (15 minutes)**

- **What is Menstruation?**
  - Explain the menstrual cycle in simple terms: The body's natural process where the lining of the uterus sheds if there is no pregnancy.
- **Why It Happens:**
  - Discuss the role of hormones and how menstruation is a sign of a healthy reproductive system.
- **Cycle Length:**
  - Mention that cycles vary for everyone, typically lasting 21-35 days, with the period itself lasting 3-7 days.

### **3. Menstrual Hygiene (15 minutes)**

- **Products Overview:**
  - Show different menstrual products: pads, tampons, menstrual cups, and reusable cloth pads. Explain how each works.
- **Proper Use:**

- Demonstrate (using models or diagrams) how to use each product properly.
- **Hygiene Tips:**
  - Emphasize the importance of regular changing (every 4-6 hours for pads/tampons), washing hands before and after, and choosing the right product for comfort.

#### 4. Self-Care During Periods (10 minutes)

- **Physical Comfort:**
  - Talk about managing cramps with warm baths, light exercise, or heating pads. Discuss the importance of a balanced diet and hydration.
- **Emotional Well-being:**
  - Encourage journaling, talking to someone they trust, and taking time to relax. Mention that mood changes are normal due to hormonal shifts.

#### 5. Myths and Facts (5 minutes)

- **Common Myths:**
  - Discuss and debunk common myths, like not being able to swim during periods or it being dirty.
- **Q&A:**
  - Open the floor for questions. Answer any concerns or clarify doubts they may have.

#### 6. Empowerment and Support (5 minutes)

- **Talking About Periods:**
  - Encourage them to speak openly about periods with friends, family, and teachers. Normalize the conversation around menstruation.
- **Being Prepared:**
  - Suggest keeping a period kit (pads, extra underwear, wipes) in their school bag.
- **Support Systems:**
  - Discuss the importance of supporting each other during periods. If someone is struggling, they should feel comfortable reaching out.

#### 7. Closing and Recap (5 minutes)

- **Recap Key Points:**
  - Briefly review what was covered.
- **Take-Home Materials:**
  - Provide them with a small booklet or pamphlet summarizing the lesson.

- **Words of Encouragement:**

- End on a positive note, reminding them that menstruation is a natural part of life and nothing to be ashamed of.
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**Materials Needed:**

- Diagrams of the female reproductive system.
- Menstrual products (pads, tampons, cups, etc.) for demonstration.
- Heating pad or picture for reference.
- Handouts or pamphlets on menstrual health.
- Optional: Journals for each girl to keep.

**Follow-Up:**

- Schedule a follow-up session or provide resources for continued learning and support.

This lesson plan aims to create a supportive environment where young girls feel comfortable discussing their periods and leave with the knowledge and tools to manage their menstrual health confidently.