Understand Your Menstrual Cycle And Prepare For The Next One

Ghana Education Service

UNICEF

for every child

Canada

www.menstrualhygienegh.org
Menstruation Is Monthly Flow Of Blood From The Uterus Through The Vagina.

www.menstrualhygienegh.org
BE AMAZING. PERIOD!

Ask Questions About Menstruation.
Use A Disposable Sanitary Pad Or Reusable Cotton Cloth During Menstruation.
BE AMAZING. PERIOD!

Dispose Of Used Sanitary Materials Properly.

www.menstrualhygienegh.org
Drink Plenty Of Water During Your Menstruation.
It Is Okay To Be Moody During Your Menstruation.

BE AMAZING. PERIOD!
Laughing, Exercising, Deep Breathing And Stretching Are Good Ways To Manage Pain And Improve Your Mood During Menstruation
Do Not Let Menstruation Stop You From Going To School.

BE AMAZING. PERIOD!
Menstruation Is Natural Process For Every Girl.