BE AMAZING. PERIOD!

SUPPORT GIRLS DURING THEIR MENSTRUATION

Ghana Education Service

unicef for every child

Canada

www.menstrualhygienegh.org
USE A WARM TOWEL TO REDUCE ABDOMINAL PAIN DURING YOUR MENSTRUATION
BE AMAZING. PERIOD!

UNDERSTAND YOUR MENSTRUAL CYCLE AND PREPARE FOR THE NEXT ONE

www.menstrualhygienegh.org

Ghana Education Service

unicef

Canada

www.menstrualhygienegh.org
BE AMAZING. PERIOD!

EAT IRON-RICH FOOD DURING MENSTRUATION

www.menstrualhygienegh.org
SUPPORT YOUR FELLOW GIRLS DURING MENSTRUATION.

BE AMAZING. PERIOD!

www.menstrualhygienegh.org
BE AMAZING. PERIOD!

DO NOT LET MENSTRUATION STOP YOU FROM GOING TO SCHOOL

Ghana Education Service

unicef

Canada

www.menstrualhygienegh.org
BE AMAZING. PERIOD!

STAY ACTIVE DURING YOUR MENSTRUATION

www.menstrualhygienegh.org

Ghana Education Service

unicef for every child

Canada

www.menstrualhygienegh.org