



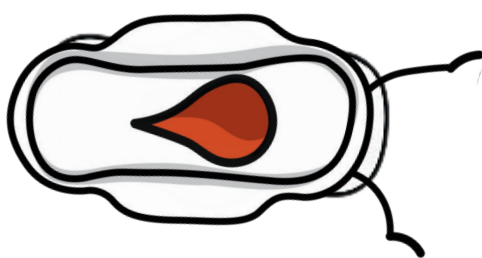
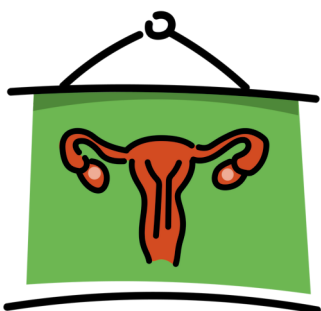
**Bonus
Inside:**
The Period
A-Z Glossary!

THE PERIOD PLAYBOOK



A Fun, Friendly Guide
to Menstrual Health for
Girls and Boys (Ages 10-18)

Includes
DIY Period
Bracelet,
Drawing
Activities



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**END PERIOD
POVERTY**

AGENDA

-
- > Foreword / Welcome
 - > What is a Period?
 - > Why Do Periods Happen?
 - > Understanding Menstrual Cycle
 - > Tracking Your Period
 - > Making a Period Bracelet
 - > Hygiene Tips
 - > Period Positivity & Myths
 - > Products to Use
 - > Fun Quizzes / Games
 - > Your A–Z of Periods



DEAR

READER,

Welcome to the Period Playbook! This guide is your go-to resource for understanding everything about periods—what they are, why they happen, how to manage them, and why everyone (yes, including boys!) should learn about menstrual health.

Whether you're a girl, a boy, a teacher, or a parent, this book is your safe space to learn, laugh, unlearn, and ask questions without shame.

Periods are normal. They should not stop any girl from living her life, attending school, or dreaming big. And boys — your support is needed too.

Let's walk this journey together. Periods without limits!



WHAT IS A PERIOD?

A period is when blood comes out of a girl's body through the vagina for a few days every month. also known as menstruation, It happens because the body is preparing for the possibility of a baby. When a girl doesn't get pregnant, her body sheds the inner lining of the uterus, and that's what comes out as blood. 🌸

Simple Facts:

- Most girls get their first period between ages 10–15.
- A period usually lasts 3–7 days.
- It happens once a month.
- Part of a cycle called the **menstrual cycle**

Fun Fact: The average woman has about 450 periods in her lifetime!



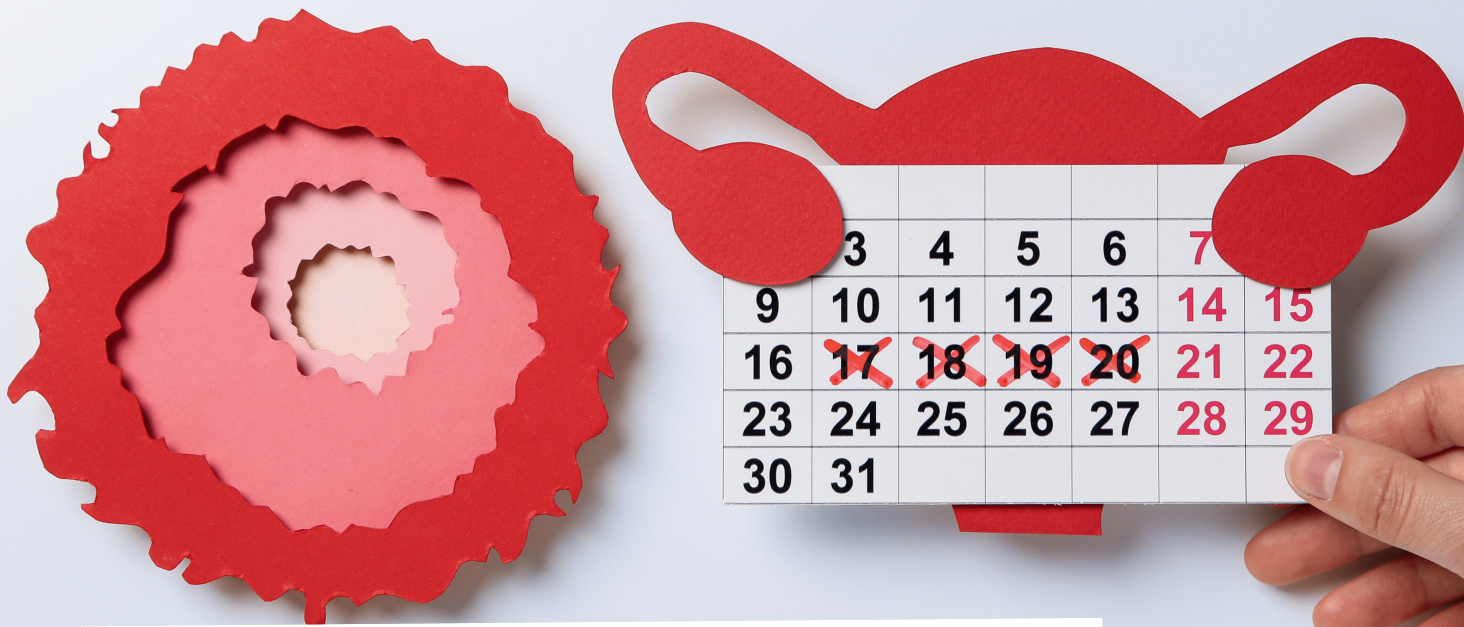
WHY DO

PERIODS HAPPEN?

Every month, the lining of the uterus gets thicker to prepare for a possible pregnancy. If pregnancy doesn't happen, that lining sheds, and that's what comes out as your period. Hormones like estrogen and progesterone control this cycle. Think of it like your body's monthly reset button! 🔄

When Will I Get My First Period?

Periods usually start between the ages of 10 and 16, but everyone is different. There's no 'right' age. Signs that your period might be coming soon include breast growth, pubic hair, and vaginal discharge. Don't worry; it's all part of growing up! 🎉



UNDERSTANDING

THE MENSTRUAL CYCLE

Understanding the Menstrual Cycle

The menstrual cycle is the monthly process the body goes through to prepare for pregnancy. It's about 28 days long, but it can vary.

Cycle Stages:

1. **Menstruation** – Period time.
2. **Follicular Phase** – Hormones rise, egg matures.
3. **Ovulation**– Egg is released.
4. **Luteal Phase** – Body waits for pregnancy.

A person is holding a smartphone in their left hand, displaying a period tracking app. The app shows a calendar for April with dates 1 through 31. Some dates are highlighted in red (17, 18, 19, 20, 21) and others in blue (30, 31). Below the calendar, there are buttons for 'Menstrual period - 5 days', 'Ovulation - 5 days', and 'Next - 28 days'. In their right hand, the person is holding a light purple menstrual cup. The background is blurred, showing what appears to be a person's face and a blue light source.

TRACKING

YOUR PERIODS

Why Track Your Period?

Tracking your period helps you:

- Understand your body and cycle
- Know when to expect your next period
- Spot irregularities early
- Be prepared (no surprises!)
- Monitor your mood, pain, and energy

How to Track Your Period

1. Use a Calendar or Journal

Mark the first day of your period with a symbol (like a red dot or an “X”).

- Write how you feel each day (cramps, energy, mood, discharge, flow)
- Track the number of days you bleed

2. Use a Mobile App (optional)

There are free apps like:

- Flo
- Period Calendar
- (Ask a trusted adult before downloading)

3. Create a Code System

Use symbols to make it fun:

- | | |
|---------------------|---------------------|
| ● Red dot = period | ☁ Cloud = cramps |
| ⚡ Bolt = low energy | 😊 Smiley = good day |



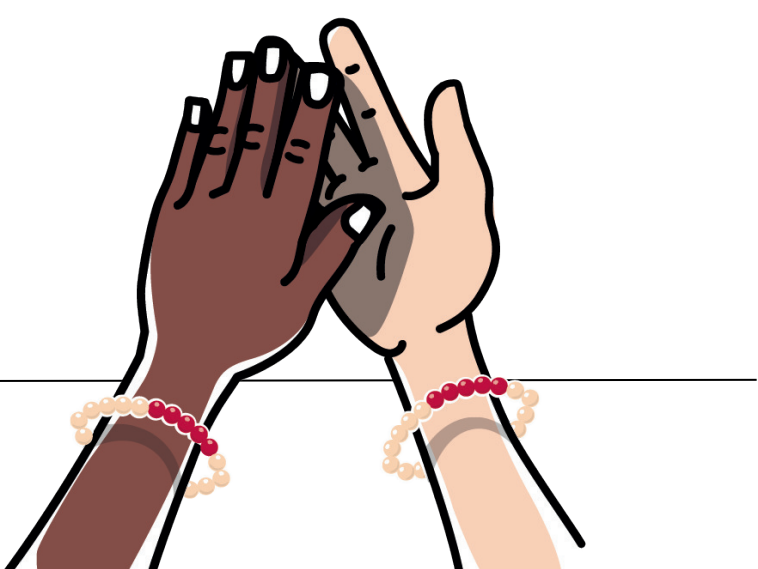
MAKE A PERIOD BRACELET

Activity:

The Menstruation Bracelet consists of 28 beads , five of the beads are red. While 28 beads are white which represent the average length of the menstrual cycle, (average duration of the cycle), 5 of which are red (average days of bleeding).

Each bead color represents a stage:

- Red beads = Menstrual cycle
- White = Period Length





BUSTING

THE MYTHS

Let's play True or False:

- Girls can't cook during periods. ✗ FALSE
- Period blood is dirty. ✗ FALSE
- Boys don't need to learn about periods. ✗ FALSE
- You can swim during your period. ✓ TRUE
- Only girls need to know about periods." ✗ False! Everyone should learn.

- Myth: You can't swim during your period.
- Fact: You absolutely can! Tampons and menstrual cups make swimming easy.
- Myth: Period blood is dirty blood.
- Fact: It's just blood and tissue from the uterine lining.
- Question: Can I get pregnant during my period?
- Answer: It's less likely, but still possible. Always use protection during sex.
- Question: Is it normal to have mood swings?
- Answer: Yes, hormonal changes can affect your mood. Be kind to yourself! 💕



BREAKING

THE STIGMA

Role-Play Scenarios:

- Scenario 1: A girl stains her uniform in class. What do you do?
- Scenario 2: Your sister is shy about buying pads. How can you help?
- Scenario 3: A friend is teasing someone about their period. What should you say?
- Scenario 4: A boy wants to support his sister during her period. What are the best ways to do so?



HYGEINE

IS KEY!

Menstrual Hygiene Management (MHM):

Good hygiene is important to avoid infections and feel comfortable.

Tips:

- Always wash hands before and after changing products
- Use clean, dry reusable pads or new disposables
- Bathe daily
- Dispose of pads properly (in trash, not toilet)
- Change pads every 4–6 hours
- Wash reusable pads with clean water and soap
- Track your period in a calendar or app

PRODUCTS

TO USE

There are many products available to help manage periods. They include:-



Disposable Pads



Reusable Pads

Try different options to see what works best for you. It may take a few months to adjust and find your favorite!



Tampons



Menstrual Cup



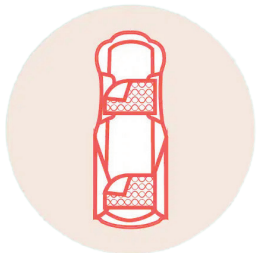
THE RIGHT WAY

TO WEAR A PAD



STEP 1:

Take it out of its cover



STEP 2:

Remove the sticker sheet from the back



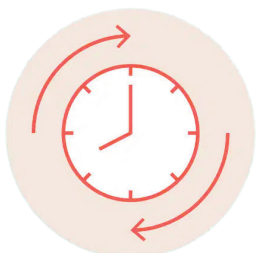
STEP 3:

Fix the sticky side to your underwear



STEP 4:

Secure the wings to each side underneath



STEP 5:

Change your pad every 6-8 hours to stay leak-free!



WHAT NOT

TO USE

Unsafe Items Girls Have Used:

These can cause infections. Always use a clean, safe menstrual product



> NEWSPAPER



> SOCKS



> TISSUE PAPER

TALK POINT:

Never exchange your body for pads. Speak up.
There is help.



ACTIVITY:

HYGIENE CHECKLIST

Tick what you need: ☒



☐ Sanitary Pad



☐ Water



☐ Avery Davis



☐ Tissue



☐ Extra Underwear



☐ Soap

PERIOD KIT CHALLENGE

In teams: learners put together a mock "period kit" using props: pads, underwear, soap, pain relief, extra clothes, water bottle.



A close-up photograph of a person's midsection. They are wearing a pink t-shirt and are lying down. A blue, contoured heating pad is placed over their abdomen. To the left, a blue and green plaid blanket is visible. The person's hand is resting near the heating pad.

MOODS AND

EMOTIONS

Symptoms:

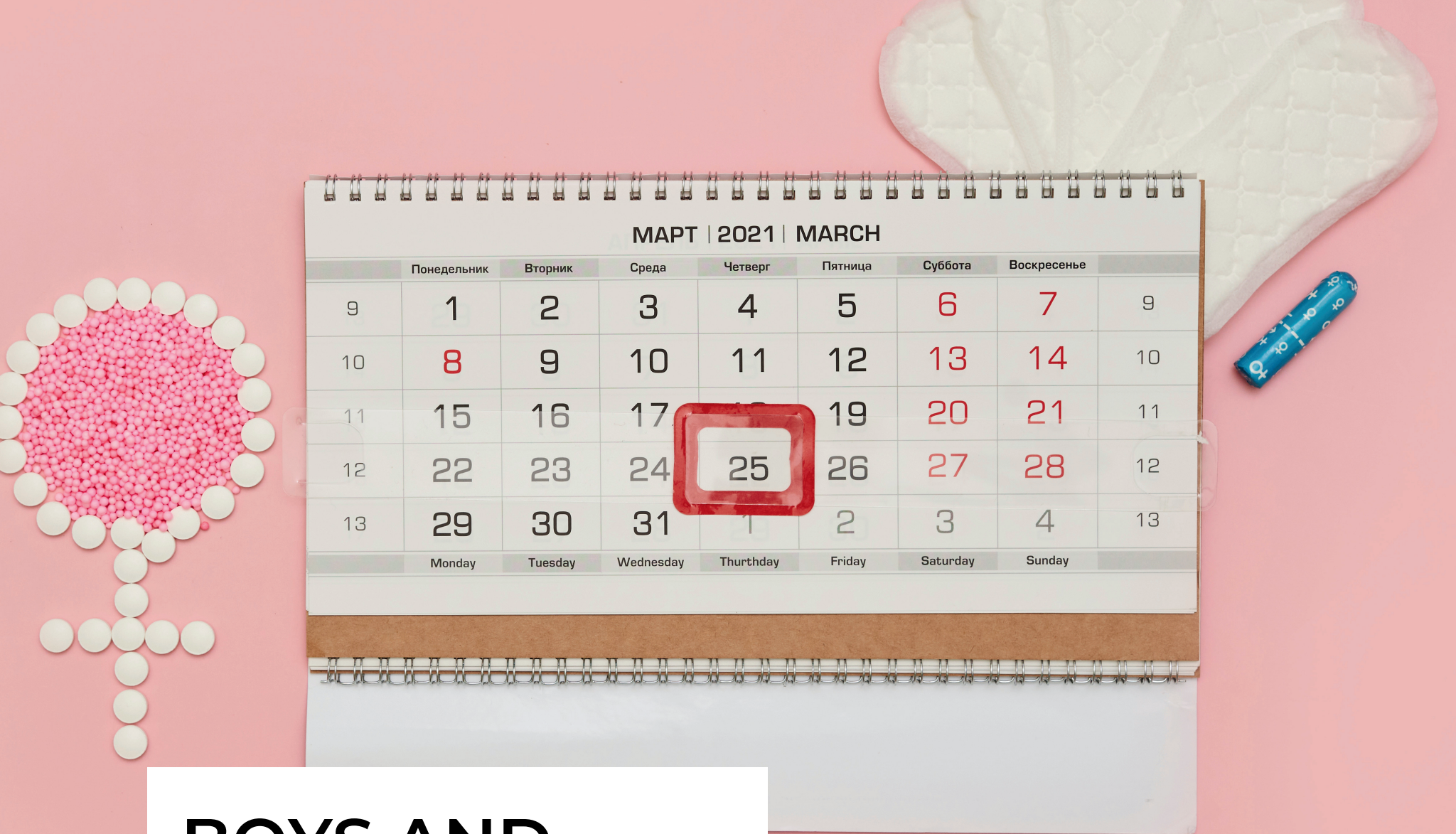
- Cramps
- Bloating
- Mood swings
- Headaches

Tips to Feel Better:

- Drink warm water
- Exercise lightly
- Rest when needed

Role Play Scenario:

Aisha gets her first period in school. What should she do?
What can her friend do to help?
Group acts it out, exploring empathy, support, and practical actions.



BOYS AND

PERIODS

Boys don't menstruate, but they can be period allies! Learning about periods helps them support sisters, classmates, and future partners.

Activity: Boys as Allies Pledge

Each boy makes a pledge:

- "I will not laugh at someone on their period."
- "I will speak up against period stigma."

They write their pledges on a big poster or card.

Role Play Scenario:

A classmate teases someone about having a stain on their clothes. How do you respond?

Let groups act out the scenario and show how to respond with kindness.



WORDS YOU SHOULD KNOW

A–Z OF PERIODS!

Letter	Word	Meaning
A	Absorbent	Material in pads and tampons that soaks up menstrual blood.
B	Blood	What comes out of the vagina. It’s natural and part of the menstrual cycle.
C	Cramps	Pain in the lower tummy or back during periods. Like your muscles are squeezing.
D	Discharge	Fluid that comes from the vagina before periods—it helps keep it clean.
E	Endometrium	The lining inside the uterus that sheds during a period.
F	Flow	The amount of blood released during your period (can be light, medium, or heavy).
G	Gynecologist	A doctor who specializes in reproductive health.
H	Hygiene	Keeping clean during your period using pads, soap, water, and clean underwear.
I	Infection	Can happen if hygiene isn’t maintained—always change pads often.
J	Journey	Every person’s period story is different—it's a journey, not a race!
K	Kit	A small pouch with pads, wipes—and extra underwear for period emergencies.
L	Leak	When period blood stains your clothes—it can happen to anyone. Stay calm.
M	Menstruation	The monthly shedding of blood from the uterus through the vagina.
N	Normal	Every period is different—your flow, color, or cycle may not look like your friend’s. That’s okay.
O	Ovary	The organ that releases eggs and hormones each month. You have two!
P	Pad	A product worn in underwear to soak up period blood.
Q	Questions	Ask them! Period questions are normal and nothing to be ashamed of.
R	Reusable Pad	A cloth pad that you wash and use again—eco-friendly and cost-saving!
S	Stigma	The shame or silence around periods. Let’s break it together!
T	Tampon	A type of menstrual product inserted into the vagina to absorb blood (optional).
U	Uterus	The part of the body where periods begin—it’s where babies grow during pregnancy.
V	Vagina	The part of the body where period blood comes out. It’s healthy and natural.
W	Water	Drink it and use it—important for staying clean and healthy during periods.
X	Xtra Care	Be kind to yourself during periods—rest, eat well, and feel good.
Y	You	Yes, you matter. Periods don’t define you—they’re just one part of your awesome self.
Z	Zero Shame	That’s the goal—periods are powerful, not dirty or shameful!

**END PERIOD
STIGMA**



BE A PERIOD

CHAMPION



Start a Red Circle Club in school:

- Educate others
- Keep emergency pads
- Run support groups

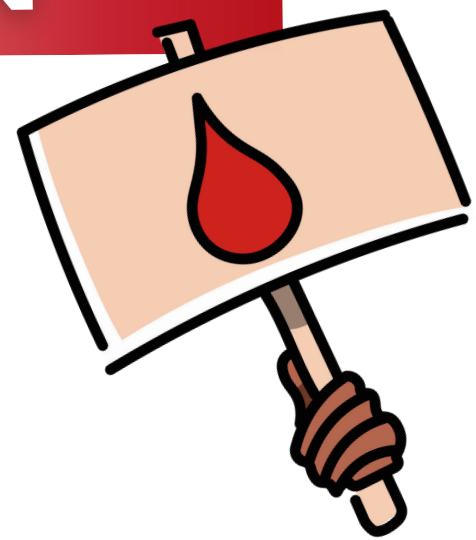
ROLE MODELS:

- Boys: Be advocates.
- Girls: Be proud of your period.

ACTIVITY:

Write a pledge:

"I pledge to never shame anyone for having a period."





PERIOD WORD

QUEST

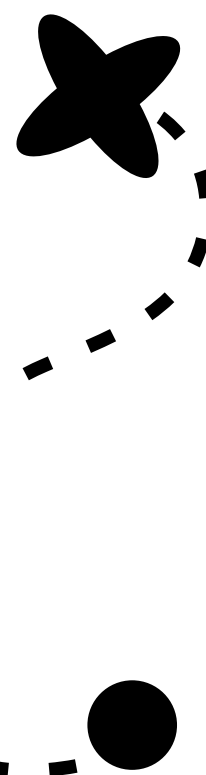


"Match It!" Quiz

Match the word to the meaning:

1. Cramps
2. Menstruation
3. Pad
4. Ovary
5. Reusable pad

- a. Part of the body that releases eggs
- b. A natural monthly process
- c. A cloth item used to collect blood
- d. Pain in your tummy during periods
- e. Something worn in underwear during a period



PERIOD KIT

DRAW & DESIGN

Instructions:

- Underwear with pad placement
- Spot the stain: Coloring where leaks might happen
- Label the parts of the reproductive system:



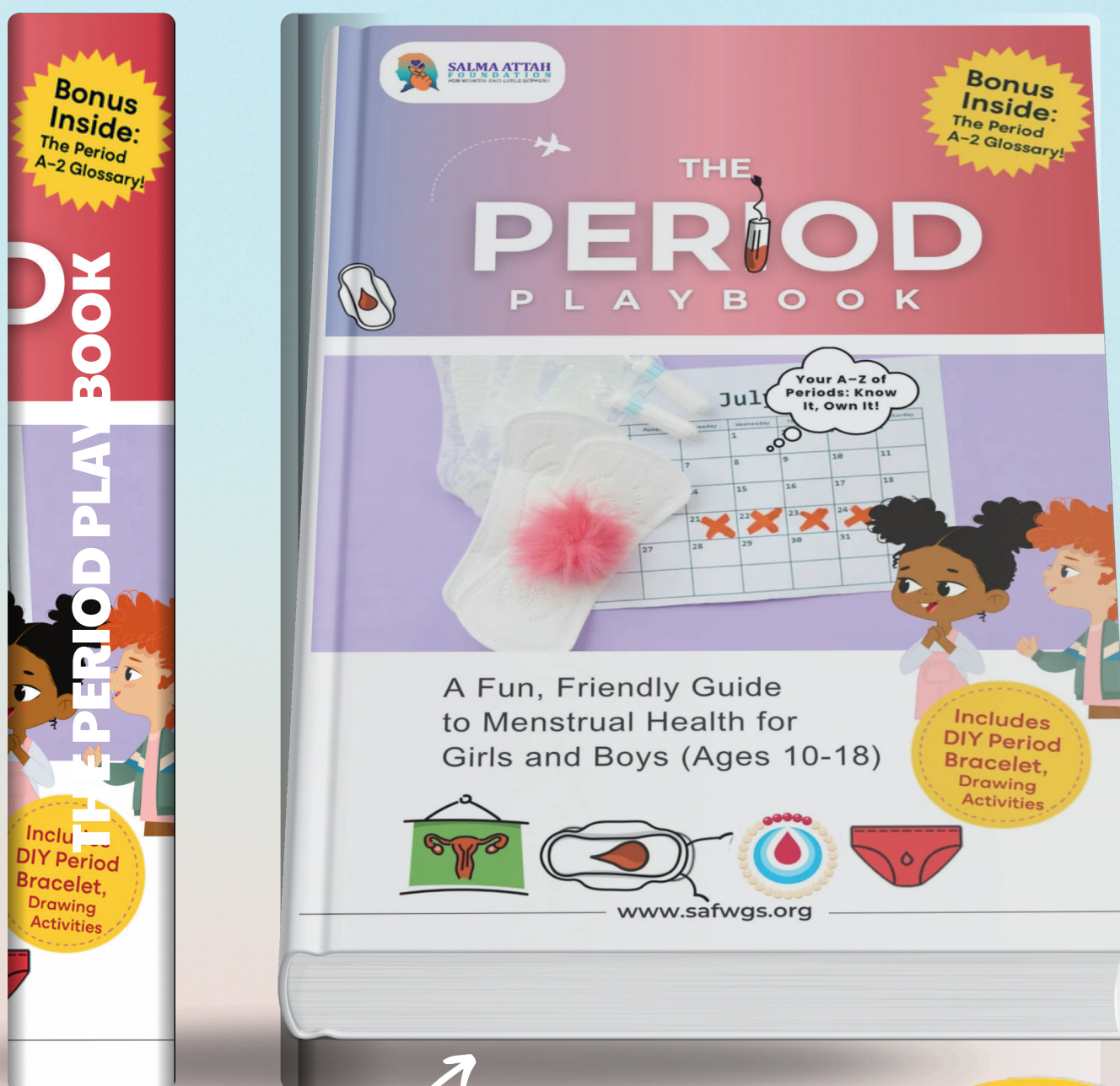


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DOWNLOAD LINK IN BIO

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