

Menstrual Hygiene Day

May 28th, 2021

Poor menstrual hygiene caused by a lack of education on the issue, persisting taboos and stigma, limited access to hygienic menstrual products and poor sanitation infrastructure undermines the educational opportunities, health and overall social status of women and girls around the world. As a result, millions of women and girls are kept from reaching their full potential.

Menstrual Hygiene Day (MH Day) is a global advocacy platform that brings together the voices and actions of non-profits, government agencies, individuals, the private sector and the media to promote good menstrual hygiene management (MHM) for all menstruators. More specifically, MH Day:

- breaks the silence, raises awareness and changes negative social norms around MHM, and
- engages decision-makers to increase the political priority and catalyse action for MHM, at global, national and local levels.

Global G.L.O.W. Outcomes referenced: Self Advocacy, Healthy Choices, Positive Future Outlook

CASEL Competencies referenced: Self Management, Self Awareness, Social Awareness





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Menstrual Hygiene Day

WHY WE CELEBRATE

Menstrual Hygiene Day is celebrated to inform club and community members on the importance of understanding menstruation and the impact having a period has on girls and women across the world. Though menstruation is totally natural, it is often met with harmful stigmas, negative assumptions, and dehumanization. We want to provide an environment where girls are proud to menstruate and are uplifted by those surrounding them, when doing so.

Celebrating Menstrual Hygiene Day this year is even more pertinent, because of the drastic effect COVID-19 has had on those who menstruate. Each day, an estimated 300 million women and girls menstruate. Being able to manage menstruation safely, hygienically, with confidence and with dignity is critical for their health, education, human rights, economic development and overall gender equality. Before the COVID-19 pandemic started, more than 500 million women worldwide did not have what they needed to manage their menstruation. The current pandemic highlights and further exacerbates the menstruation-related challenges many women and girls face around the world.¹

To keep the celebration going, club members will create menstruation themed coloring sheets that can be submitted into the Global G.L.O.W. coloring sheet competition. All submissions are due, **June 14, 2021**, to GG points of contact.

Program Overview

WHAT

Menstrual Hygiene Day is an opportunity for club members to learn more about their bodies and menstrual cycles and how having periods is viewed in broader society. This celebration is created to connect participants to one another through shared learning, self expression, and unity.

WHO

This Global G.L.O.W. celebration is designed to fit into a normal club session for club participants. Partners are welcome to celebrate in other ways if they so choose.

WHEN

The event should take place on or around **Friday, May 28, 2021 – Menstrual Hygiene Day**. The 28th was selected to acknowledge that 28 days is the average length of the menstrual cycle.

¹ <https://menstrualhygieneday.org/materials/2020campaign-materials/>



WHERE

These activities can be done at your regular club location during club time. A few special materials are required and are listed in this packet.

Materials List

This is a full list of supplies needed for this program. A list of specific materials will be listed with each activity.

MATERIALS

- Paper or Journals
- Pens/Pencils
- Markers/Crayons/Colored Pencils
- Chart paper
- Tape
- Blank sheets of paper
- Sharpies or permanent black markers
- MythBusters Worksheet
- MythBusters Answer Sheet (for Mentors)

SESSION PREPARATION

- Make sure MythBusters worksheets are printed for each member to complete.
- Have sample coloring sheets available to show members

Celebration Overview

Welcome & Community- Building Activity (15 min)

Begin your club session as you normally would including a GLOW Together of your choice. Then tell club members that today they will take part in something a little different from their normal club session. You can explain that girls just like them from around the world will be participating in the same activities they are to commemorate Menstrual Hygiene Day.

Menstrual Hygiene Day (MH Day) Celebration Activities (75min)

Menstruation MythBusters (30 mins)

This activity is a fun and interactive way for participants to learn about period facts and taboos. There are



many stigmas and myths about menstruation that prevent girls from understanding the truth about their bodies and how to properly take care of themselves. This activity will allow members to learn more about what happens in their bodies during their periods and how societies handle menstruation.

Coloring Sheet Creation Competition! (30 mins)

Participants will create menstruation themed coloring sheets that artistically showcase what it is like to have a period and why it is something one should be proud of! Coloring sheets will be collected and sent to the Global G.L.O.W. team for review. The winning sheets will be shared internationally amongst all partner organizations. Submitted coloring sheets are due to Global G.L.O.W. on **June 14, 2021**.

Reflection and Closing (15 mins)

Use this time to reflect on the day as a whole. The goal here is to help participants form connections between the material covered today and their own lives. This will also be a moment to reflect on this past year of the pandemic and how COVID has made an impact on menstrual hygiene and management.

Share Your Experience!

Global G.L.O.W. would love to know about your experience with the Menstrual Hygiene Day Celebration! We encourage you to take photos of your celebrations and share them in our WhatsApp group and also post them to your organization's social media pages using **#GlobalGirlsGLOW** and **#MHDAY2021** and please tag Global G.L.O.W. in your posts!

**Your club members can now join the new private
Facebook group for Global G.L.O.W. girls at [facebook.com/groups/GlobalGLOWGirl](https://www.facebook.com/groups/GlobalGLOWGirl)**

Program Activities Lesson Plan

OPENING / WELCOME / CHECK-IN (5 MINUTES)

Use this time to welcome participants to GLOW club for the day and to make any announcements or reminders that club members will need to know.

TEAM TIME (60 MINUTES)

Activity 1: Menstrual Hygiene MythBusters

Instructions:

1. Share with club members the purpose of today's activity and begin with a short discussion about the myths and taboos they have internalized about menstruation.
2. Invite one member to be a scribe and write down everything shared from the discussion on a piece of chart paper.
3. Ask members to reflect back on things they have learned about their periods, information they have been told by family members or friends, and opinions from their community. Share that there



are many myths and misconceptions about girl's and women's menstrual cycles and incorrect information is often spread. Some examples of menstrual myths are:

- a. Women and girls are dirty while menstruating
 - b. Women and girls will contaminate food if handled while on their period
 - c. Girls should not go to school while on their period
 - d. Women and girls should avoid all physical exercise while menstruating.
4. After members reflect back on the myths they have heard, ask them to share to the full group.
 5. Record all responses on chart paper. Discussions should be **10 minutes** long.
 6. After myths have been expressed, transition members to completing their menstruation mythbusters worksheet. A mythbuster is information given to counter or debunk a myth. This is often the correct information that proves the myth of taboo to be false.
 7. Club members will complete their menstruation mythbuster worksheet where they learn more about the menstrual cycles and common strengths women and girls have while on their periods.
 8. Provide each club member with a worksheet. Give them **10 minutes** to complete. If members will like to work in pairs, they can do so. Worksheets can be found in the appendix.
 9. Once completed, ask members to share out any new information or myths they have "busted" while completing their worksheets. Read through the mythbusters answer sheet for club members to know the correct answers to the questions they've completed. Answers sheets are also located in the appendix.
 10. Take any additional share outs and questions before transitioning into the next activity.

Activity 2: Coloring Sheet Creation Competition

Instructions:

11. To begin, explain the second activity of the day to participants. They will be creating coloring sheets that represent the strength all women and girls have when menstruating and managing their cycles. Members can create their coloring sheets individually and those who would like to submit their sheets into the Global G.L.O.W. Coloring Sheet Competition, can give their coloring sheet to their Mentor at the end of the celebration.

Facilitation Note: Not all club members are obligated to submit their coloring sheets. Those who will like to submit will be participating in our competition where the top 5 coloring sheets will be selected and sent to all international partner organizations. The winning coloring sheets will be used by GLOW girls from around the world. Examples of coloring sheets can be found in the appendix.

12. Before participants create their coloring sheets, prompt them with a quick brainstorm activity. Share that the responses they come up with during this brainstorm should help them when creating the concepts and ideas for their coloring sheets.



13. Ask members the following brainstorm question: *What makes menstruation, powerful?*
14. Members can reflect on this question and jot their thoughts down on a piece of paper. Brainstorms should last **5 minutes**.
15. Once complete, they can have the remainder of the time for the coloring sheet creation.
16. Share the sample coloring sheets, found in the appendix, for members to see an example of what they can create.

For club members who will like to submit coloring sheets into the competition, all sheets should be sent to Global G.L.O.W. points of contact before **June 14th, 2021**. Once selected, winning coloring sheets will be sent to all partner organizations around the world.

END OF DAY REFLECTION (10 MINUTES)

Use this time to reflect on the day as a whole. The goal here is to help participants form connections between each of the activities done that day, Module sessions before this one, and sessions that are upcoming. You may reflect as a large group, or you may choose to have members write out their thoughts and then share with each other.

Discussion Prompts: Some suggested discussion questions are below, please feel free to ask these or others based on the specific needs of your group.

- What is one new thing you learned about menstruation today?
- What is something you'd like to change about how society views periods?
- How did COVID-19 impact your menstruation management or anyone you know?
- What do you think you need to manage your period in a safe and healthy way?

Once complete with the day's activities, please share any learnings, artwork, photos, and any other noteworthy contributions to your G.L.O.W. point of contact.

COMMUNITY CONNECTION - AFFIRMATIONS (5 MINUTES)

Instructions: You will end the day with a moment of community and affirmation as a group. Sit or stand in a circle and have each member give the person to their right a meaningful compliment. Before members affirm their peers, they can take a moment to think about how they want to present their affirmation. Be mindful of the time and remind members that this is a small act of kindness and should not require too much time to create. Members can express themselves verbally, artistically, through written words or in any way they feel comfortable, however, the affirmation should always follow the formula below.

A good formula to follow: (1) choose an action or contribution you observed, (2) tell the person you are complimenting why that action or contribution is valuable, and (3) share with the group how it made you feel. For example:

Mina answered a question today in a very honest and thoughtful manner. In doing that she helped the rest of us in the group feel like we could be honest too.



Mentors should model compliment-giving by giving a few **authentic compliments** to the group or specific participants. After the mentors have given affirmations, ask for volunteers. Encourage personal and meaningful praise.

Mentor Note: You are encouraged to find a Community Connection custom that works best with your specific group, feel free to try different models that include the affirmation formula stated above.

CLOSING (5 MINUTES)

Thank everyone again and remind the group where and when you will be meeting next before you end for the day. Stay in the room until everyone has left, so that you can answer any questions club members might want to ask privately.



Appendix





Menstruation MythBusters



This worksheet is created to challenge the commonly held myths and taboos about menstruation. It is also a learning opportunity for you to honor and understand your body



Menstrual Hygiene True or False

Read each statement and decide whether or not the statement is true or false.

1. Each girl's period is 5 days long.
 - a. TRUE
 - b. FALSE

2. Most PMS symptoms such as cramps, breast tenderness, and fatigue, are normal.
 - a. TRUE
 - b. FALSE

3. Everyone around the world does not have access to menstruation hygiene products.
 - a. TRUE
 - b. FALSE

4. Period blood is dirty blood.
 - a. TRUE
 - b. FALSE

5. Starting your period means you have become an adult
 - a. TRUE
 - b. FALSE

6. Having a period is something to be ashamed of.
 - a. TRUE
 - b. FALSE

**Menstruation Matching**

Read each word or statement in column A and draw and line to match it with the correct definition in column B.

Column A

- A. Period Stigma
- B. Reusable sanitary pad
- C. Ovulation
- D. Period Tax
- E. Average menstrual cycle

Column B

- F. 28 days
- G. The release of an egg from ovaries
- H. The additional money paid to purchase menstrual hygiene products
- I. The idea that women and girls are inferior to men and boys because of the menstrate and the discrimination they face because of it.
- J. Cotton fabric to line one's underwear while menstruating



Menstruation MythBusters Answer Sheet

Mentors should review the following answers to these questions and share the correct answers with club members once worksheets are completed. Answer sharing should be done in discussion form where Mentors share out the correct answer and invite members to ask questions.

Menstrual Hygiene True or False

1. **False**
 - a. The average length of a period is 5-7 days but some girls experience periods for shorter times (3 days) and others for longer (up to 10 days).
2. **True**
 - a. Premenstrual syndrome refers to emotional and physical symptoms that regularly occur in the one to two weeks before the start of each menstrual period. These are all normal symptoms of PMS and other symptoms can include acne and bloating.²
3. **True**
 - a. Not all women and girls have the access and money to adequately manage their periods and this impacts their ability to go to school and work. This lack of access is referred to as Period Poverty.³
4. **False**
 - a. Period blood isn't rejected body fluids or the body's way of flushing out toxins. Think of it as evolved vaginal secretion — there's a little bit of blood, uterine tissue, mucus lining, and bacteria. Period blood is very different from blood that moves continuously through the veins. In fact, it's less concentrated blood. It has fewer blood cells than ordinary blood⁴
5. **False**
 - a. Starting your period means you have started puberty and your body is beginning to mature. However, there are still cognitive, physical, and emotional changes that need to happen before you are an adult.
6. **False**
 - a. Having a period is natural and something that the majority of women and girls experience. It is normal and a sign that your body is healthy and working properly.

Menstruation Matching

1. **A.** Period Stigma matches with **I.** The idea that women and girls are inferior to men and boys because of the menstrate and the discrimination they face because of it.
2. **B.** Reusable sanitary pad matches with **J.** Cotton fabric to line one's underwear while menstruating
3. **C.** Ovulation matches with **G.** The release of an egg from ovaries
4. **D.** Period Tax matches with **H.** The additional money paid to purchase menstrual hygiene products
 - a. Period taxes are also linked to Period Poverty where women and girls not only pay for menstruation supplies but they are often heavily taxed- making it less affordable.
5. **E.** Average menstrual cycle matches with **F.** 28 days

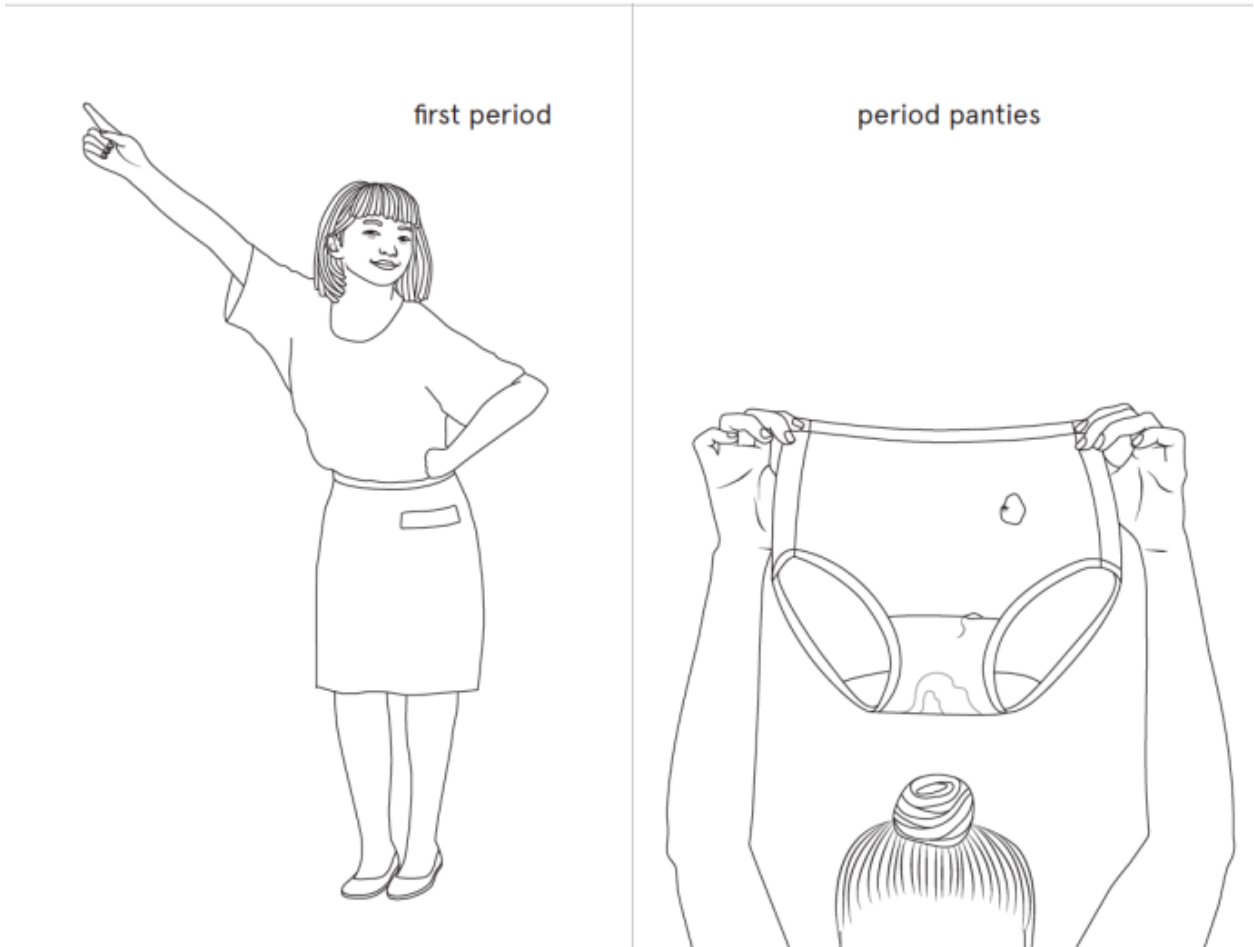
² https://en.wikipedia.org/wiki/Premenstrual_syndrome

³ <https://www.ubykotex.com/en-us/periods/addressing-societal-issues-around-periods/what-is-period-poverty>

⁴ <https://www.healthline.com/health/womens-health/period-myths#Myth-5:-Period-blood-is-dirty-blood>

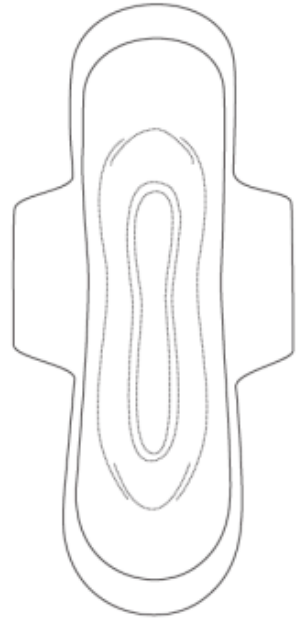
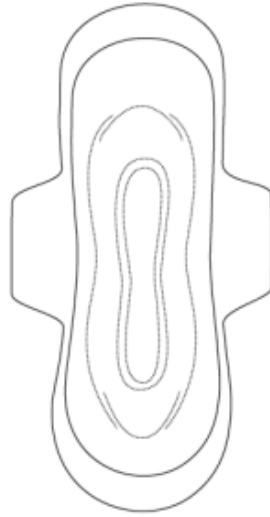
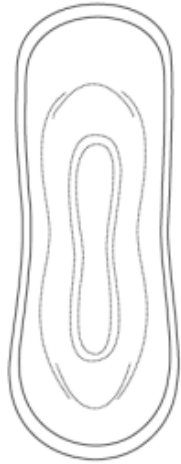


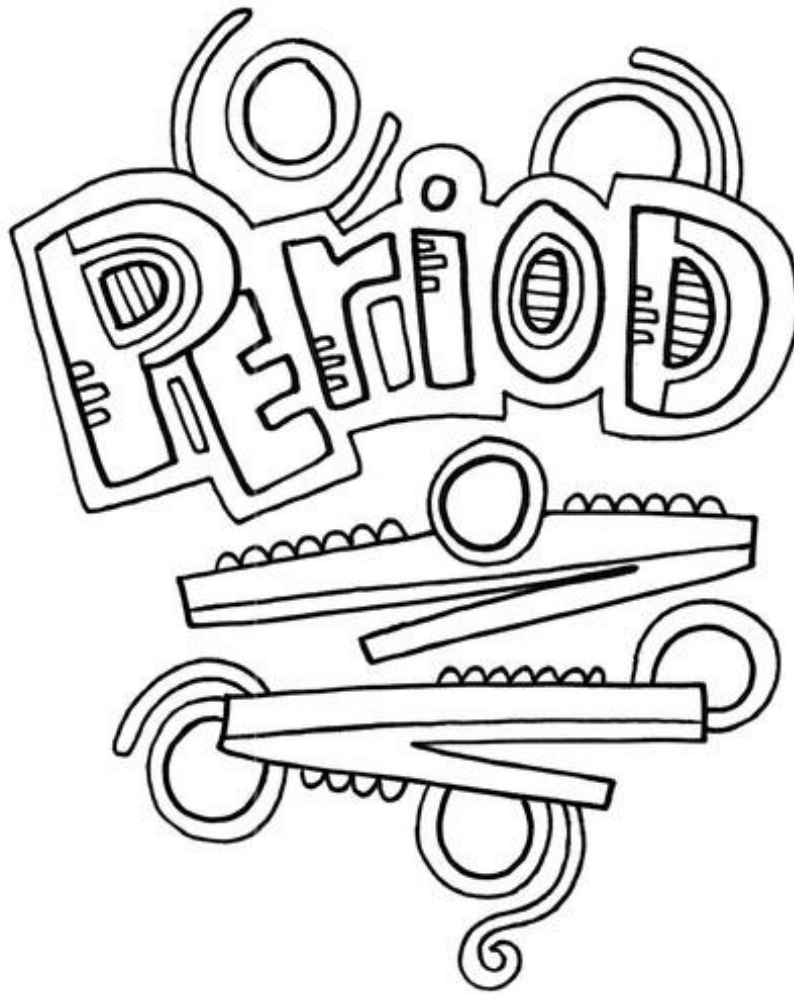
Sample Coloring Sheets





what's your flow?







**POWER
GIRL**







Certificate

