Preparation

* Pads
* Tablespoon
* 2 clear glasses
* Water
* Question Box and paper slips
* Rag to clean blackboard
* Calendar

**Girl Talk at Kaaga Primary**

1. Preparation—**(write the following on the left side of the board before class)**
   1. Topic: Puberty and Menstruation
   2. Objectives: Learn how our bodies change during puberty
   3. **Draw outline of a girl on the right side of the board**
2. Introduction
   1. Gwen, volunteer at MKMF, seen me around as health club teacher
   2. We are here to talk about things just for girls and some of the things we are talking about might be a little uncomfortable or awkward, so that is why the boys are not here, to make you feel as comfortable as possible
   3. We have a very big group here today so it is important to be quiet and to listen carefully, but I want to encourage you to raise your hand and ask questions if you have any
   4. Go over the topic and objectives
3. Lecture
   1. Puberty is a time when boys’ and girls’ bodies change—when puberty ends, girls’ bodies are able to become pregnant and boys’ bodies are able to get a girl pregnant
      1. Girls: 8-13 yrs old
      2. Lasts about 2-5 years
      3. Everyone is different and girls may start puberty at different times than their friends and that is normal
   2. During this time you will experience both emotional changes, so the way you think or feel may change and physical changes, so your bodies will grow and change
      1. During these changes you may feel awkward or embarrassed, but you should know that everyone goes through puberty and these changes are normal
         1. Your friends will probably be experiencing some of the same things as you so it’s good to talk to each other
         2. Your mothers and other adults have already been through puberty and they know what it felt like, so they are also good to talk to if you have any questions
         3. Everyone develops and changes at different times because everyone is different so you shouldn’t tease other people
      2. One emotional change is that you might start to be attracted to boys and you might start to have sexual feelings
         1. This is very normal and you shouldn’t feel guilty about it, but acting on these feelings is a very big responsibility
         2. When two people really love each other they might have sex
         3. Sex is when a man puts his penis into a woman’s vagina
         4. If a woman has sex, she can become pregnant, get HIV, or get STDs which are diseases that you get by having sex, so it is important to be careful when having sex
         5. Also, just because you love someone, it doesn’t mean you have to have sex, there are many other ways to show someone you love them like hugging and holding hands
         6. It is important not to have sex until you are ready and you feel completely comfortable
         7. You should never let a boy push you or pressure you into having sex
         8. If you have any doubts at all, you should not have sex, it is much better to wait until you are completely ready and comfortable or until you are married
   3. Physical changes for girls
      1. **Illustrate/label the following on the drawing of the girl**
         1. Hips get wider
         2. Hair grows in new places like the armpits and around the vagina
         3. Body odor—new smells under the arms—best to bathe every day and to use deodorant or perfumes
         4. Acne or pimples can develop—washing face with soap and water is important to keep skin clean
         5. Breasts develop and get larger—one may grow faster than the other at first but that is normal and the other one will catch up soon
            1. They may feel sore as they grow
         6. Vaginal liquid—clear or white
         7. First menstrual period—our focus for today
   4. Menstruation
      1. Menstruation is a time when blood comes out of the vagina, it is also called a monthly period because it usually happens once a month **(write “menstruation/monthly period” on the board)**
         1. A girl will know she has started her first period when a little bit of blood comes out of her vagina, she may see spots of blood on her panties, it might look a little brown at first
         2. Sign that a girl can become pregnant if she has sex
         3. It’s also possible for a girl to become pregnant if she has sex right before her first period starts
      2. Girls usually start menstruating between the ages of 12 and 16, but they can start as early as age 8
         1. Each girl will start at a different time, so don’t worry if your friend has started menstruating and you haven’t
         2. One of my best friends started menstruating for the first time in class 4, but my other friends didn’t start until class 7 or 8 and that is completely normal
      3. You won’t have menstruation your whole life, periods stop between the age of 45-51, when menstruation stops, a woman can no longer become pregnant
      4. Signs it will start soon:
         1. About 2 years after girls’ breasts start to develop they usually get their first menstrual period
         2. Another sign is a thick white liquid coming from the vagina, usually menstruation happens about 6 months after this
   5. Pads
      1. Menstruation usually lasts for 3-7 days
         1. **Draw a timeline on the board:**
            1. Days 1 2 3 4 5 6 7
      2. Using a pad:
         1. Pads work like sponges to soak up the blood
         2. To use a pad, remove the plastic and place the sticky side on panties **(unwrap pad and demonstrate—draw panties on board) (pass medium pad around so they can feel the sticky back)**
         3. The amount of blood will change each day so there are different sizes and types of pads
         4. Usually when your period is starting the blood will be brown **(write “brown” under “Day 1”)** and there won’t be a lot of blood so you can use a thin pad called a “panty liner” **(stick it to the board under “Day 1”) (explain that liners can also be used around the time your period is supposed to come in case you get it a few days early)**
         5. Usually there is the most blood on the second day so some pads are bigger and thicker to soak up more **blood (stick the overnight pad to the board under “Day 2”)**, during this time the blood is redder **(write “red” under “Day 2”)**
         6. When the period is ending there will be less blood again and it will be browner **(write “brown” under “Days 6 & 7” and point to the liner again)**
         7. About 2-4 tablespoonsof blood comes out of the vagina over the 3-7 days **(pour 4T of water into the clear glass)** this won’t all come out at the same time, this is the total amount of blood that will come out of the vagina during one period
         8. Blood does not pour out of the vagina, it drips out slowly **(pour water, then drip it onto the overnight pad)**
         9. Should take off a pad and put on a new one every 3-4 hours, or sooner if there is a lot of blood
         10. Change it 3-6 times a day even if there isn’t a lot of blood
             1. This will prevent germs from building up and prevent bad smells
         11. Pads can only be used once, they can’t be washed
         12. When you are finished with a pad you should throw it down a pit latrine but never flush a pad down a toilet because it will get stuck and the water will flow over the top of the toilet
         13. If you do not have a pit latrine, you should wrap it nicely and put it in a paper bag and put it in a dustbin
      3. Pads can be expensive to buy, so if you do not have pads, you can cut pieces of clean cloth to fit into your panties
         1. You should sew 4 or 5 layers together so the blood does not soak through
         2. You can see it is thick and loose, so to stay comfortable you should use it with tight, but comfortable panties
         3. It is important to make sure the cloth is clean and to wash it really well with soap and water after it is used
         4. They should be hung up in a private but sunny place to dry
         5. Once they are clean and dry, they can be used again
         6. You should never share cloth pads with other people, you should have your own just for you
      4. Important to plan ahead using a calendar, usually menstruation happens every 28 days, or one time a month, so it is possible to figure out when your next period will start so you can use a pad and prevent stains on your clothes
         1. If blood gets on the back of your dress, you can tie your sweater around your waist
         2. When you get home you should wash your clothes in cold water with a little salt
         3. Using hot water will make the stain permanent and you won’t be able to wash it off, so don’t use hot water to wash off blood
   6. Cycle
      1. **Demonstrate on the calendar**
      2. Happens once a month **(circle a month)**
      3. Lasts 3-7 days **(outline a week)**
      4. 28 days from the first day of one period until the first day of the next period—meaning you usually get it once a month **(show them an example on the calendar then pick a random day and have someone come up and calculate when the next one will be)**
      5. For the first few years it may be irregular, meaning it might come more than once a month, or it may skip a month
      6. If you think your period is comings soon, you can use panty liners
      7. It is important to be prepared and have pads with you around the time you’re supposed to get your period
      8. I always carry one with me **(show them the bag)** you can put it in something like this, or carry one in your backpack, at the end of the lesson you will each get a pad to keep with you in case you start your period for the first time while at school
      9. If you get your period and you aren’t prepared, ask a friend or a teacher you trust to borrow a pad from them
   7. Side Effects
      1. Having a period and having blood come out of your vagina doesn’t hurt, but cramps or stomach pains can
      2. Not everyone will get cramps and some people’s cramps hurt more than others
      3. Cramps or stomach pains—can be treated with a hot water bottle, hot bath, or exercise, but if the cramps are severe you can take pain killer medicine like panadol
      4. If your cramps are very severe and there is a lot of blood, you should talk to a doctor; if you have menstruation for longer than a week, you should also talk to a doctor because something might be wrong
      5. Other things you might feel or that might happen while you are menstruating are back pain, headaches, nausea (upset stomach), vomiting, constipation (not being able to poop), but these things will not happen to everyone
      6. All of these things including cramps usually last only the first two or three days
   8. What does it mean?
      1. Can continue doing things as you normally do
      2. Can still play outside and play sports while you are on your period
      3. Tampons
         1. Can swim while menstruating, but can’t use a pad while in the water because it will soak up the water like it soaks up blood and then it will feel like you’re wearing a diaper
         2. It’s best to use a tampon if you are swimming
         3. A tampon is put inside of the vagina
            1. First you take off the plastic on the outside and then you push it up into your vagina with a string hanging outside of the vagina to pull it out **(show them an example of a tampon)**
            2. The string is very strong and should not break
            3. It is not possible to get a tampon lost inside of your body, you will always be able to remove it
         4. A tampon works by soaking up the blood before it leaves the vagina and a pad works by soaking up the blood after it leaves the vagina **(draw on the diagram)**
         5. You may feel more comfortable using a tampon after having your period a few times because they can be uncomfortable to use at first—look for directions inside of the box so you know how to use it correctly
         6. If you are nervous, it may be hard to get the tampon in, so you should relax and wait a minute before trying again
         7. Using a tampon or a pad is a personal choice and after trying both you might like one of them better
         8. It is especially important to change tampons regularly, like a pad they should be changed every 3-4 hours, 8 hours is the absolute longest a tampon should stay in
         9. If a tampon stays in your body for too long, so more than 8 hours, you can get an infection which can make you very sick, so don’t forget to take out your tampon and change it every 3-4 hours, that is very important
         10. If you have a tampon in and you start to feel dizzy or sick, you should immediately take it out and tell an adult right away
      4. Every girl will get their period during their life and it is not something to be afraid of or be embarrassed about
      5. Without menstruation, women would not be able to have children
      6. You might feel uncomfortable the first time you get your period, but don’t worry, it is completely normal and natural
      7. It is important to talk to your mother, sister, friends, or even an adult that you feel comfortable with and trust before you start menstruation and again after you start menstruation
   9. Myths
      1. Explain “myth” as something that is a belief or story which is not true and “fact” as something which is true
         1. Ex. of Myth: Eating carrots will turn your skin orange
         2. Ex. of Fact: Jomo Kenyatta was the first president of Kenya
         3. Call up two groups of three to answer the following questions as either myths or facts—10 points for each correct answer
      2. The blood coming from a woman during menstruation means that she is sick (MYTH)
         1. Menstruation is normal and happens to every woman, it does not mean that she is sick
      3. Cold drinks cause menstrual cramps (MYTH)
      4. Women should not eat spicy or sour foods during menstruation (MYTH)
      5. If a woman does not have her period one month, this could mean she is pregnant (FACT)
         1. But it doesn’t always mean a girl is pregnant, remember that your period probably won’t be regular when you first get it, and you may miss a month or two, meaning you might not have your period every month at first
         2. Also, if you have never had sex, you will not be pregnant
      6. It is safe for a woman to wash her hair or take a bath during her period (FACT)
         1. It is important for girls to bathe every day, especially when on her period
      7. Having menstrual blood means a woman is dirty (MYTH)
         1. The blood that comes out is not dirty it is normal and natural but it is important to stay clean and bathe every day
      8. Boys have menstruation too (MYTH)
         1. Boys don’t have vaginas and cannot get pregnant, so they do not have menstruation
      9. If you have menstruation you should skip school (MYTH)
         1. When you have your period you can still go to school just like how you can still play outside with your friends and play sports
         2. Having your period shouldn’t keep you from doing things you normally do
   10. Question Box
       1. Explain the purpose of the question box and allow each girl to write down a question
       2. Spend the remainder of class answering questions
   11. Teach Back
       1. Ask three girls to stand up and each say one thing that they learned
   12. Pass out a pad to each girl
       1. Do not open the pad until you are ready to use it
       2. Make sure to keep it in a clean, dry place
       3. It might be good to put it in a plastic bag and carry it in your backpack