

ALL ABOUT MENSTRUATION

1. If a statement is true, place a check mark in the YES column and if the statement is false place a check mark in the NO column.

| Statement | Yes | No |
|---|-----|----|
| a. A girl should wash her hands before and after changing her menstrual pad. | | |
| b. A used menstrual pad should be flushed down the toilet. | | |
| c. A girl who is old enough to menstruate should always have a pad with her. | | |
| d. When a girl is menstruating, she should change her menstrual pad every two days. | | |
| e. When a girl is menstruating, she cannot play sports. | | |

2. Menstrual Hygiene Word Search

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| S | P | A | L | W | A | Y | Y | S | P |
| H | N | A | E | L | P | A | T | E | N |
| O | P | O | D | T | H | E | R | R | G |
| I | M | R | P | S | L | I | E | W | H |
| E | S | N | S | M | O | H | B | E | G |
| N | E | E | D | D | A | S | U | A | I |
| P | A | D | S | O | R | T | P | T | R |
| H | Y | G | I | E | N | E | A | M | L |
| M | H | D | A | Y | P | O | N | Y | S |

Word list

PERIODS

PADS

HYGIENE

PUBERTY

GIRLS