

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