Why do girls get period and not boys?
Why does it happen?
Am I any lesser during my period?
Will anyone notice when I have my period?
What is period? Why does it happen?
Acknowledgement

This knowledge booklet is the result of the Formative study carried out by Public Health Engineering Division, MoH and SNV Netherlands Development Organization and the Knowledge Attitude and Practice (KAP) survey carried out by the School Health and Nutrition Division, MoE and UNICEF. The Department of Public Health (DoPH) would like to sincerely thank all the girls, nuns and key informants for their generosity in providing invaluable inputs and time during the interviews, testing of the knowledge booklet, responding to the request on information and resources and more so for their continued support to making Menstrual Health and Hygiene Management a priority.

The main objective of this knowledge booklet is to complement other interventions developed to address the Menstrual Health and Hygiene knowledge gaps that girls and nuns face. It also aims to prepare them for a positive experience during menstruation and more so to educate the wider public that period is a natural phenomenon and something to be proud of. This booklet can also be used by health assistants and health coordinators to create awareness in schools and nunneries.

Heartfelt appreciations to the following technical working group and contributors in making this book a success:

- Karma Wangchuk, Chief SHND,MoE
- Deki Tshering, Sr.PO SHND,MoE
- Rinchen Wangdi, Chief PHED, MoH
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Also this knowledge booklet owes gratitude for the work done by many others, notably the guidance and manuals already produced by various organisations.
What is period?

The menstrual period, which we commonly refer to as "period", is when a woman's body releases tissue it no longer needs. This tissue comes from the uterus, which is where a baby (fetus) can develop in the female body. Every month or so, the uterus lining gets thicker to prepare for a fertilized egg if the woman becomes pregnant. If the egg doesn’t get fertilized/if not pregnant, that lining is released from the body as blood through the vagina. This monthly process is called menstruation or a period.

So when a girl has her period, her body is just getting rid of a small amount of blood and some unneeded tissue. It is a natural, normal body process for all females as they become women and mature physically.
Why does it happen?

A period happens because of changes in hormones in a girl’s body, it is the body’s way of getting rid of some tissues that it no longer needs. These tissues are from the uterus where every month, it thickens its walls to prepare for pregnancy.

If pregnancy does not happen, the tissue lining sheds off and comes out through the vagina.
What does a period feel like?

The actual flow of your period doesn’t feel like much when it’s happening. Chances are, you won’t even feel it coming out. When you actually start your period, you may feel some dampness in your private area, although there are women who experience menstrual cramps, mood swings and anxiety. Cramps are caused by the hormones that are released by the body in order to make the uterus contract so that it can push the lining out.
I got my period and I haven’t told my mom/friend/sister/female teachers yet. It’s really hard for me to talk about things like this. I have a lot of questions. What should I do?

Lots of girls have the same concern. Your mom/friend/sister will be one of your best resources when you have questions about your period, so try to start the conversation yourself! Know that they will be the most understanding and helpful.
Is there anything I won’t be able to do when I have my period?

Your period doesn’t have to stop you from doing things you usually do. You can still go to school, help at home, see your friends, play sports and do all the things you’d normally do.
How much blood do I lose during my period? And how long does it last?

Most girls lose about 1/4 cup of menstrual fluid during their periods (mostly in the first few days). Not to worry, though — your body makes up for it. For most women, a period averages between 2-8 days with the heavier flow on the first two days.
Will anyone, like boys, notice when I have my period?

Unless you share or show physical signs of a menstrual cramping, the period is unnoticeable and can go about with doing activities as usual. It is a natural phenomenon and something to be proud of.
My friend was frightened when she first got her period, I didn’t get my periods yet but I am scared already, what should I do?

If you get an unexpected period and you are not prepared, there is no need to panic. You are not the first and definitely not the last in this situation, it will be red and bloody but there is nothing to worry.

Firstly get the supply you are comfortable with, a pad or a cloth pad. If you are in the school, ask a friend to help you get it from a friend, health coordinator or a female teacher, usually the school stocks it.
Does period smell?

A slight smell will be there (but aren’t noticeable by others) since period blood consists of bacteria, vaginal mucus, fluid and tissues which contributes to the odour. But if you have strong and fishy smell, that might be of a concern. Good hygiene practices can also combat normal period odours and make you more comfortable during menstruation.
Why do girls get period and not boys?

The reproductive organ between a girl and boy is different. Girls have reproductive organs which include the uterus, ovaries, fallopian tube, cervix and vagina, whereas boys have a scrotum and testicles. Since boys do not have a uterus, their body does not go through the process of getting period and hence do not get pregnant.
Will you get pregnant if you have sex during your periods?

The probabilities of getting pregnant while on period are low but the possibilities are there. However unprotected sex is unhygienic and should be avoided.
**Q** How often do we change our pads? How often should one clean?

**A** Changing of pads depend on your flow but it is advised to change every 3-4 hours so you don’t end up with an odour or an infection. Washing your vagina regularly is extremely important (just with water), because the organisms cling to your body after you have removed your sanitary napkin. Most people wash themselves regularly, but not the right way— which is, using your hands in motion from the vagina to the anus, not vice-versa. Motioning your hand from the anus to the vagina can lead to the transmission of the bacteria from the anus into the vagina leading to infections.
What if it comes soon? Or doesn’t come?

Getting your periods between the ages of 10-15 is ok. If you don’t get your periods after 15 it will is advised to consult a doctor.
Does bathing or showering more increases the flow?

There is no reason not to shower or bath during your period, it helps you stay clean and hygienic. Hot shower actually helps relieve menstrual cramps and ease muscular tension. Most importantly it will keep your confidence up.
Does drinking tea or coffee increase the flow?

It does not increase the flow but it can make your cramps worse. Caffeine increases your blood pressure and heart rate which can lead to anxiety and tension, making you feel more uncomfortable.
Drinking a lot of water is always important, staying hydrated can reduce your chances of getting dehydration headaches which is common during menstruation. Your dietary needs are about the same during your period as they are the rest of the month. One thing to watch for, if you have heavy blood flow, you might need some extra iron. Your body needs iron to replace the lost blood cells.

If you are a meat-eater, red meat is a rich source of iron. But if you’re on a vegetarian or vegan diet, you might want to eat more foods that are high in iron, such as iron-fortified foods, green leafy vegetables, nuts, seeds, and legumes. You can also boost your iron absorption by eating vitamin C-rich foods along with those plant-based iron sources.
Exercise during periods

Hormonal changes in the body can increase sensations of fatigue during their period. Physical activity can boost energy levels instead of lowering them during a period. Light exercise such as light cardio or walking, an easy exercise that you can incorporate into your day and usually does not require any special equipment, clothing or location. Even better is that it really does not take that much time and you can adjust your speed to fit your level of discomfort during that time. Yoga is great for relaxation of the muscles and decreasing cramps and pain.
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A girl doesn’t become any less because she gets her period. Boys and Girls look different but they are equal in ability and intelligence, whether in education, sports, business or any other activity.
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