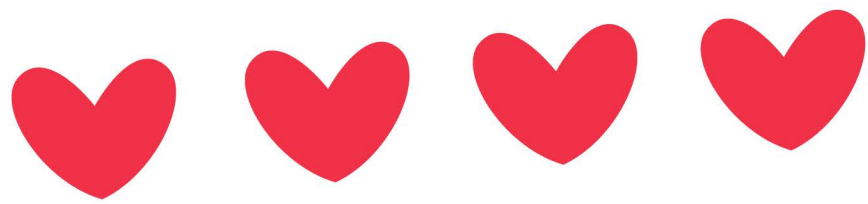
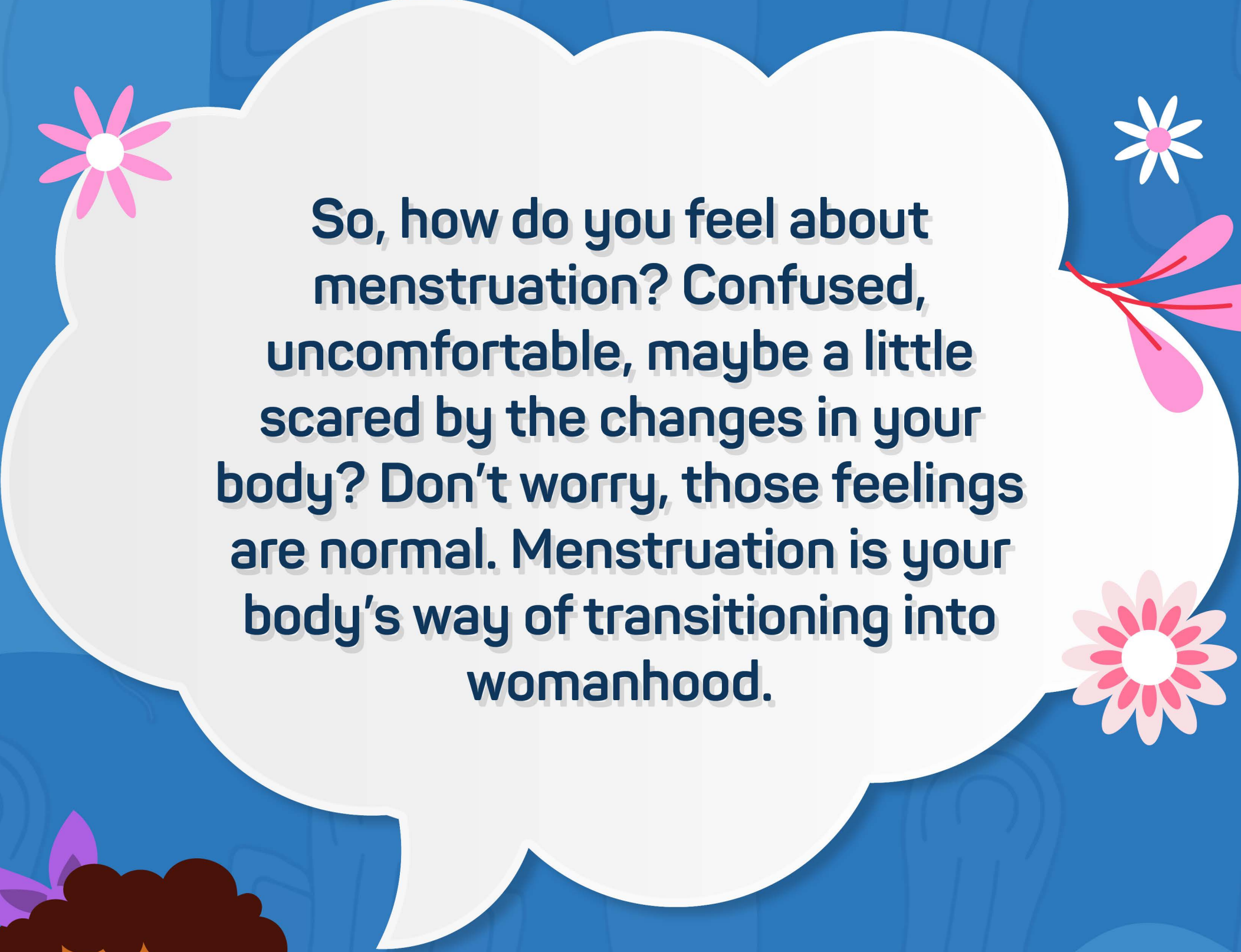


28 MAY 2022

MENSTRUAL HYGIENE DAY



mimi



So, how do you feel about menstruation? Confused, uncomfortable, maybe a little scared by the changes in your body? Don't worry, those feelings are normal. Menstruation is your body's way of transitioning into womanhood.



WHAT TO DO?

1. Use a pad, tampon or menstrual cup when you are menstruating.
2. Don't flush your pad/tampon/menstrual cup down the toilet.
3. You can still play sport - light exercise may help alleviate cramps and elevate your mood.
4. Speak to a trusted female or a nurse if you have any questions.
5. Don't be embarrassed, menstruation is a natural process for girls and women.

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On average, women will menstruate every 28 days but this can vary from woman to woman. Regular cycles between 21 to 40 days are normal.

