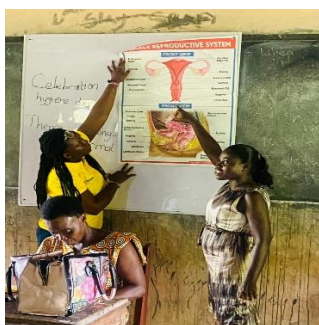


MENSTRUAL HYGIENE DAY AT BIRIM SOUTH DISTRICT

On 28th May of every year is set aside for Menstrual Hygiene Day to break the silence around menstruation, tackle the stigma associated with it and raise awareness of the importance of menstrual hygiene for women and girls around the world. The theme for Menstrual Hygiene Day for this year was: Making menstruation a normal fact of life by 2030.

Every year, the Education Directorate of Birim South District makes sure this day is been observed in the district and this year was not left out. This year a team led by Miss Ruth Ayensu together with the leadership of the Birim South National Service Personnel Association (NASPA-Birim South) made sure it was celebrated in some selected schools in the district.



The schools visited by the Team were St. Agatha R/C Girls JHS, Methodists JHS, Nuriya Islamic JHS and Presby JHS. During the team's visit to the various schools, they educated the girls on how to manage themselves whenever they are in their period. It was made known that not only sanitary pad is the material needed for menstruation but there are other materials like Menstrual Cap, Tampon, Panty Liners and others.

When you hear of hygiene, cleanliness comes to mind, students were advised to always keep their body clean by bathing at least twice a day and during their

period, they should not dispose the sanitary pad anyhow but either burn them or put them in a black polythene bag and discard it.



Students face several menstrual-related challenges, including access to menstrual materials and severe pains hence they absent themselves from school. The team made the students understood that menstruation is part of every girl's life and it should be accepted as so and know how to minimize the severe pains they face. The students were advised to eat well balanced diet and take in enough water and avoid the intake of sugary foods.

The Education was not only meant for the girls but the boys also had a fair share of it. The boys were advised not to stigmatize the girls whenever they see changes. They should avoid laughing at them and also understand it is part of the girl's life and by doing so will help the girls feel accepted and not feel shy when she is in her period during school days.

Sanitary pads were distributed to the girls and it was a memorable day for them.

