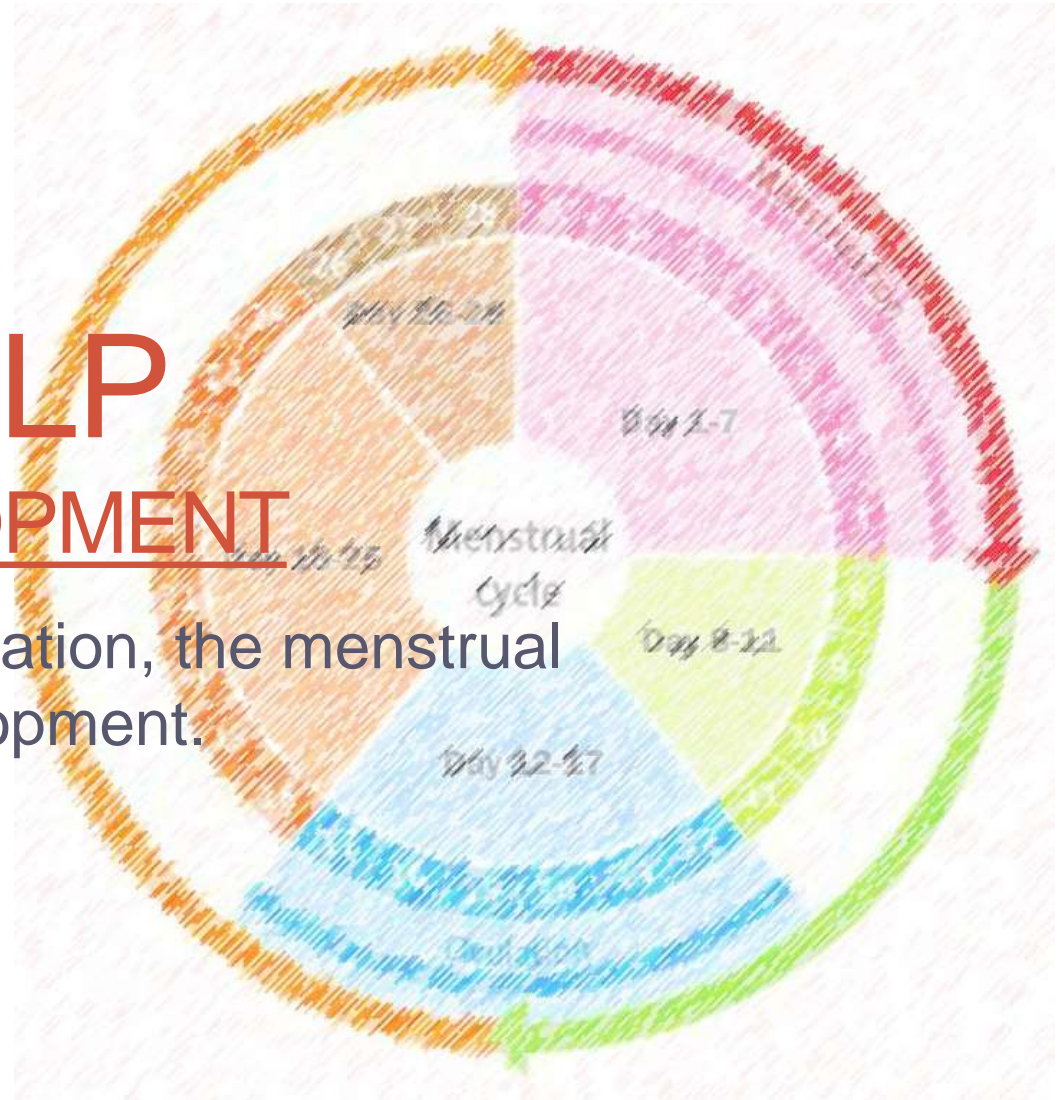


HEDHI HELP

SEXUAL DEVELOPMENT

An overview of menstruation, the menstrual cycle and sexual development.



SEXUAL DEVELOPMENT

Going to school is fun.

This young girl is excited to go to school.



Changing as we grow.

**Along the way she will grow and change
just like everyone does in this world.**



Growing taller.



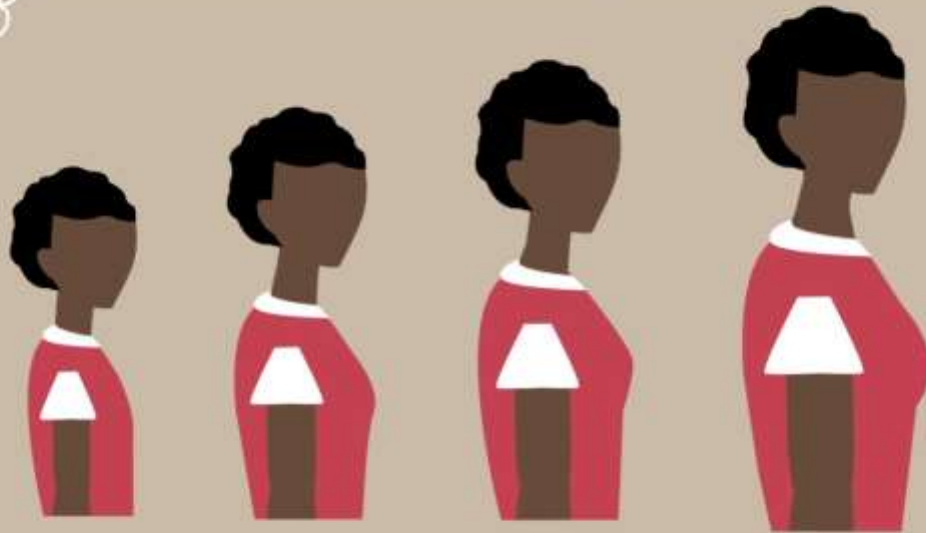
Becoming a young woman.

She will get older and experience more changes as she becomes a woman.



Breasts will develop.

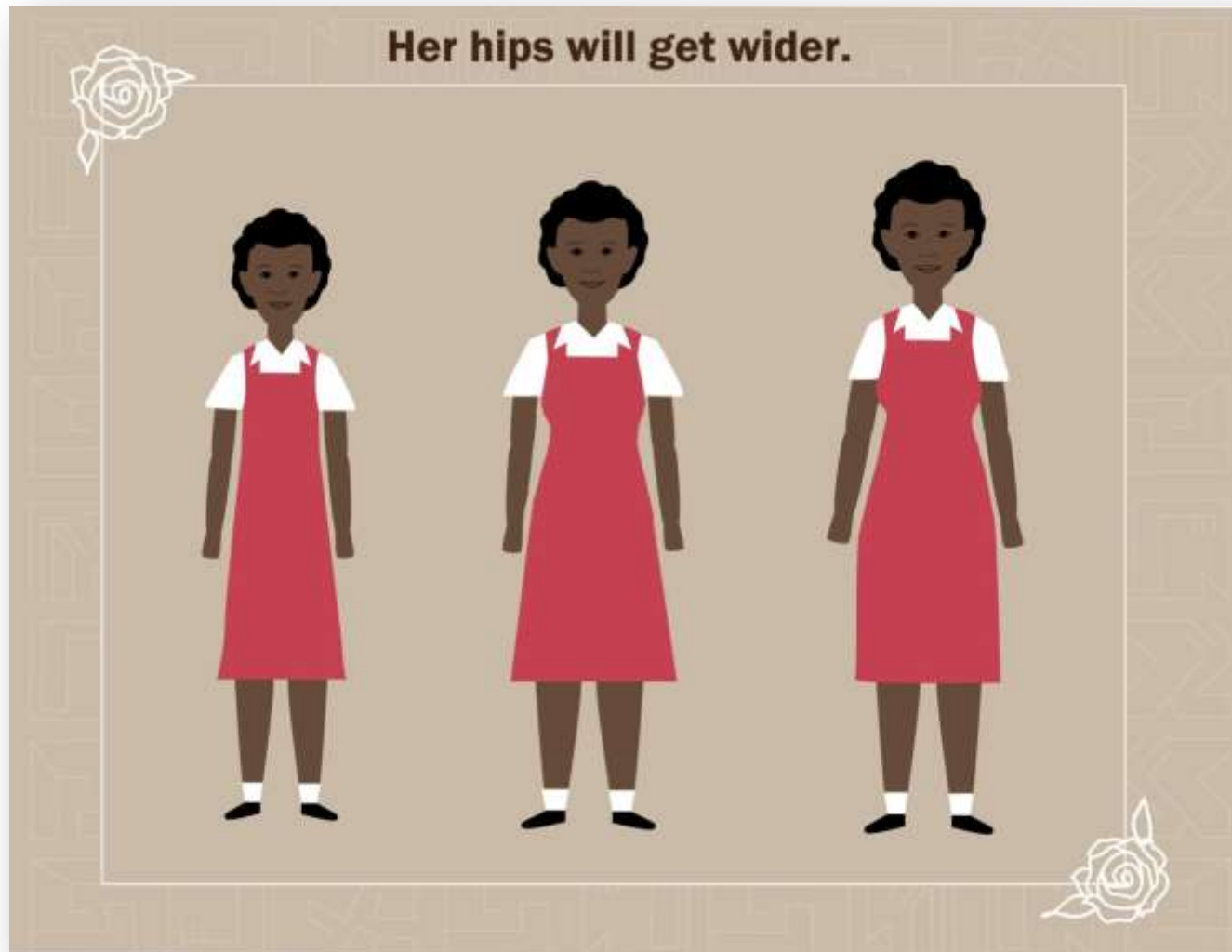
She will develop breasts. It is normal for one breast to be larger than the other.



Clothes will fit differently.



Hips will get wider.



Preparing to become a woman.

All these changes prepare her for becoming a woman and starting to menstruate.



Everyone changes differently.



Change is beautiful.



MYTHS & MISCONCEPTIONS

Talking about menstruation.

Today we will learn about menstruation. Most all girls will begin to menstruate somewhere between 9 to 15 years old.

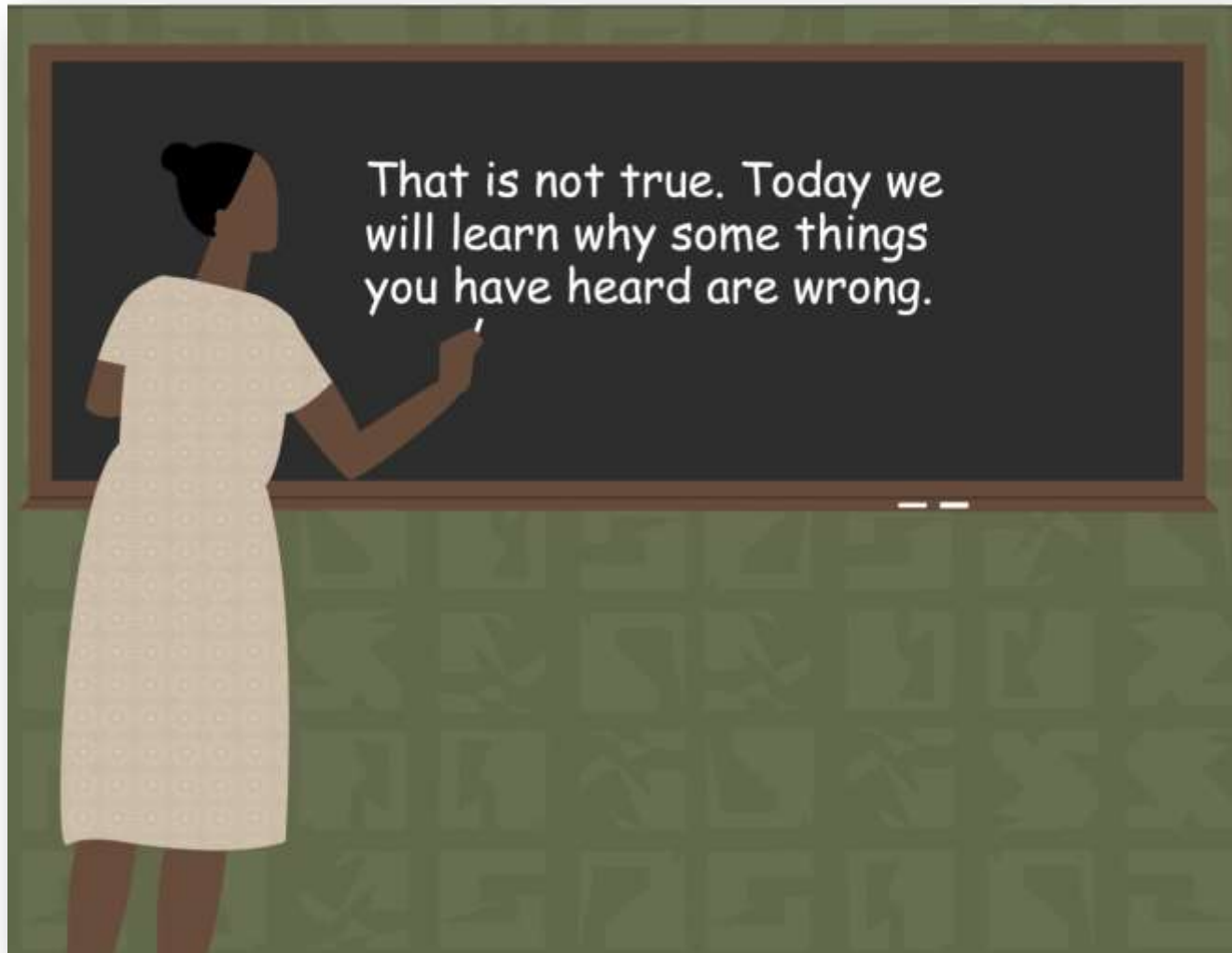


Dispelling myths.

Someone told me that bleeding means
that you are dirty or impure.



Talking about misconceptions.



Menstruation is monthly.

**Girls menstruate once a month,
unless you are pregnant.**



Menstruation is normal for women.



Cramps are normal.

Many girls have pain or discomfort when they menstruate. This is your body's way of helping the menstrual cycle progress.



Can you cook when menstruating?

Can a girl who is menstruating still cook food?



Daily routines can stay the same.

Women can cook and be
in the kitchen on their periods.
Daily routines can stay the same.



Doesn't bleeding limit what you do?



Going to school when you menstruate.

Can girls go to school when they menstruate?



You can go to school

Girls can go to school when they menstruate. No one will know you are bleeding unless you tell them.



I'm menstruating and in school!

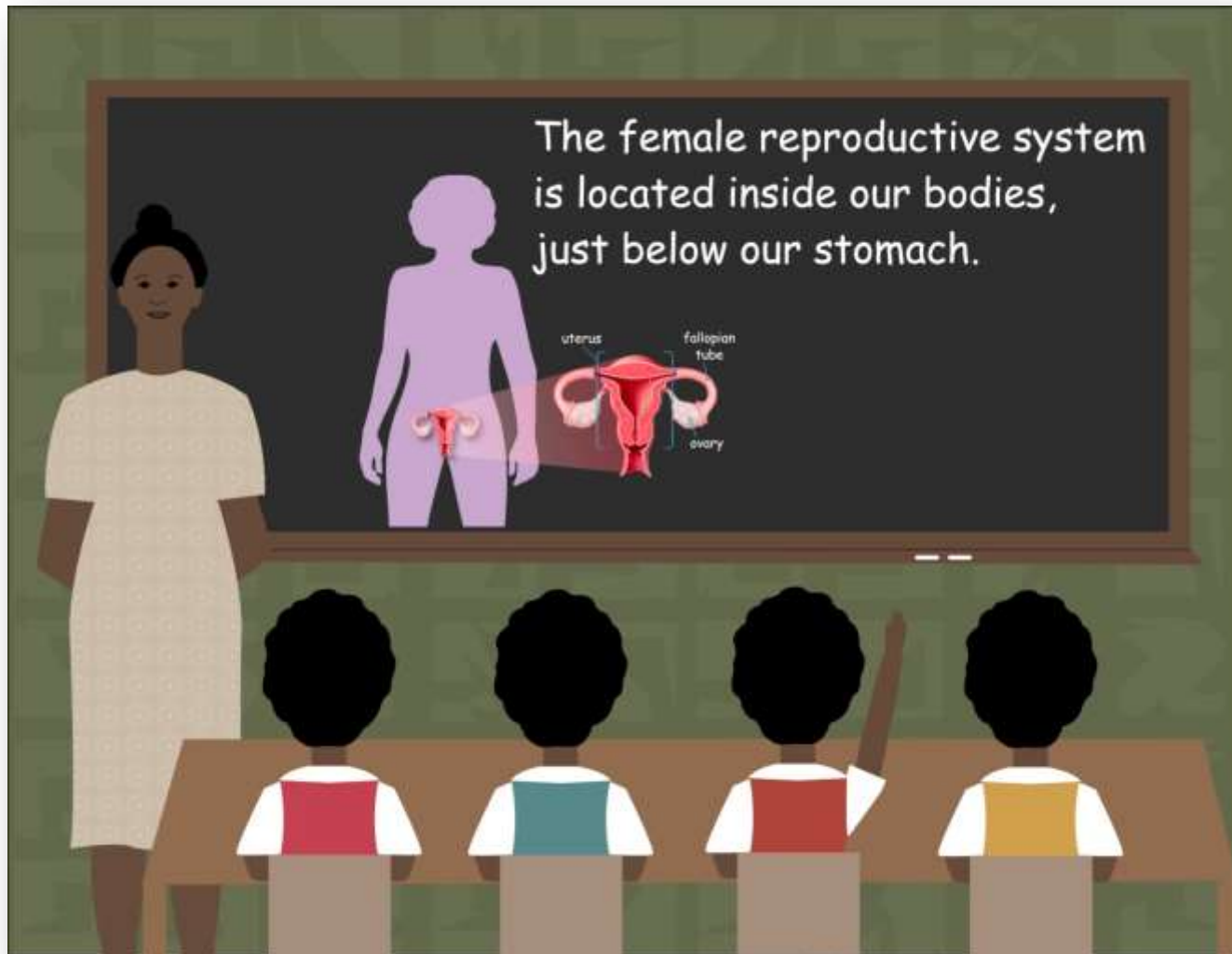


WHY DO WE MENSTRUATE?

The menstrual cycle



The reproductive system



Why do we menstruate?



Every girl menstruates.

Every girl will menstruate as it is part of our menstrual cycle. Menstruation prepares a woman's body for the probability of pregnancy.

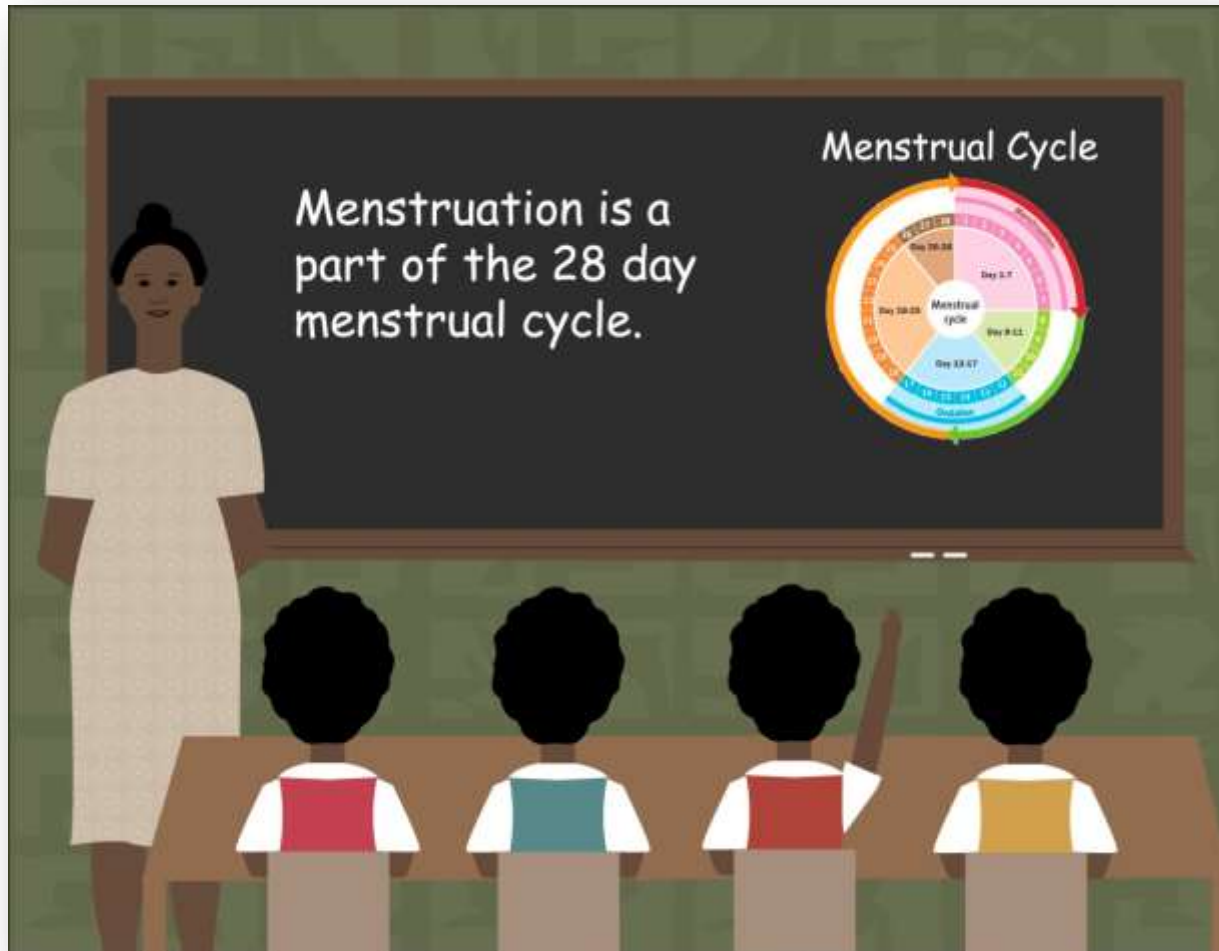
The diagram illustrates the menstrual cycle as a circular process. It is divided into four main phases, each represented by a different color and containing specific days:

- Menstruation (Days 1-7):** Represented by a pink segment at the top right.
- Follicular phase (Days 8-14):** Represented by an orange segment at the top left.
- Ovulation (Days 15-17):** Represented by a blue segment at the bottom left.
- Luteal phase (Days 18-28):** Represented by a green segment at the bottom right.

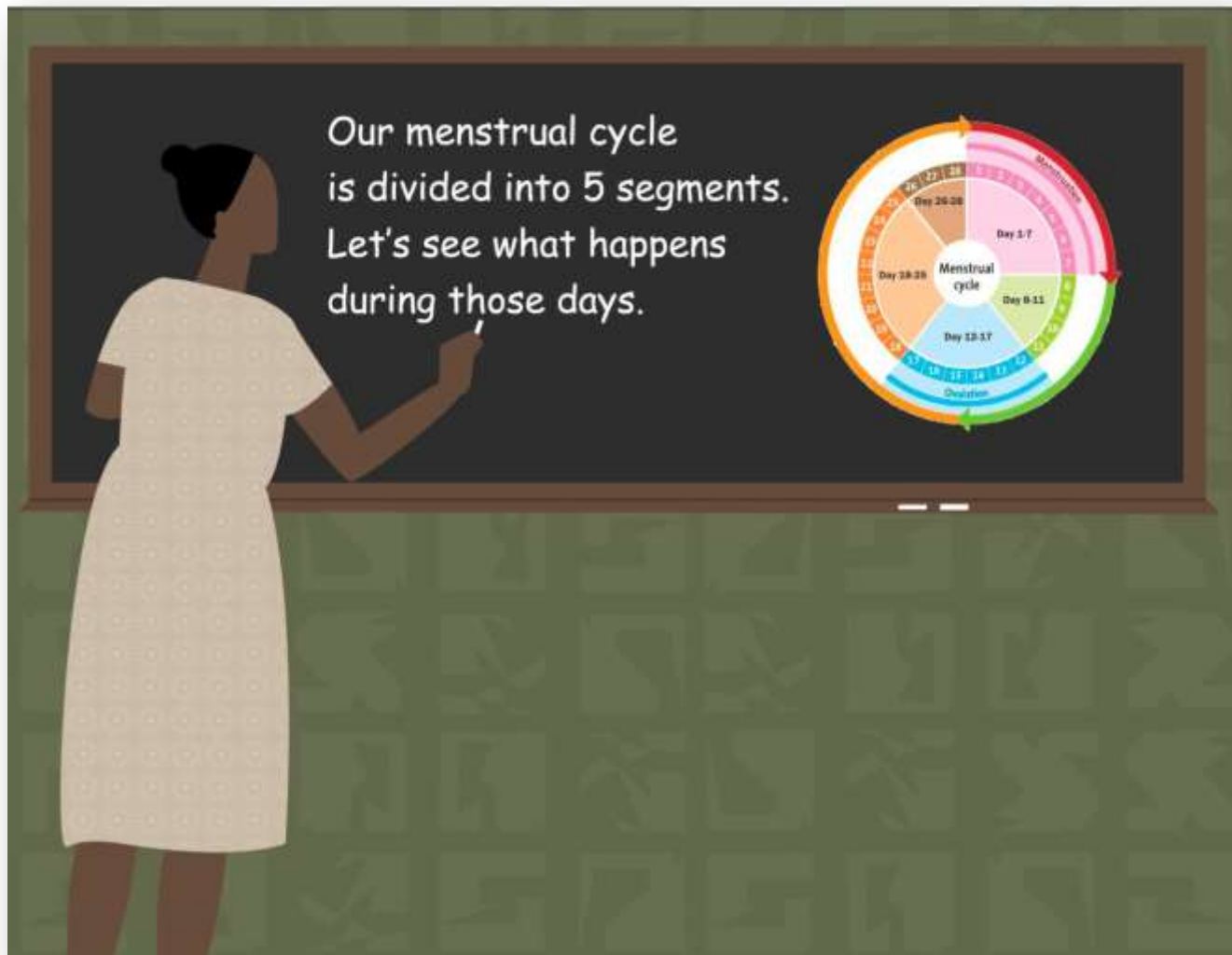
Arrows indicate the clockwise progression of the cycle. The center of the circle is labeled "Menstrual cycle".



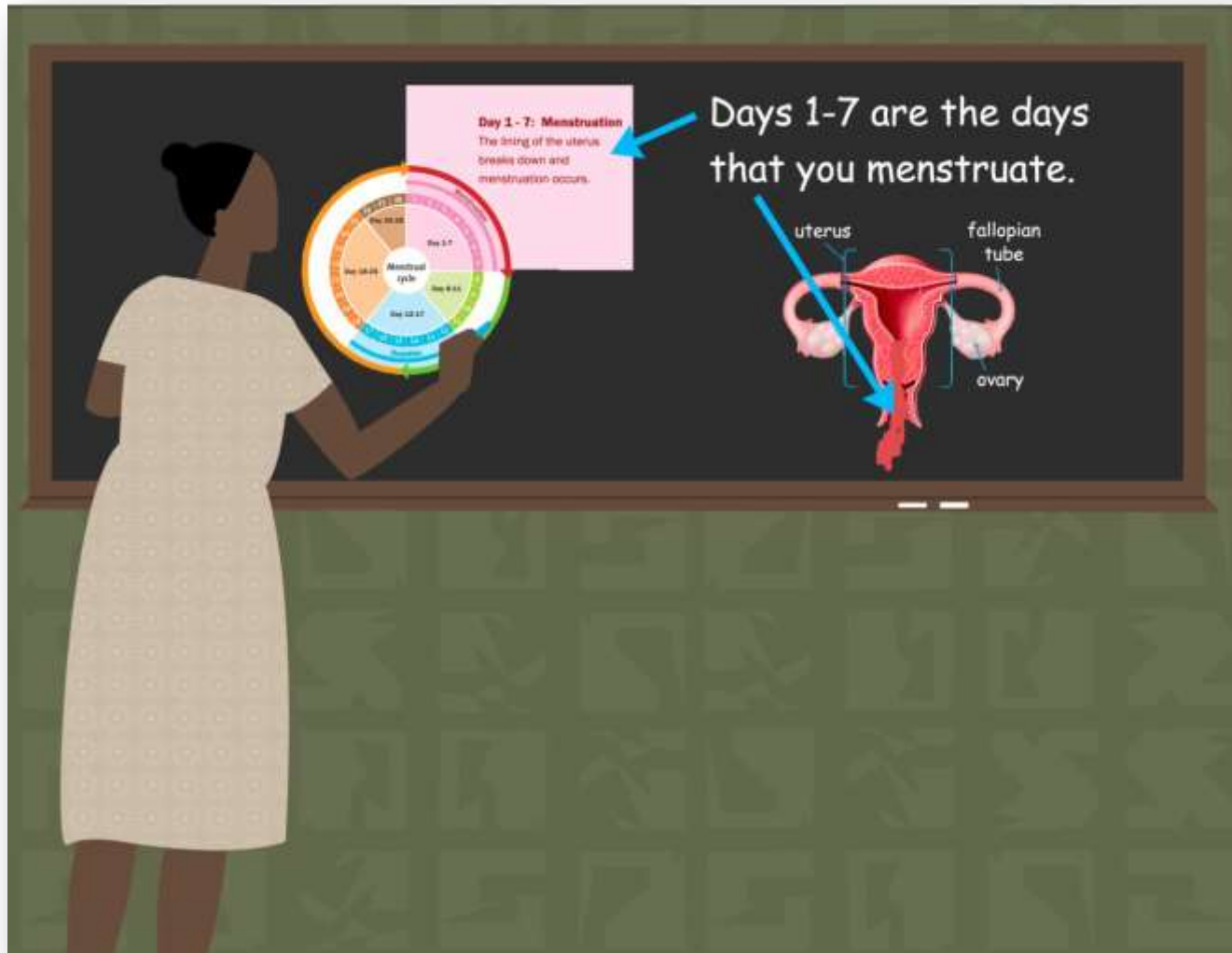
The 28 day cycle



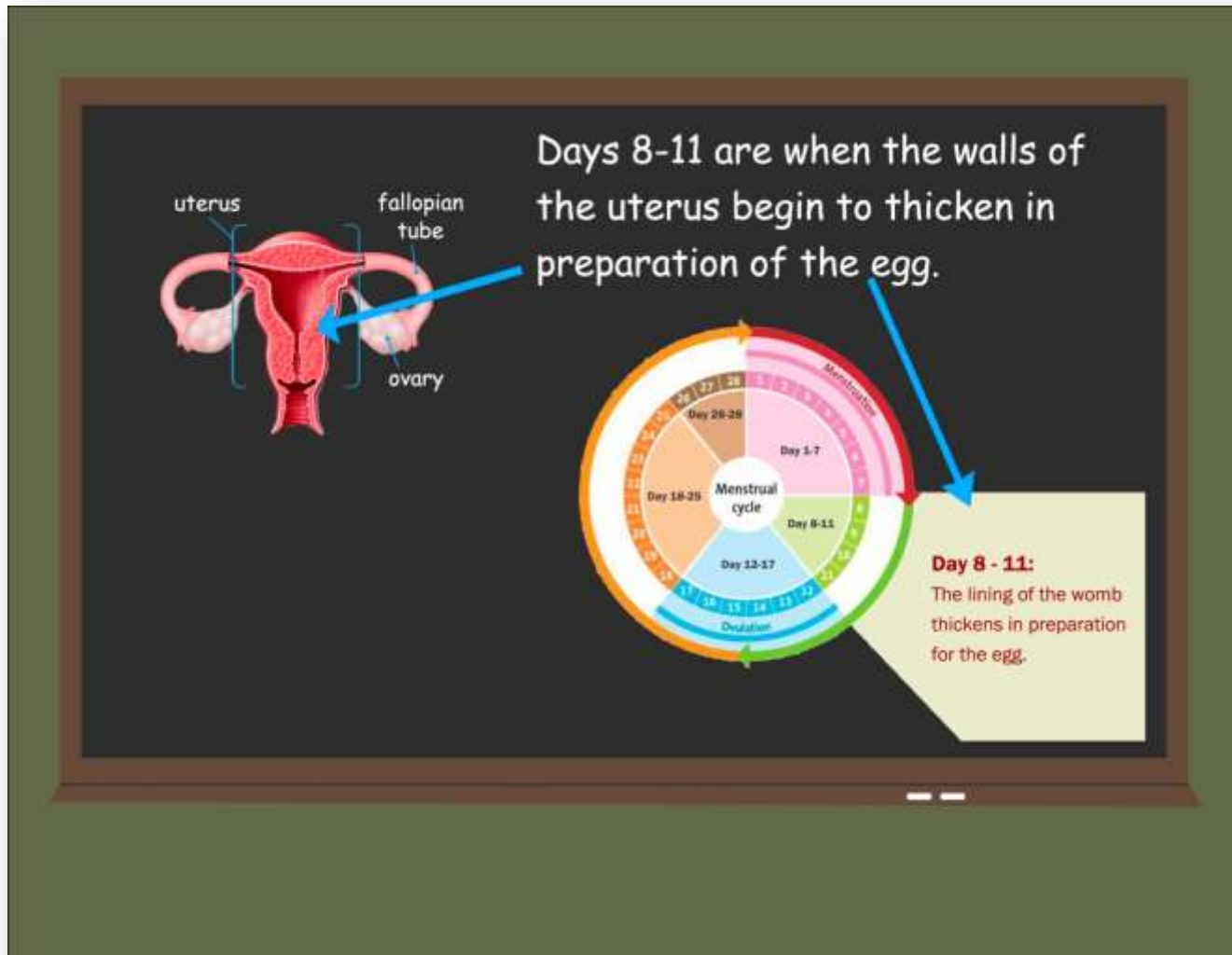
The menstrual cycle has 5 segments



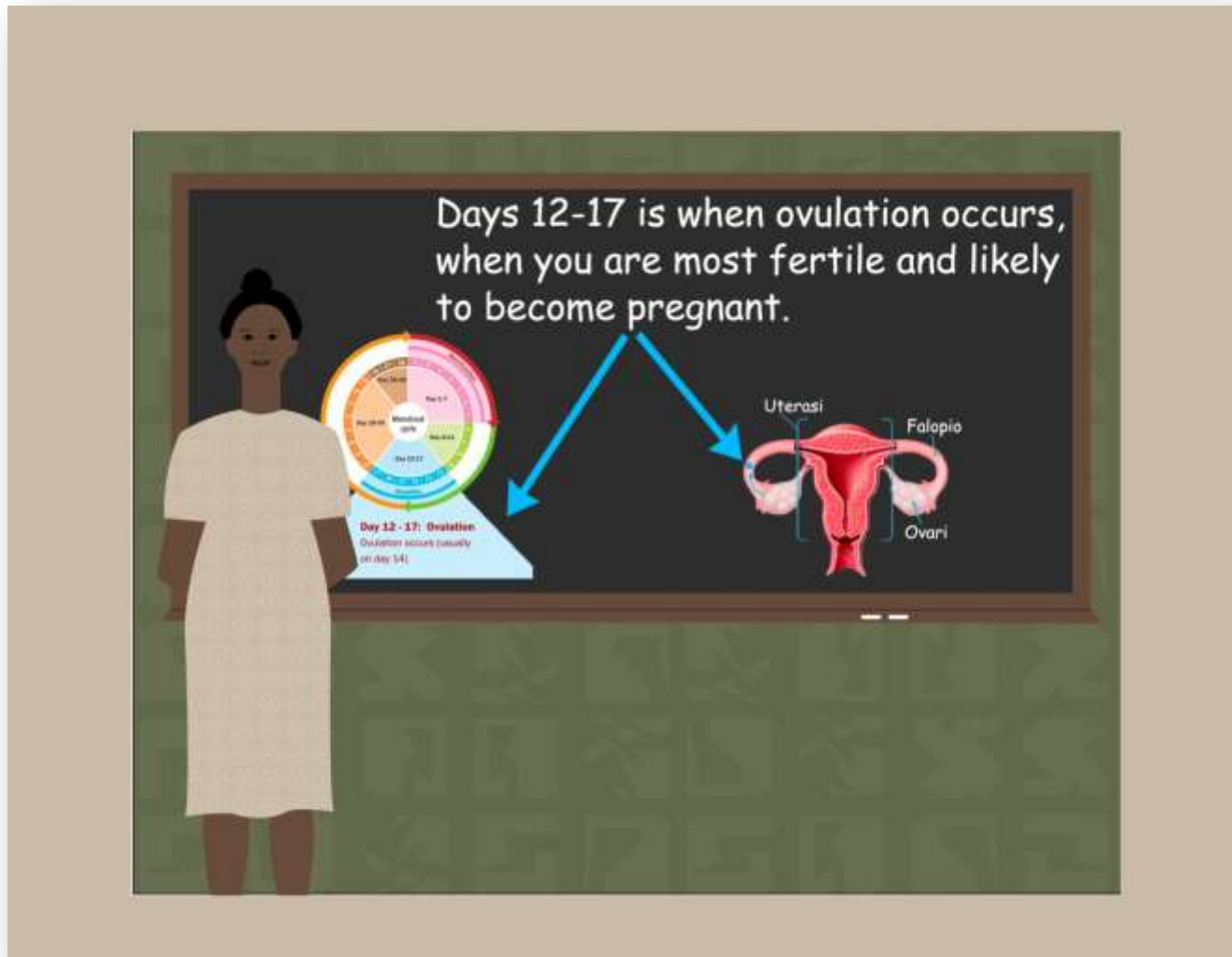
Days 1-7 Menstruation



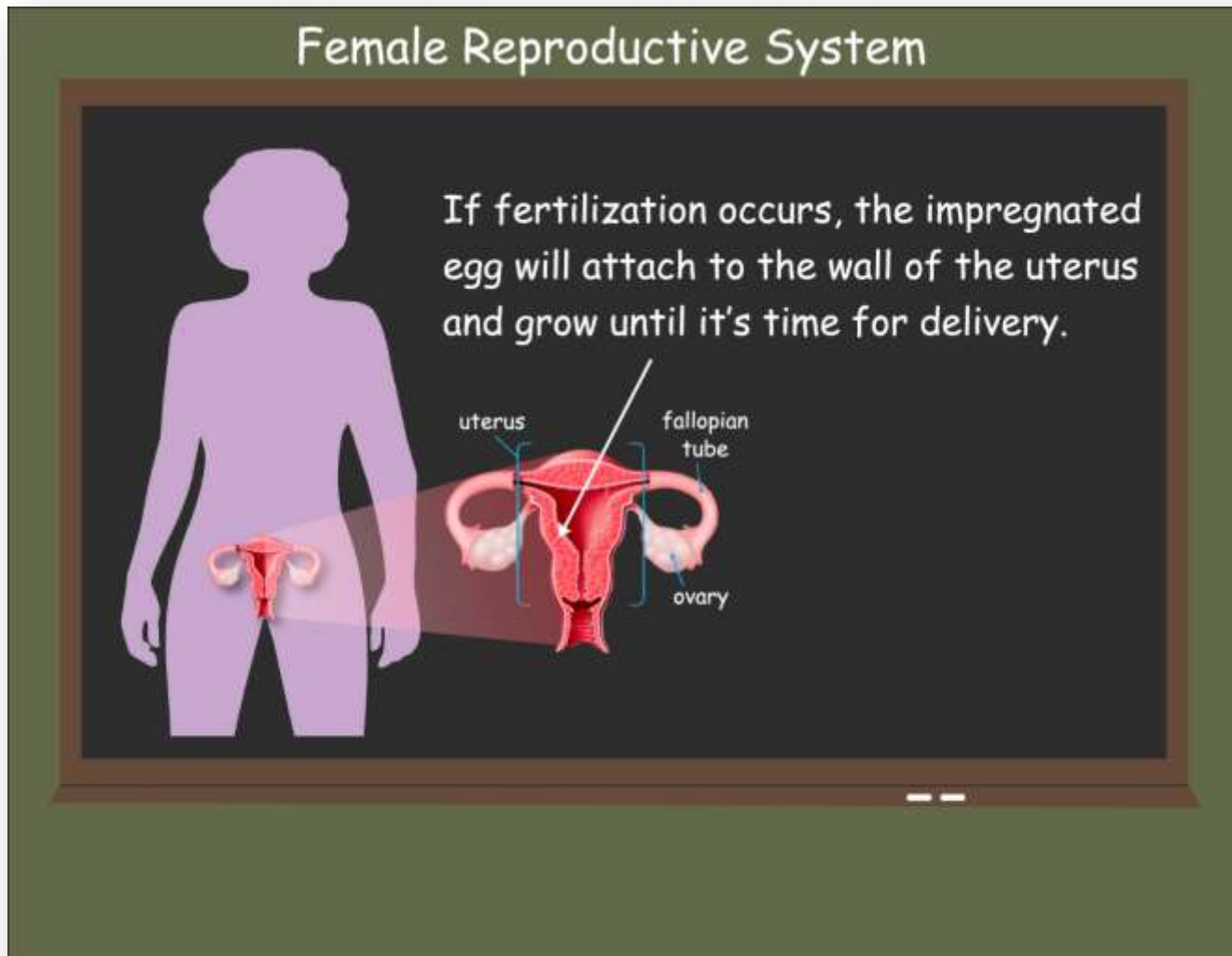
Days 8-11 preparing for ovulation



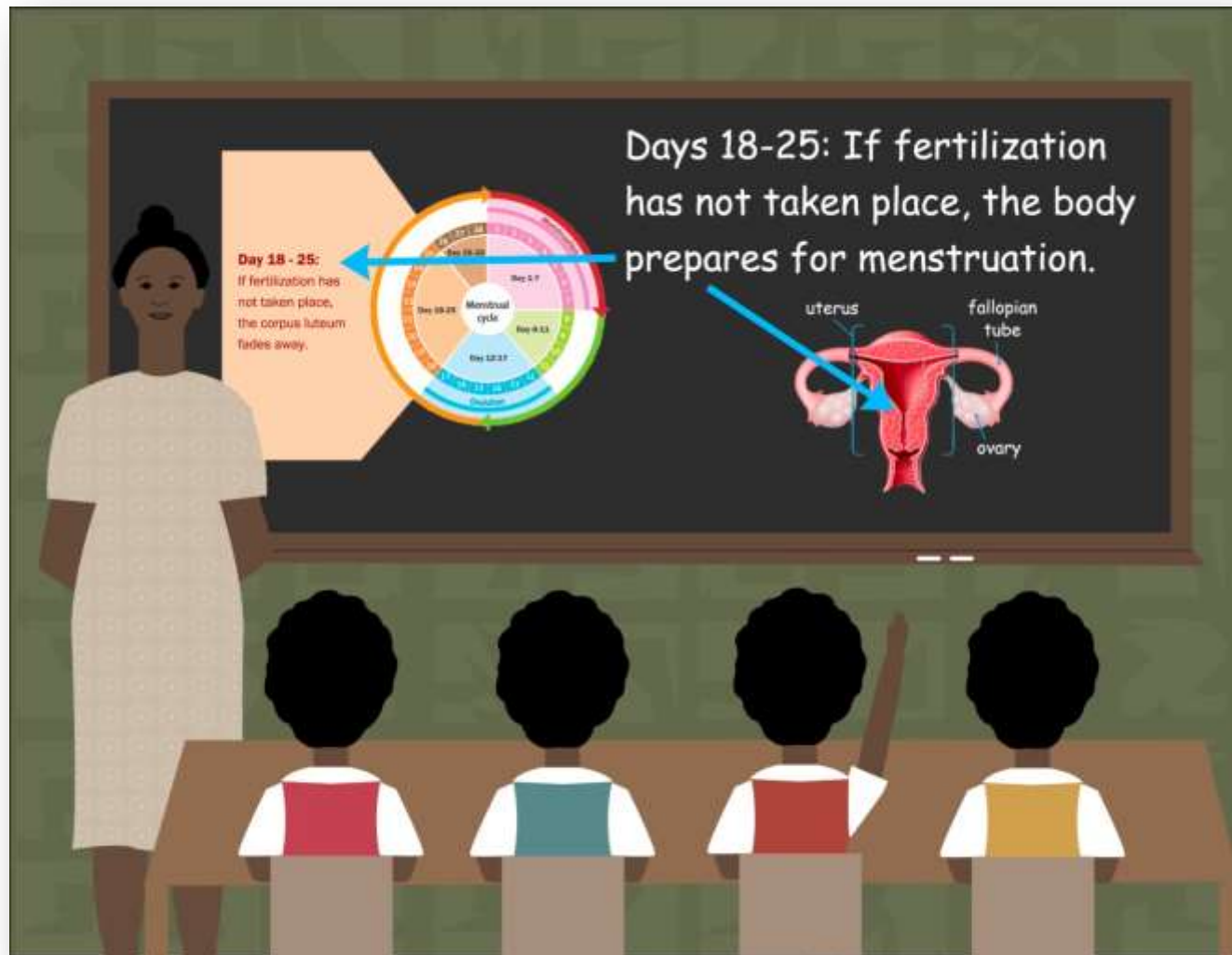
Days 12-17 Ovulation



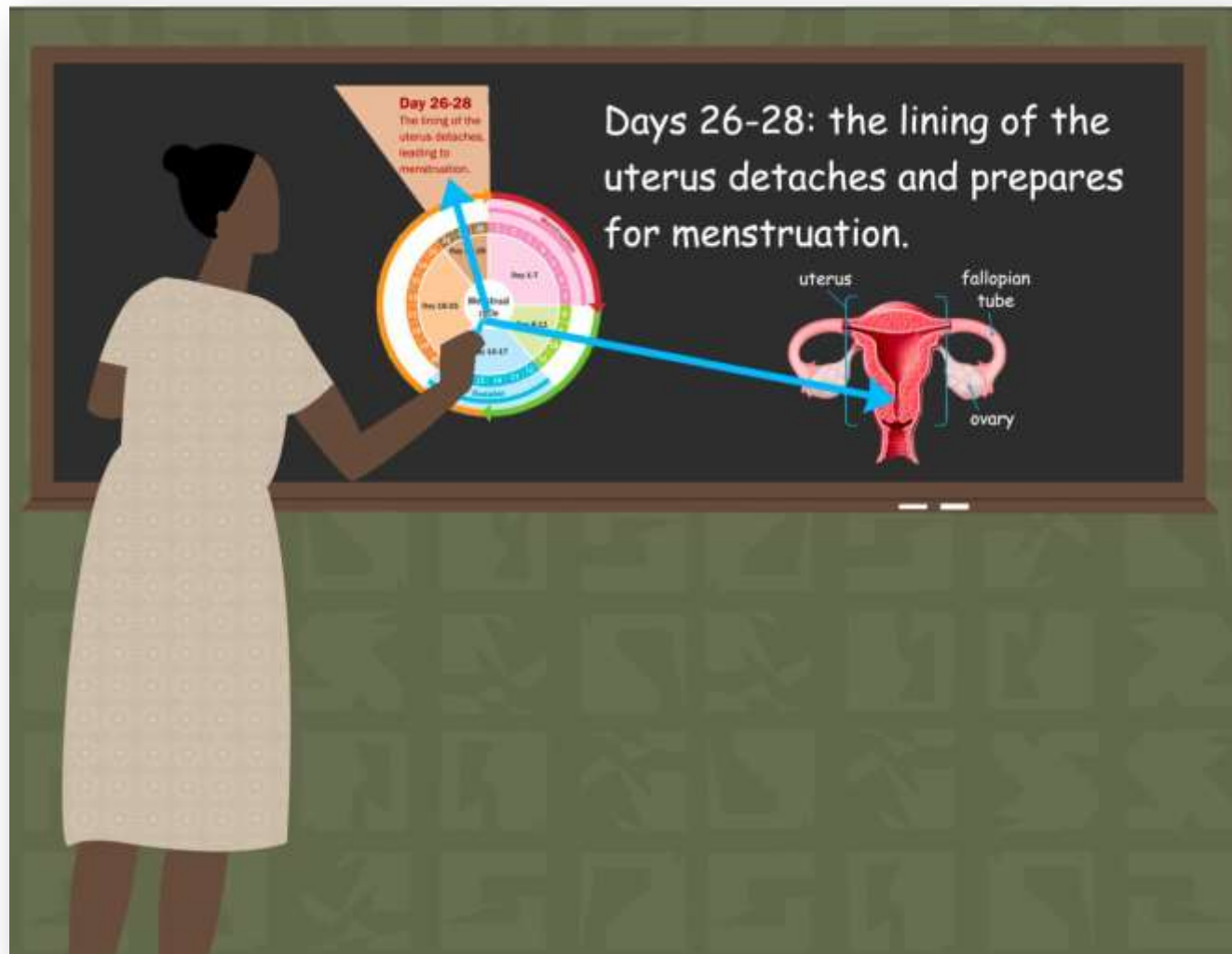
When pregnancy occurs...



Days 18-25 Preparing for menstruation



Days 26-28 Menstruation is imminent



Lessons learned

Today I learned not to be ashamed
that I menstruate. All girls menstruate
and it's normal.



WHAT IS PMS?

What is PMS?



PMS Symptoms

Common PMS Symptoms:

- * acne
- * tender breasts
- * bloating
- * feeling tired
- * irritability
- * mood changes



PMS discomforts



PMS is normal

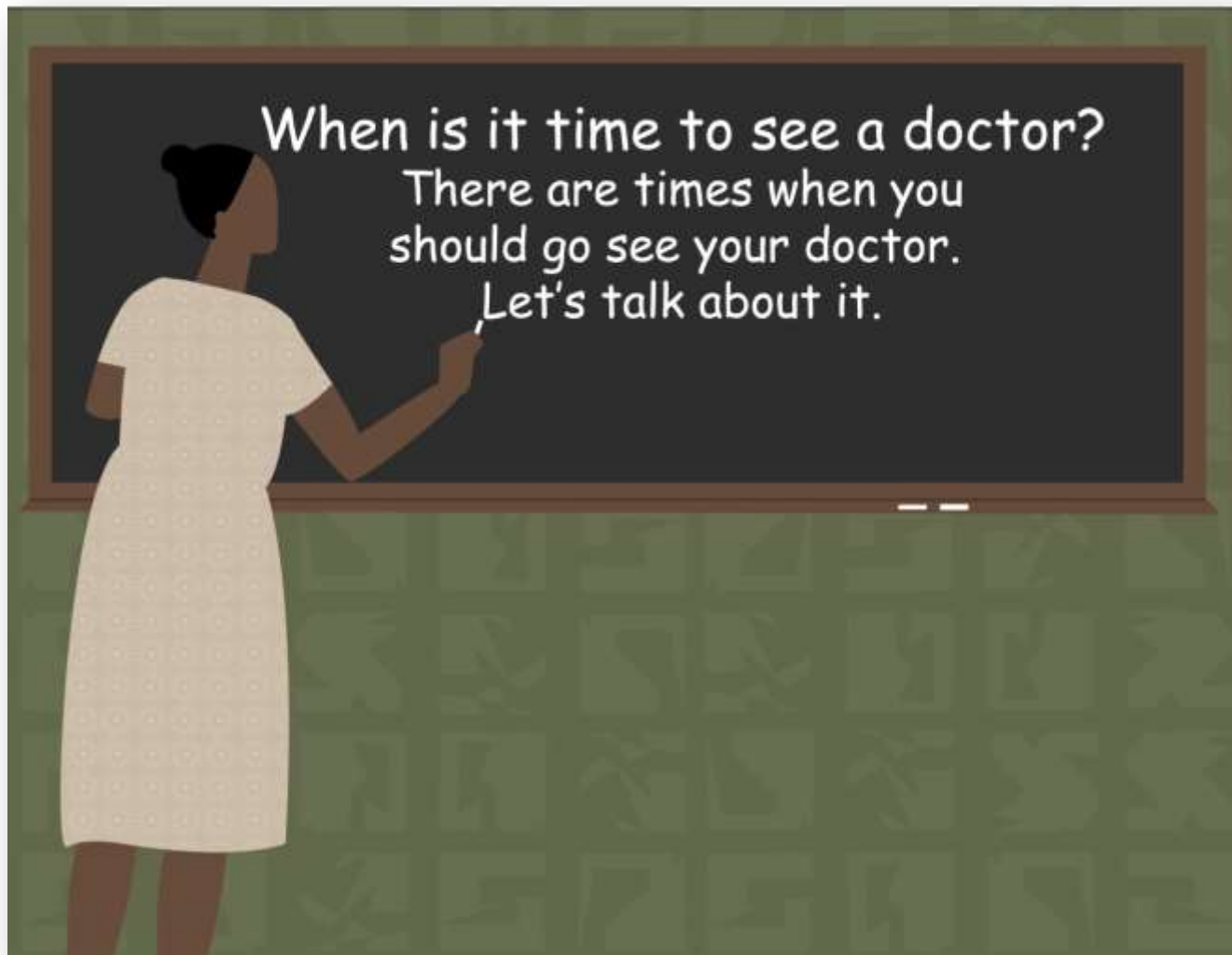


Most girls suffer from PMS



TIME TO SEE A DOCTOR

When do you see a doctor?



Unusual symptoms

You should see a doctor if you have any of these symptoms:

- ✓ you are 16 and have not started menstruating
- ✓ your period has suddenly stopped
- ✓ you are bleeding for more days than usual
- ✓ you are bleeding excessively
- ✓ you bleed between periods
- ✓ you have severe pain during your period



It's normal to feel afraid



The doctor asks lots of questions

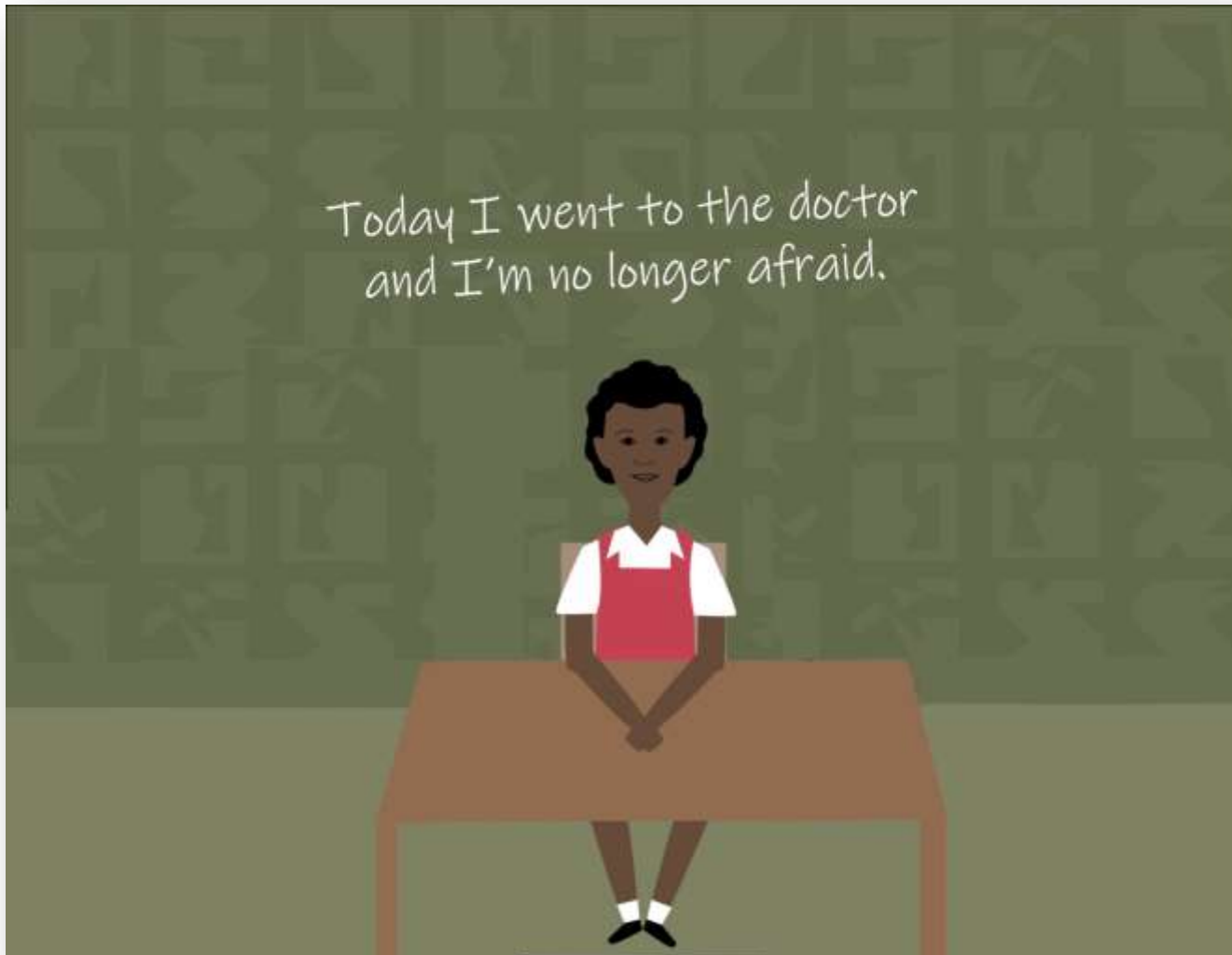


Medicine may be prescribed

The doctor may prescribe some medicine to help you feel better.
Remember the doctor wants to help you.
That's his job.



I'm not afraid anymore.



Credits

The original Hedhi Help MHM application was developed by Santa Clara University Public Health and Frugal Engineering students.



Modifications to the application were developed by Rose Academies staff and interns.

Hedhi Help: An overview of menstruation, the menstrual cycle and sexual development is a production of Rose Academies.

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