

**Anuka:** Hi again!! In this video, we are going to be teaching you about menstruation and what religion says about it. The major religions in Uganda and Christianity and Islam, so we will primarily discuss periods in the context of both of those religions. Remember, this video is not to discourage you from practicing your religion, but rather tell you what major religions says about periods. Also, remember that these beliefs may not be true in your community or family, so do not feel like you need to follow anything that we say in the video.

**Devika:** Let's start out with Christianity, the religion based on the teachings of Jesus Christ. Along with Buddhism, Christianity has one of the most easygoing attitudes towards girls on periods. Some parts of the Old Testament say that periods are impure, but Christianity does not isolate women during their monthly cycle.

**Anuka:** The most extreme attitude is that of Eastern orthodox christianity, which says that women cannot receive communion when on their periods.

**Devika:** Now let's move on to Islam. According to Quran 2:222, a woman is said to be unclean when they are on their periods. Some restrictions are that they not have sex, touch a Quran, or enter a Mosque for a week. With islam, a woman on her period is not supposed to perform swallah and not supposed to be divorced until she is okay. In the culture in Uganda, a girl on her cycle is considered impure, and cannot cook or do any domestic work.

**Anuka:** When a girl gets her period for the first time, she is forced to go and see her aunt for guidance and counselling, some times leading to depression. A lot of the time, you may see or hear or girls tying sweaters around their waste in shame, especially when access to sanitary pads is low.

**Devika:** Simply because a religion says you are impure on your monthly cycle does not mean you should hold yourself back from doing your daily activities! It is always important to remember that periods are natural and just a part of your development. Having proper care and being confident in yourself during all days of the month will make you a happier person!

**Anuka:** We know this video was shorter than usual, but we hope you learned something! See you in the next video!!