

Devika:- Hello everyone! Welcome back to our video series! Today we are going to talk about your period and the community around you.

Anuka: Every community has their own cultures-- language, traditions, customs, and religion. In many cultures, the menstrual cycle is considered to be something that we should be ashamed of, or something that we should try to hide from other people in our community. We're here to tell you that **your period is nothing to be ashamed of. In fact, it's what makes us girls unique. Our period should empower us because it is part of what makes you, you.**

Devika:- Let's clear up some myths about our period so we can feel as confident as we can be during our time of month.

Anuka: What if when we are on our periods, our peers will laugh at us because they can tell that we are on our periods? We fear that we will leak and everyone will make fun of us. Because we feel ashamed and scared, should I skip school this time of the month?

Devika:- This should not be a fear! Only you can tell that you're on your period. No one else knows. Because we have the right supplies, leaking should be the last thing that we have to worry about. And even if we do, our peers understand that this is a natural bodily function that we go through. It is nothing they should be laughing about.

Anuka: So, during your period, **don't skip school.** Think of all things that you would miss if you missed five or more days! You are a strong, beautiful, and powerful woman that should not be ashamed of anything. You are a woman of substance that doesn't let your period get in the way of your education. Don't skip school during your period!

Devika:- What if I feel dirty on my period? What if I feel like I can't play soccer or be active with our friends. Sometimes, I feel like I need to hide myself from my friends and family.

Anuka: This is the exact opposite of what we should do. Our periods should not and will not stop us from doing things that we normally do. Sometimes, the subject of menstruation is not something we talk about at home because we feel embarrassed. Even if you are not comfortable talking about it, just know that **every single** woman goes through her period every month. We are all no different and we

all understand. So, if you have any questions, do not be afraid to talk to your friends, teachers, or family.

Devika: Thank you so much for being a part of our *Hygiene for Hope* video series and we hope you learned a lot! Along with these videos, you can find motivational videos and pictures that will help remind you that you are a woman of substance. If you have any other questions, feel free to message us at hygiene4hope@gmail.com (*Email on screen*)