**Objectives**

- To empower the girls with the knowledge of their own bodies.
- Demystifying the science behind menstruation.
- Understanding the good touch and bad touch.

**Resources**

- Chart paper with a drawing of the female reproductive system as a visual aid.

**Steps**

- Setting The Tone
- Problem Solving
- Wrapping up
1. Start the day with the secret clap.

2. Have a dialogue with students about their experience during Annual Function.
1. Ask the students about what they know about periods. Encourage them to volunteer. Give your own stories.

2. Talk about puberty and various changes- emotional and physical, menstruation being one of the biggest changes.

3. Show them the chart. Name the different parts.

4. Walk them through what happens when the egg is released through hormones; the entire cycle.

5. Talk about the cycle duration.

6. Talk about the symptoms. During and before the period (PMS). For example, cramps, bloating, acne, hunger, etc.

7. Talk about how every woman is different, so everyone’s experience will be different. It is important not to be scared about the small differences, but also necessary to get yourself checked if there is an extreme condition.
8. Discuss among the groups how to manage the menstrual pain. Talk about means of doing very light exercise, yoga, eating right, resting, meds, heat, etc.

9. Have a discussion on the importance of hygiene which includes components of taking a bath, changing pad frequently, washing hands, and hygienic ways of using a cloth.

10. Discuss on the myths of menstruation and understand what they know already and what they need to know more about.

11. Discuss the importance of resting and taking care of oneself and the idea of being fine with one’s own body without affecting one’s self-confidence.
Wrap up the session with the secret sign and by building anticipation for the next session.

**Note**

1. Use Hindi terms such as Garbhashay, Andashay, Anda, Andruni deewaar, Anda, Aasik dharma, Yoni, etc.
2. Make the session as interactive as possible.
3. Use your own examples constantly. This will help them to relate to you.
4. Whenever you suggest them an alternative, do not negate their practices. Instead of saying “That’s wrong, do this”, you can say “Oh, okay, here is another method you might find better”.