

St. Cecilia's Public School
Workshop on Menstrual Awareness
Class VI-VIII
Dated: 16 July 2022

“It takes courage to grow and become who you really are”

The workshop started with this idea and focused on acceptance by the students. It started with general questions about their changes in life and then proceeds the questions like, “What are the body changes that you have experienced so far?”

At first, they were shy and hesitant. So I started by giving example, breast growth. Through this, they got more opened up and gave me more examples like hair growth under arm pits and on private areas. They told me that they were uncomfortable also with these changes. Then, I made them assure that, all the changes that happens, are experienced by everyone. So, we all should embrace and accept it gracefully. The workshop is then followed by videos on smart board about menstrual cycle and sanitation to be kept. It was guided that disposal of the waste during periods holds a great significance as it spreads infections and diseases.

Demonstration of real sanitary napkin was done to make them aware of the usage and how to dispose. And at last we have a question/ answer round where the students cleared their doubts and according to me, were satisfied and happy.