

## HEALTH EDUCATION

# Boys should help girls during menstruation

By Jacqueline Emodek

**M**enstruation is a process where girls bleed from their private parts once in a month. It happens when a girl reaches puberty and is completely normal for every woman.

However, sometimes boys make the girls uncomfortable during this period and as a result, some even refuse to go to school.

This is bad because it affects the girls' education. So, what can boys do to help girls feel comfortable in school during this time? Our team visited Kiswa Primary School to get their views.

Zipporah Mauso, an English teacher at the school, says boys should not stigmatise the girls during menstruation because it is a normal process of growing up.

She says if the girl is not aware that she has gone into her menstruation periods and stained her dress, do not laugh or shout at her. "Instead, whisper in her ear and tell her that she has stained her clothes; then offer her a sweater to wrap around the bloodstained area."

She adds that boys should avoid using abusive language because it makes the girls feel ashamed.

Emmanuel Watusi, a Primary Six pupil at Kiswa Primary School, says boys should counsel girls.

"Tell the girl not to listen to other people's jokes and be proud of having her periods because this means that she is growing up normally," he says.

Watusi also says boys should treat girls equally because they both go through different changes during puberty, instead of making jokes about their body changes.

"Boys have wet dreams and we are lucky that this happens at night. At least for us, we can wake up and clean ourselves. But for girls, there is no specific time. It just happens. So, boys should not make fun of menstruation," he says.

Trevor Wambale, a Primary Six pupil, says that boys should be kind and caring to girls when they are in their menstruation periods, "since they are always in pain".

Experts say before, during or after menstruation, girls have pain also known as cramps in the lower abdomen because the uterus contracts to remove the lining that had been formed in preparation for the baby.

Maureen Nyomera, a Primary Seven pupil at the same school, says boys should always be supportive to girls during this time.

"Sometimes when you go into your periods at school, you might not have money to buy sanitary pads. In this case, boys should help if they can," she says.

Boys can also take the girl to the senior woman teacher or any teacher who can give extra help.

However, girls also need to accept help from boys. Do not be rude when they ask if you are okay and need assistance. If someone offers assistance, accept it.

Mauso says girls should also avoid feeling uncomfortable because their elder sisters, aunts and your mother all go through menstruation.



*Boys should help take girls to the senior woman for extra help*



Girls should be happy about menstruation because it is a normal process of growing up



Boys should tell girls to proud of menstruation

### DEAR GIRLS, ALWAYS REMEMBER

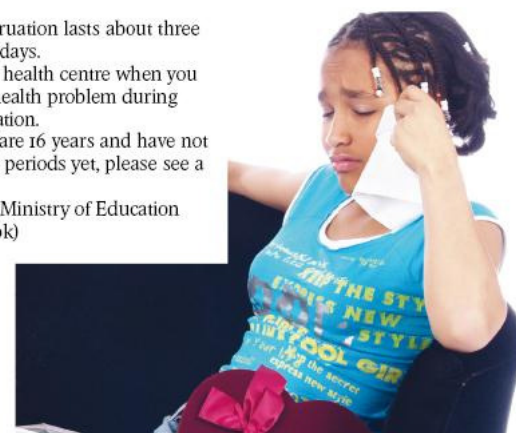
Menstruation is natural and healthy

- Menstruation lasts about three to seven days.

- Visit a health centre when you get any health problem during menstruation.

- If you are 16 years and have not had your periods yet, please see a doctor.

(Source: Ministry of Education Handbook)



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