HEALTH EDUCATION

Boys should help girls during menstruation

By Jacqueline Emukub

Menstruation 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 Kiwa Primary School to get their views.

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

She says that the girls are not aware that they have gone into her menstruation period and want their lives, do not laugh or drone 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 bloodstream area.”

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

Emmanuel Wamata, a Primary Six pupil at Karma Primary School, says boys should support girls.

“Tell the girl not to learn so other people’s jokes and be proud of having her periods because this means that she is growing up normally,” he says.

Wamata also says boys should treat girls equally because they both go through different changes during puberty, instead of making jokes about their bodies 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. If it happens, boys should not make fun or mention it,” he says.

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

Experts say before, during and after menstruation, girls have pains also known as cramps in the lower abdomen because the tissues contract to remove the lining that had been formed in preparation for the baby.

Marion Pavone, 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 talk to 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 or if you are angry and need assistance. If someone offers assistance, accept it.

Musoke says girls should also avoid feeling uncomfortable because they are not alone, sisters, aunts and your mother all go through menstruation.

DON'T BE ASHAMED...
IT'S PERFECTLY NORMAL...

Boys should help girls during menstruation.

DEAR GIRLS, ALWAYS REMEMBER

Menstruation is natural and healthy

- Menstruation lasts about three to seven days.
- Visit a health center 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)

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

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