

Q & A list for Hello Periods workshop



1. BLUE PAUSE SCREEN



Q1: What changes do we see in the body while growing up?

Ans: Height and weight increases, breasts begin to develop, hips widen and hair begins to appear in the underarms and around the genitals.

Q2: What is vaginal discharge? Is it normal?

Ans: Vaginal discharge is whitish or clear secretions from the vagina. It is normal.

Q3: How many openings are there between our legs? What is the purpose of each opening?

Ans: There are three openings between our legs. Urethra, where the urine comes out from, vagina, where the baby comes out from during child birth and anus, where the feces come out from.



2. ORANGE PAUSE SCREEN



Q1: What do we need iron for?

Ans: Iron is necessary for carrying oxygen in the blood. Deficiency of iron causes Anemia in which you feel very weak even after taking rest.

Q2: What are the sources of iron?

Ans: Peas, spinach, potato with skin, dal, nuts and dry fruits and fish

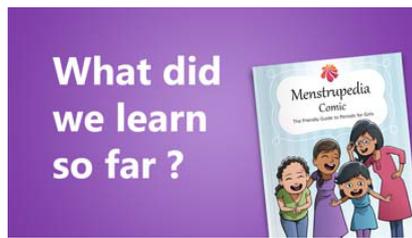
Q3: Why is it better to have iron rich food with food rich in vitamin C?

Ans: Having iron rich food with food rich in Vitamin C increases the absorption of iron in the body.





3. VIOLET PAUSE SCREEN



Q1: What are periods? Is it normal?

Ans: Periods is a process in which blood comes out of the vagina for 3-7 days. It is normal.

Q2: Why does blood come out of vagina during periods?

Ans: In the absence of a baby, the uterus sheds its inner lining of blood and soft tissue, which we see as blood coming out of the vagina.

Q3: When do periods start and stop?

Ans: Periods generally start between the ages of 10 to 15 years and stop between the ages of 45 to 55 years.



4. RED PAUSE SCREEN



Q1: Can you find out when will you get your next period? How?

Ans: Yes. Periods generally occur after regular intervals which can be known by tracking periods on a calendar. This interval is known as length of menstrual cycle. By knowing the date of last period and the length of menstrual cycle, we can find out the date of next period.

Q2: Why do some girls feel pain in their lower abdomen during periods? How to reduce pain?

Ans: The uterus contracts to squeeze out the menstrual fluid. That's why some girls feel pain in their lower abdomen. The pain can be reduced by applying a warm heating pad to the lower abdomen and getting the body into child pose (Balasana), butterfly pose (Titliasana) and cobra pose (Bhujangasana) and holding for five deep breaths.

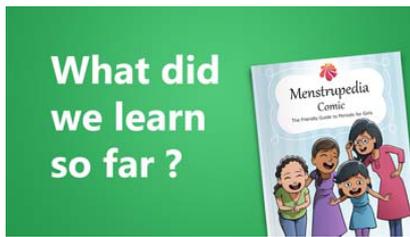
Q3: What is menopause?

Ans: Between the ages of 45 and 55 years, periods stop. This is known as menopause.





5. GREEN PAUSE SCREEN



Q1: What is a sanitary pad and how to use it?

Ans: Sanitary pad is a thin pad of absorbent material that is used to absorb the blood coming out during periods. Sanitary pad is worn in the underwear such that it exactly covers the opening of the vagina.

Q2: How to dispose a sanitary pad? Can sanitary pad be flushed down the toilet?

Ans: Used sanitary pad must be wrapped in a waste paper and put in a garbage bin. There after the lid of the garbage bin must be closed. Sanitary pad should never be flushed down a toilet.

Q3: What to do if you get periods in school?

Ans: We should tell a teacher or school nurse about it and ask her for a pad. We can also borrow a pad from a friend.

Q4: What hygiene measures should be taken during periods?

Ans: We should take a shower at least once a day. We should wear clean undergarments and change them regularly. Pads should be changed regularly and hands should be washed clean before and after changing pads. Genital area should be kept clean and dry.

