

TOPIC 2: MENSTRUATION



TOPIC 2: MENSTRUATION

SINGLE-GENDER PEER MEETING GUIDE



1. OPENING – Opening and Ice-Breaker

Time: 20 Minutes

Objective: The Peer Group will learn the facts about Menstruation and the Menstrual Cycle

Materials: Tarp for ground or chairs,
Menstruation Poster and Reminder Cards

Arrange chairs in a circle or sit in a circle on a tarp so that people are facing each other.

Welcome

1. **Welcome** the group
2. **Briefly discuss the theatre activities from the past few weeks.** What did you think about the theatre performances? Did you enjoy them? What was your favorite part? Was there anything you did not like? Was anything confusing? Remind them that they can talk to you after the meeting to discuss anything they don't feel comfortable sharing with the group.
3. **Tell** them that for next several meetings, we'll talk about menstruation and then create theatre performances on this topic.

Ice Breaker - Telephone

1. **Getting Started.** Ask the Peer Group Members to stand in a circle.
2. **Begin the Game.** Whisper a sentence into the ear of one person. The sentence should be something silly that is not easy to remember, such as "The family of birds brought fruit and bread to the wedding celebration" or "A bright rainbow shines over the mountain after the rain storm, bringing happiness to everyone." Only whisper the sentence once.
3. **The Game Continues.** Each player whispers the phrase to their neighbors until it reaches the last player.

4. **The Conclusion.** The last player says the word or phrase out loud so everyone can hear how much it has changed from the first whisper at the beginning of the circle or line.
5. **Say the phrase that you began with.** Ask if anyone is surprised by how the phrase changed.
6. **Try the game again,** mixing the players up and allowing another person to think of a phrase and pass it on.
7. **Discuss** the game with the group.
8. **Ask:** Aside from having fun, what did this game show you?

Possible responses:

- Game helps show how small changes to information can end up making a huge difference in a message.
- It is important to listen very carefully to what someone else says.
- Shows it is easy for rumors that are not true to spread as a message passes from person to person.
- It is important to make sure that information you hear from someone else is true.

2. JUST THE FACTS – Introduction to the Menstrual Cycle

Time: 20 Minutes

Objective: The group will discuss facts about the menstrual cycle

1. **Tell group members** that we are going to learn some important terms for talking about the menstrual cycle. We will learn more about what happens in a woman's body during menstruation and in the time from one menstrual period to the next.
2. **Ask group members** the following questions. Allow them give their responses. Then give the correct answers.
 - **What is the menstrual cycle?** The menstrual cycle is not the same thing as the period (menstruation). The period is when a woman is having her menstrual bleeding. The cycle covers all the days between one period and the next. The number of bleeding days varies from woman to woman. The number of days in the menstrual cycle also varies from woman to woman. Most women have menstrual cycles lasting between 26 and 32 days long. Some women have longer or shorter cycles, and this is also normal.
 - **What is menstruation (period)?** During the menstrual cycle the walls of the uterus get ready for pregnancy. They grow thick with blood to prepare for a baby. If the woman becomes pregnant, the blood gives nourishment to the growing baby. If pregnancy doesn't occur, the blood passes out of the woman as the menstrual period.

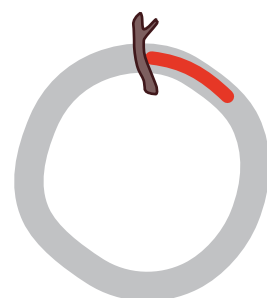
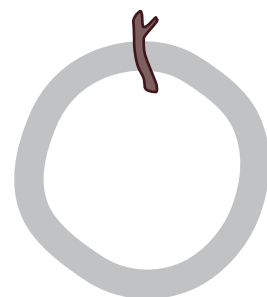
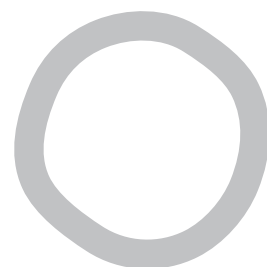
- **What are the secretions** that occur during a woman's cycle? Around the middle of the cycle, a woman produces secretions that she can see in her genital area. These last for several days. They are whitish, completely normal, and a sign of good health. Healthy secretions do not smell, itch, or cause pain.
- **What is a woman's egg?** A woman produces an ovum (an egg) in the middle of each cycle. The woman can conceive a child if the egg is fertilized by a man's sperm.

3. TOPIC ACTIVITY - Menstrual Cycle Activity

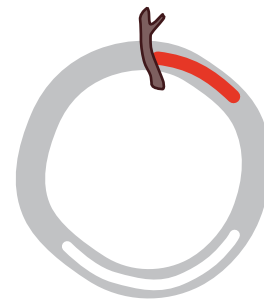
Time: 30 Minutes

Objective: The group will learn the different phases of the menstrual cycle.

1. **Tell** the group that you are going to learn about the woman's menstrual cycle.
2. **Draw a circle on the ground.** Explain that the circle represents all of the days in the woman's menstrual cycle – that is, all the days from one period to the next.
3. **At the top of the circle, place a stick.** Tell the group that this represents the first day of the woman's period.
4. **Ask** what happens over the next few days. They should respond that there is bleeding for several days. Ask them to put something on the ground to show bleeding. This can be more sticks, rocks, flowers, or another object.
5. **Ask** how long the bleeding lasts. They will likely respond with different answers "4 days" "5 days", or that it is different for different women. **Explain** that many of their answers are correct. The length varies from woman to woman. It usually lasts 3-7 days.
6. **Ask** if they know of anything else that happens from when one period ends to when the next begins. If someone mentions secretions, ask the person to describe what that is. If they do not respond, ask if they know of secretions. **Explain** that secretions are a whitish substance that comes out of the woman.



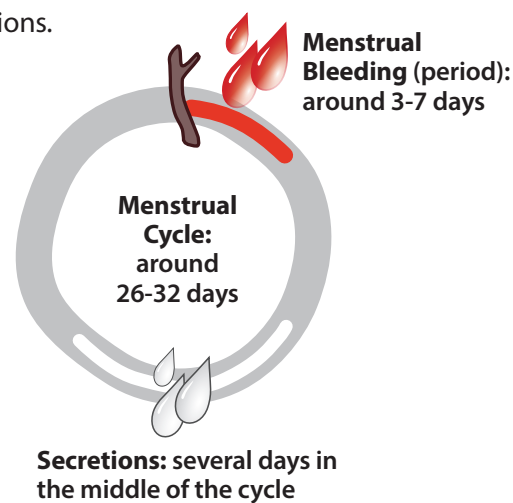
7. **Ask the group** to indicate when secretions occur. Use water, ash, rocks, flowers, or another object to show that secretions occur over several days in the middle of the cycle.



8. **Ask** if they know what secretions mean. **Explain** that secretions are a healthy sign that the woman can become pregnant that day. The days she can become pregnant are called the “fertile days”.
9. **Ask** what is happening in the uterus from the time when one period ends to the time when the next begins. **Explain** that blood is gathering in the uterus to support a baby. If the woman becomes pregnant, the blood nourishes the growing baby. If the woman does not become pregnant, the blood flows out of the woman during the period.
10. **Point to the top of the circle, where the period starts, and around the entire circle. Ask** if the group knows how many days it is from when one period starts until the next one begins. They will likely give different answers, such as “one month”, “30 days”, “25 days”, etc. **Explain** that many of them are correct. The number of days varies from woman to woman and can change each cycle for the same woman. Most cycles are between 26 and 32 days long.

11. **Ask** if they have any questions. Review the key points from this activity:

- Menstrual bleeding usually lasts for three to seven days
- Secretions occur during several days in the middle of the cycle.
- Secretions are a healthy sign that the woman is on her fertile days – that is, she can become pregnant on days she has secretions.
- Blood builds inside the uterus each month. If the woman becomes pregnant the blood nourishes the growing baby. If the woman does not become pregnant, the blood flows out during the monthly period.
- The menstrual cycle usually lasts around 26-32 days. This means there are about 26 to 32 days from when one period starts to when the next begins. This can be different for every woman.





4. Myths & Misconceptions

Time: 15 minutes

Objective: Address local myths and misconceptions about menstruation.

1. **Say:** "Now we are going to ask you about some beliefs about menstruation in our community."
2. **Ask the group and discuss briefly:**
 - What are some things you hear about menstruation in your community?
 - Are there things women are supposed to do or not supposed to do during this time?
 - What do you think of these?
3. **Tell them you're going to discuss some myths. Ask them to explain why each is not true.** After you get some responses for each myth, confirm with the answer.
 - ***If a woman touches a cow during her period, the cow will go blind.*** This is false. There is no relationship between a woman's period and the status of a cow.
 - ***A woman is unclean or "polluted" during her period.*** This is false. A period is a natural part of a woman's fertility and although she should try to maintain good hygiene, that is wash with soap and address the bleeding, there is no danger in coming into contact with a woman during her period.
 - ***A woman must limit her activities during menstruation.*** This is false. A woman can do anything during her period she feels comfortable doing. She can hunt, share a bed with her husband, and all of her other normal activities.
 - ***A woman must not milk the cow when she is menstruating.*** This is false because there is no connection between milking the cow and menstruation. A woman can do anything during menstruation.
 - ***If a woman in her menstruation goes to the pumpkin and peas garden, the plants will dry.*** This is false, the garden will not dry.
 - ***A woman menstruating should not clean the nose of a child, it will cause bruises.*** This is not true, the child's nose can only get bruised with repeated cleaning of mucus, and if the cleaning is not done gently.

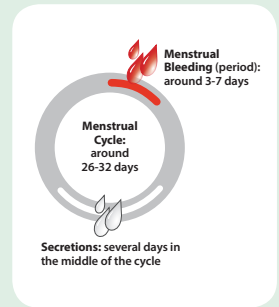


5. WRAP UP

Time: 10 Minutes

Materials: Poster and Reminder Cards – Menstruation

Objective: Encourage group to share the information discussed today, thank the group and build connection



1. **Ask** for group members to share something they learned today, or that surprised them.
2. **Ask:** What will you do with this information?
3. **Give a Menstruation Reminder Card to each participant.** Ask if they recognize the picture on the card. Explain that this is the same picture they drew on the ground earlier. Go over the points on the back of the card. Encourage participants to use this card to explain the menstrual cycle to other people. They can also draw the menstrual cycle on the ground if they like!
4. **Ask** participants to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication. Ask each participant to tell the person next to them the names of the people they will talk to.
5. **Thank the group for a great discussion.** Make sure they know they are valued for their time and insight. Then, ask that each member turn to their left, look that person in the eyes, smile, and thank them for sharing their thoughts and ideas.
6. **Tell the group** that next week they will discuss this topic of Menstruation with the men and women together.

Closing

- End with applause for all and a song or dance

TOPIC 2:
MENSTRUATION

MIXED-GENDER PEER MEETING GUIDE



1. OPENING

Time: 30 Minutes

Objective: The Peer Group will get warmed up on discussing the topic of Menstruation between genders and review facts from the last meeting

Materials: Tarp for ground or chairs, Menstruation Poster and Reminder Cards

Arrange chairs in a circle or sit in a circle on a tarp so that people are facing each other.

Welcome

1. **Welcome** the group.
2. **Introduce** each moderator, and explain that we'll be taking about menstruation together as a group.

Ice Breaker – Trivia

1. **Tell the group it is time for a Trivia Game on the topic of menstruation.**
2. **Tell the group that you will ask a set of questions.** Everyone who thinks the answer to a question is True should move to one side. Everyone who thinks the answer to a question is False should move to the other side.
3. **The Moderators take turns asking the questions below.** Ask the participants to move to the True side or the False side.
4. **Ask** someone on each side to explain why he or she chose that answer.
5. **Read** the correct response and congratulate those who choose correctly.

Trivia Questions:

True or False: Menstruation is the sign that a girl is now able to become pregnant.

- **Answer:** True

True or False: The menstrual cycle is when a woman is bleeding.

- **Answer:** False The menstrual cycle is all the days between when one period starts and the next one begins.

True or False: Menstruation is when a woman bleeds during her cycle.

- **Answer:** True

True or False: Most menstrual cycles are 15 days long.

- **Answer:** False Most menstrual cycles are 26 – 32 days long, or about one month

True or False: A woman can get pregnant on the days when she has secretions.

- **Answer:** True

True or False: A woman can get pregnant on the days when she is menstruating.

- **Answer:** False

True or False: It is dangerous for a woman to enter a man's bed when she is menstruating.

- **Answer:** False

True or False: If a woman goes to the vegetable garden when she is menstruating, the plants will dry up.

- **Answer:** False

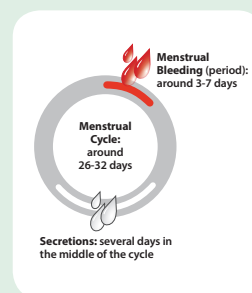
6. **Thank the group** for participating and congratulate them for remembering the content from last week's lesson.

2. TOPIC REVIEW

Time: 10 Minutes

Objective: Review topic with both genders

Materials: Menstruation Poster and Reminder Cards



1. **Explain** that now we're going to talk about what we discussed last week about menstruation. Ask them to take out their reminder cards or share theirs with their neighbor.
2. **Ask:** "Does anyone want to explain what happens during the menstrual cycle?" Allow participants to give their explanations. Thank them for explaining. Correct anything they say that is not accurate.
3. **Go over the important points on Menstruation** listed on the posters and cards. Ask participants if they have any questions and clarify anything they do not understand.
4. **Ask** if anyone discussed this with other people after the meeting. How did other people respond?
5. **Say:** "Thank you for sharing, now we're going to listen to a story and do some role plays about how menstruation affects people in our community."



3. STORYTELLING – Listen to a story about menstruation, reflect and discuss

Time: 30 Minutes

Objective: The group will review some facts about menstruation through a story.

1. **Tell the group you'll tell a story about menstruation and then discuss it. Read the story twice, slowly.**

There is a couple named Veronica and Lomilo. One day when they are short on milk for the children, Veronica decides to go and milk one of their cows so that the children will have something to drink. Lomilo tells her she can't do this because she is menstruating and she will harm the cows. Veronica talks to her friend Nakoru about what is happening. Nakoru tells Veronica that she should not be concerned about harming the cows. "Menstruation is natural," Nakoru says. "Menstruation does not harm anyone or any animals. It is a sign that you are healthy and able to have children. You can do all of

the things you normally do, even when you are menstruating. I have milked the cows while menstruating, and they are still fine.” Nakoru tells Veronica that she has learned this from the Nurse at the health clinic. Veronica trusts Nakoru, but is not sure that Lomilo will agree to let her milk the cows.

2. Discuss the story with the following questions:

- What do you think of this story?
- How common are these things in the story in our communities?
- Is Nakoru telling her friend Veronica the truth?
- How can Lomilo learn more about menstruation?
- Do you think that after Lomilo knows more about menstruation, he will allow Veronica to go and milk the cow?

4. REWRITE THE STORY

Time: 20 Minutes

Objective: Men and women begin to understand the need for communication about the natural process of menstruation within a couple by role-playing with facts they've learned.

1. **Say:** “Now it’s your turn to change the story!”
2. **Tell** the group to get into 4 mixed groups with both men and women and act out a new story that will address the situation using what they’ve learned about menstruation.
3. **Encourage them to change the story to the way that they think things should happen in their community.** They can change something that Veronica, Lomilo, the Nurse, or Nakaoru says, and they can add other characters.
4. **Tell** them they have 10 minutes.
5. **Ask** each group to act out their new story for everyone to watch.
6. **After each story, ask the group:**
 - What did you like about how things happened in your story?
 - What information in this story would you like other people in your community to know?



WRAP UP

Time: 10 Minutes

Objective: Encourage group to share the information discussed today, thank the group and build connection

1. **Ask** for group members to share something they learned today, or that surprised them.
2. **Ask:** What will you do with this information?
3. **Encourage** participants to use their Reminder Card to talk to other people about what they learned today.
4. **Ask** participants to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication. Ask each participant to tell the person next to them the names of the people they will talk to.
5. **Thank the group for a great discussion.** Make sure they know they are valued for their time and insight. Then, ask that each member turn to their left, look that person in the eyes, smile, and thank them for sharing their thoughts and ideas.
6. **Tell** the group that next week they'll be preparing a drama to share this information with their community!
7. **Remind** them of their meeting time and place for next week.

Closing

- End with applause for all and a song or dance

TOPIC 2:
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THEATRE REHEARSAL: CONTENT REVIEW

Refer to the Guidelines on page 12 for the instructions to follow when directing drama rehearsals and holding performances in the community.

In our meetings we've talked about Menstruation. Today we're going to create a drama to share this information with other people in our community.

1. What are some of the things you learned in the Menstruation meetings?
2. What are three things related to Menstruation that you would like to share with other people in your community?
3. We talked about some things that women can do, even when they are menstruating. What were some of these things? [Allow participants to respond. Mention the points below if they are not already mentioned.]
 - We learned that women can go to the garden during menstruation.
 - We learned that it is fine for a woman to go near and milk cows while menstruating. This will not do any harm to the cows.
 - Women can do all of their normal activities while menstruating.
4. We also did an activity in which we learned about the menstrual cycle by drawing the cycle on the ground. What do you remember from this activity?
5. I'm happy to see that you remember many things from the lesson. I'm going to ask a few questions so that we can be sure that everyone remembers the main points. [Ask each question below and give the Peer Members time to respond. Confirm or give the correct answer.]

Question: What is the menstrual period?

- **Answer:** It is the days when a woman has her monthly bleeding.

Question: What is the menstrual cycle?

- **Answer:** It is all the days from the start of one menstrual period to the day before the next one starts.

Question: Are all women's menstrual cycles the same length?

- **Answer:** No, the length of the menstrual cycle can be different in every woman. Most women have cycles that are between 26 and 32 days long, but some women have shorter cycles and some women have longer cycles, and this is normal.

Question: What are secretions?

- **Answer:** Secretions are a whitish substance that the woman's body produces during the middle of the menstrual cycle.

Question: Can a woman become pregnant at any time?

- **Answer:** No, she can only become pregnant in the middle of her menstrual cycle – that is about halfway between two periods. This is when an egg is released.

TOPIC 2:
MENSTRUATION

COMMUNITY THEATRE — STORYLINE 1



Characters

Veronica..... Wife

Lomilo..... Husband

Nakoru..... Friend of Veronica who is knowledgeable about menstruation

Achili Young woman

Nali..... Achili's mother

Nurse Lockawa..... Nurse at Health Center

Friends of Achili

Scene 1

Veronica and Lomilo are at home with their children. Veronica decides to go and milk one of their cows so that the children will have something to drink. Lomilo tells her she can't do this because she is menstruating and she will harm the cows.

Veronica is frustrated and goes to talk to her friend Nakoru about what is happening. Nakoru tells Veronica that she should not be concerned about harming the cow. "Menstruation is natural," Nakoru says. "Menstruation does not harm anyone or any animals. It is a sign that you are healthy and able to have children. You can do all of the things you normally do, even when you are menstruating. I have milked the cows while menstruating, and they are still fine." Nakoru recommends that Veronica and Lomilo talk to the nurse at the health center about this. Veronica agrees this is a good idea.

Moderation Questions for Audience

1. Why doesn't Lomilo want Veronica to milk the cows?
2. What does Nakoru tell Veronica about menstruation?

Summary

After the audience has responded to the questions, the moderator gives a summary of the key messages:

Nakoru tells Veronica that menstruation is natural and healthy. A woman can do all of the things she normally does while menstruating and it will not affect the cows.



Scene 2

Achili is working in the pumpkin garden with her friends when her mother, Nali arrives. Nali scolds Achili for being in the garden during the time that she is menstruating. Nali warns that this could cause the pumpkins to dry up. Achili disagrees; she says that menstruation is natural and healthy, and cannot harm the plants. Achili's friends support her. Nali tells the young women that their ancestors have always believed this and they should respect the traditional beliefs. Achili and her friends continue to discuss with Nali why they should be able to work in the garden even during their time of menstruation. Achili turns and asks the audience what they think about this.

[Allow a few audience members to respond].

Finally, Achili says she has never seen pumpkin plants drying after a menstruating woman went into the garden. She suggests that they go to the health center to get more information on this from the nurse.

Moderation Questions for Audience

1. What does Nali say about working in the garden during menstruation?
2. What does Achili say about working in the garden during menstruation?

Summary

After the audience has responded to the questions, the moderator gives a summary of the key messages:

Achili and her friends do not believe some of their ancestor's beliefs about women working in the garden during menstruation. Achili says that menstruation is natural and healthy and cannot affect plants.



Scene 3

Nurse Lockawa is at the health center arranging her papers. Veronica and Lomilo arrive at the health clinic at the same time as Achili, Nali, and Achili's friends. The nurse welcomes them and asks what has brought them to the clinic today. Veronica explains that she would like information about menstruation and what women can do during this time. Her community believes that if a woman milks a cow while menstruating, the cow will go blind, but her friend says this is not true. Achili says that she and her friends also came to learn more about menstruation. Some in their community say women should not enter the vegetable gardens when menstruating. Is it true that this can cause the plants to dry up?

Nurse Lockawa thanks them for coming and asking questions about this important topic. She says that although their ancestors have many important traditions, some of what they say regarding menstruation is not true. Menstruation is natural and a healthy sign that a woman is able to have children. It does not affect other people, plants, or animals, so a menstruating woman can still do all of her normal activities – she can cook food, go to a vegetable garden, and milk cows. Nothing bad will happen.

The group thanks Nurse Lockawa for answering their questions. The Nurse thanks the group for coming and invites them to come back if they have any other questions.

Moderation Questions for Audience

Split audience into age groups for this section. One Moderator can talk with each group.

1. What did you learn from today's drama?
2. What does Nurse Lockawa tell the women about menstruation?
3. Are there people in our community who believe a woman should not go to the garden or be near cows when menstruating?
4. What advice would you give to someone who says she cannot milk a cow during her menstrual period?

Summary

After the audience has responded to the questions, the moderator gives a summary of the key messages:

In today's drama, we saw that there are some beliefs about menstruation that are not true. Menstruation is a natural and healthy sign that a woman can become pregnant. A menstruation does not affect cows, plants, or other people. Women should be free to do all of their normal activities when they are menstruating.

Closing

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask participants to think of three people who they will talk to about menstruation.
- Ask each participant to tell the person next to them the names of the people they will talk to.
- Thank everyone for coming to the drama and passing on these messages to other people in the community.

TOPIC 2:
MENSTRUATION

COMMUNITY THEATRE – STORYLINE 2



Characters

Dengel.....	Friend
Iriama.....	Friend
Nagit	Friend
Munyes.....	Friend who is knowledgeable about Menstruation
Lomer	Dengel's Husband
Amei.....	Iriama's Husband
Koriang.....	Nagit's Husband

Scene 1

Three friends, Dengel, Iriama, and Nagit, are returning from collecting firewood. They stop to talk by the side of the road. Dengel tells her friends she would like to ask them something. She is confused about her menstrual periods. Sometimes they come every 26 days and sometimes every 30 days. Why is it like this? Her friends do not know. Iriama says her menstrual periods are always 33 days apart, while Nagit says hers come every 25 days. The three friends discuss this further. They wonder why it is different for each of them and what is happening in their bodies when they menstruate. Iriama turns and asks the audience if they know why some women's menstrual periods come at different times.

[Allow a few audience members to respond].

Nagit suggests that they visit her friend Munyes, who is very knowledgeable about this topic. The three women exit the stage.

Moderation Questions for Audience

1. What are the three friends confused about?
2. What do they decide to do to learn more about menstruation?

Summary

In this scene, we see that the three friends are confused because their menstrual cycles are different. Dengel's can be hard to predict; sometimes they are 26 days apart and sometimes they are 30 days apart. Her friends' periods are very predictable, but they are different lengths. Iriama's comes every 33 days while Nagit's comes every 25 days. The women decide to talk to another friend who is knowledgeable about menstruation to learn more.



Scene 2

The three women arrive at Munyes's home and greet her. Nagit explains that the friends have questions about menstruation.

Munyes says she will explain the menstrual cycle to them. She says menstruation is a healthy sign that a girl or woman is able to become pregnant, and it is good to understand how the cycle works. Munyes draws a circle on the ground. She places a rock at the top of the circle, explaining that the rock indicates the first day of menstrual bleeding. The number of bleeding days is different from woman to woman – but usually 3 to 7 days. Munyes explains that the circle shows the menstrual cycle – that means all of the days from when one menstrual period starts until the next menstrual period. It is called a cycle because it happens over and over again. Most women have cycles that are 26-32 days long, but some may be shorter or longer. The number of days may be different for every woman, and this is normal. Dengel, Iriama, and Nagit are happy to hear this, for it explains why they each have different menstrual cycle lengths.

Munyes points to the days in the middle of the cycle. She explains that there are several days in the middle of the cycle when a woman will notice secretions, or a whitish substance. She explains that secretions are healthy and a sign the woman can become pregnant that day. The woman's egg is released in the middle of the cycle, so if it meets with a sperm the egg can be fertilized.

Dengel questions Munyes about this. "I always thought a woman becomes pregnant when she has her menstrual bleeding. Is that not correct?" Munyes explains that though many people believe as Dengel does, it is not true. A woman can only become pregnant in the middle of the cycle, about halfway between two menstrual periods, because that is when the egg is released.

Munyes explains that during the cycle, blood is gathering in the uterus to support a baby if the egg is fertilized. If the egg is not fertilized by a sperm, it flows out during the menstrual period. Then the cycle starts over again.

Iriama says that she thinks their husbands should also learn this information. The women agree and decide to return with their husbands.

Moderation Questions for Audience

1. Why do the three women have menstrual cycles that are different lengths?
2. What is the purpose of the blood that flows out during menstruation?

Summary

After the audience has responded to the questions, the moderator gives a summary of the key messages:

The number of days in the menstrual cycle can vary from woman to woman. For most women, the menstrual cycle lasts 26- 32 days, but it may be shorter or longer. This is normal. Every month, blood slowly fills in the woman's uterus to support a baby in case the woman's egg is fertilized. If the egg is not fertilized, the blood flows out. It then begins filling again the next month.



Scene 3

Dengel, Iriama, and Nagit return to Munyes with their husbands, Lomer, Amei, and Koriang. Iriama tells the men that Munyes is going to teach them about menstruation. The men laugh and ask why they have been brought here; menstruation is a woman's matter. Dengel says it is important for men to also understand what happens in women's bodies during this time. The men agree to listen.

Munyes invites the audience members to gather around her as well. She draws another circle on the ground and explains the cycle as she did earlier. The men ask Munyes questions to understand the cycle and menstruation better. Koriang says he never realized that menstrual blood is there to support a baby.

Amei thanks Iriama for this information. As a man he never learned very much about menstruation, but he is happy to understand it better now. This helps him to know what is happening to his wife and all women every month. The men joke that they must be living in a new time now that men are talking about the menstrual cycle!

Moderation Questions for Audience

Split audience into age groups for this section. One Moderator can talk with each group.

1. What did you learn from today's drama?
2. What is the difference between the menstrual period and the menstrual cycle?
3. What are secretions and what do they indicate?
4. When during the menstrual cycle is the woman's egg released?
5. When can a woman become pregnant?

Summary

After the audience has responded to the questions, the moderator gives a summary of the key messages:

In the drama, we learned that the menstrual period is the days when a woman is bleeding. The menstrual cycle is all of the days between one menstrual period and the next. Secretions are a whitish substance that come during the middle of the menstrual cycle. They are a sign that the woman is on her fertile days and could become pregnant. The egg is also released in the middle of the cycle, so a woman can only become pregnant during the days in the middle of the cycle.

Closing

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask participants to think of three people who they will talk to about menstruation.
- Ask each participant to tell the person next to them the names of the people they will talk to.
- Thank everyone for coming to the drama and passing on these messages to other people in the community.

TOPIC 2:
MENSTRUATIONCOMMUNITY THEATRE
CREATE YOUR OWN DRAMA!

Drama prompt: Natalina is a young woman who would like to learn more about menstruation. She looks for people who can give her information on this

Moderator Questions for the Audience

Split audience into age groups for this section. One Moderator can talk with each group. Some standard questions are below. You can also add your own questions based on what happened in the drama.

1. What did you learn from watching this drama?
2. What advice would you give to the characters in this drama?
3. What are some challenges in our community related to menstruation?
4. How could we address some of these challenges?

Closing

- Ask the audience what they will do with the information they learned today and give them time to respond.
- Ask participants to think of three people who they will talk to about menstruation.
- Ask each participant to tell the person next to them the names of the people they will talk to.
- Thank everyone for coming to the drama and passing on these messages to other people in the community.