

ACTIVITY SHEET: COMMON BELIEFS ABOUT PERIODS—MYTHS OR FACTS?

Ground rules (read aloud):

- Use respectful language.
- Questions are welcome; teasing is not.
- It is okay to keep some things private. Share only what you feel comfortable sharing.

What to do:

In the table below are some things about periods that people often say. Pair up with a classmate and take turns reading each statement aloud. Discuss if it is a myth or a fact, and explain why.

S. No.	What you may hear about periods	Myth/Fact	Why?
1.	Periods are a sign of illness.		
2.	Using pads/cloth causes illness.		
3.	Period pain means something is seriously wrong.		
4.	Period pains must be silently tolerated.		
5.	All girls start menstruating at the same age.		
6.	Periods should always come on the same date each month.		
7.	Stress, illness, or travel can affect the timing of periods.		
8.	All girls have the same menstrual experience.		
9.	All forms of physical activity should be avoided during periods.		
10.	A girl should hide her periods from everyone.		
11.	Talking about periods is shameful.		
12.	Talking about periods encourages 'bad behaviour'.		
13.	Period blood is 'dirty' or 'impure'.		
14.	Girls should sleep in a different room during periods.		
15.	Girls should not touch food or cook during periods.		

S. No.	What you may hear about periods	Myth/Fact	Why?
16.	Girls should not pray or enter sacred spaces (like temples) during periods.		
17.	Plants die if girls having their periods touch or go near them.		
18.	Boys do not need to learn about menstruation.		
19.	Buying menstrual products is shameful.		

Think about and discuss:

- Q1. Which of these statements surprised you most? Which ones were you most familiar with?
- Q2. How did you decide if a statement was a myth or fact? What role did science play in this?
- Q3. Do you have any questions about periods that would help you decide if these statements are myths or facts. Record them here.
- Q4. How do you think period-related myths are created and spread?
- Q5. How do you think period-related myths can affect health, school participation, and confidence?
- Q6. Can you think of one period-related myth that you can challenge with evidence? How would you do this?
- Q7. Can you think of one period-related myth that might be harder to challenge? Why?
- Q8. Have you heard anything about periods that is not in the first table in this sheet? Record it in the table below.

S. No.	What I have heard about periods	Myth/Fact	Why?

- Q9. After you finish this activity, read **Student Handout I** and **II**. Did you learn something new or surprising?

