



**COURSE OF ACTION**

Fun and engaging interactive session where students are involved in role-play and other games where they speak in front of their class/school-mates and teachers.

"Be period positive" becoming real

EDUCATIONAL MATERIAL

**Interactive Games, integration of last year's participants in lessons**

In a playful way students and teachers are being motivated to share their transformed experience with menstruation before and after they had joined a MEP.

**Increased self-esteem**

Strong positive transformation of women's self-esteem due to the easy handling of their period with SPKs and due to more awareness in the society. This now allows them to talk about period issues and - important for them - to wash and dry their SPKs in front of their house without being stigmatised.

IMPACT -  
PEOPLE'S VOICES  
AFTER 1 YEAR

Girls filling a questionnaire on menstruation knowledge prior to educational sessions during an icebreaker session, Bajura, Far West Nepal. Photo by Make K Rai.

**ICEBREAKER**