

CASE STUDY

Riya is 12 years old and recently experienced bleeding for the first time. She became frightened and thought she had been injured. Her elder sister explained that this was menstruation, a natural process that usually begins during puberty. She also advised Riya to use sanitary pads and maintain proper hygiene during her periods.

1. The bleeding experienced by Riya is due to:

- a) Injury inside the body
- b) Shedding of the thickened lining of the uterus
- c) Infection in the reproductive system
- d) Lack of nutrition

2. Menstruation generally starts during:

- a) Childhood
- b) Infancy
- c) Puberty
- d) Old age

3. Which hygiene practice should Riya follow?

- a) Use the same sanitary pad for the entire day
- b) Change sanitary pads regularly
- c) Avoid bathing during menstruation
- d) Drink less water

4. Why does menstruation occur?

5. Mention two hygienic practices that should be followed during menstruation.

Ananya was asked by some relatives not to enter the kitchen or play outdoor games during her menstrual period. However, her science teacher explained that menstruation is a normal biological process and girls can continue their daily activities if they feel comfortable while maintaining hygiene.

1. Which statement is correct?

- a) Girls should not attend school during menstruation.
- b) Menstruation is a disease.
- c) Menstruation is a natural biological process.
- d) Girls should avoid eating nutritious food.

2. Which food is helpful during menstruation?

- a) Junk food only
- b) Iron-rich nutritious food
- c) Only sweets
- d) Soft drinks

3. Which of the following is a myth?

- a) Girls should maintain hygiene.
- b) Menstruation is natural.
- c) Girls should not enter the kitchen because they are impure.
- d) Girls can attend school if comfortable.

4. Explain why menstruation should not be considered a disease.

5. Why is it important to remove myths related to menstruation?

A school organised an awareness programme on puberty and menstruation. The doctor explained that menstruation is a sign that the reproductive system is developing normally. Both boys and girls were encouraged to understand the topic so that myths and embarrassment could be reduced.

1. Menstruation indicates that:

- a) A girl is ill
- b) The reproductive system is maturing
- c) Bones are becoming weak
- d) Digestion is improving

2. Why should boys also learn about menstruation?

- a) It is part of scientific knowledge and promotes respect.
- b) They also menstruate.

- c) It helps in sports.
- d) It is needed only for examinations.

3. Which behaviour is appropriate when a classmate is menstruating?

- a) Tease her
- b) Ignore her completely
- c) Show respect and offer help if needed
- d) Spread rumours

4. Why should both boys and girls be educated about menstruation?

5. State any two signs of puberty in girls besides menstruation.

A doctor explained to a group of students that every month the uterus prepares itself for pregnancy by developing a thick inner lining. If fertilisation does not occur, this lining breaks down and leaves the body through the vagina as menstrual blood.

1. Which organ develops a thick lining every month?

- a) Kidney
- b) Uterus
- c) Stomach
- d) Liver

2. Menstruation occurs when:

- a) Fertilisation takes place
- b) Fertilisation does not occur
- c) The girl becomes sick
- d) The girl exercises

3. The menstrual cycle usually repeats after about:

- a) 7 days
- b) 15 days
- c) 28 days
- d) 90 days

4. Explain why the lining of the uterus is shed during menstruation.

5. Name the organ from which menstrual blood is released.

Meena lives in a village where sanitary pads are not easily available. She uses a clean cotton cloth during menstruation. Her teacher advised her to wash the cloth thoroughly with soap, dry it completely in sunlight, and store it in a clean place before reuse.

1. Why should the cloth be dried in sunlight?

- a) To increase its colour
- b) To remove germs
- c) To make it soft
- d) To reduce its size

2. A dirty menstrual cloth may cause:

- a) Better health
- b) Infection
- c) Faster growth
- d) Better digestion

3. Which of the following is the safest practice?

- a) Reuse an unwashed cloth
- b) Keep a wet cloth folded
- c) Wash and dry the cloth properly before reuse
- d) Never wash the cloth

4. Why is menstrual hygiene important?

5. Mention any two safe menstrual products used during periods.