



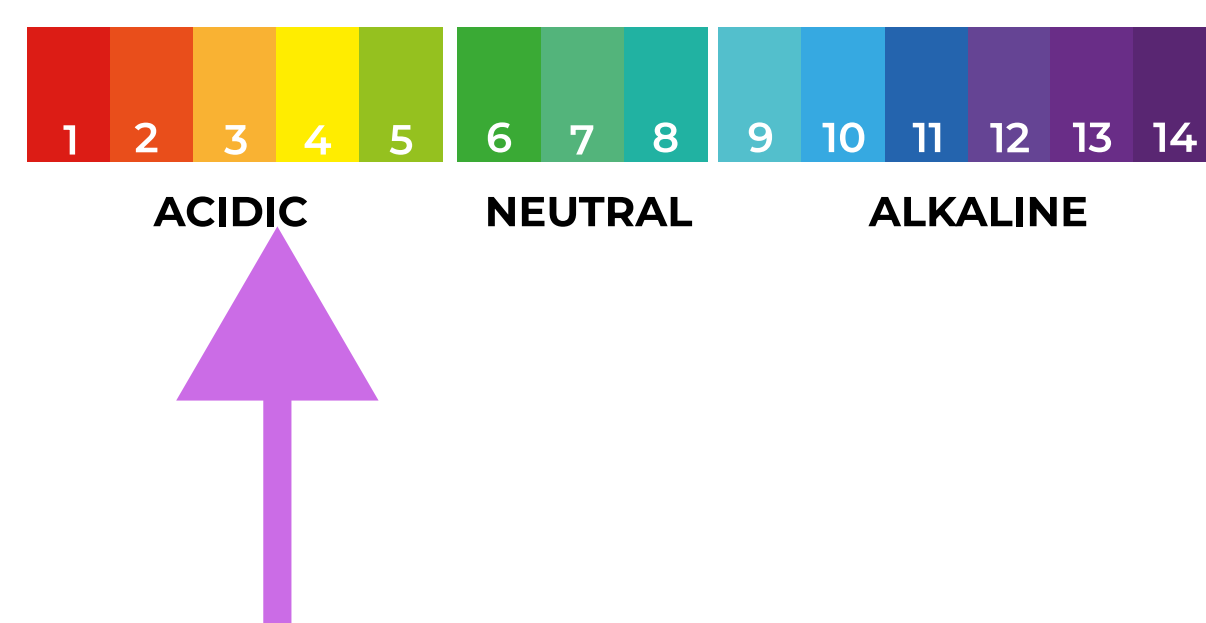
# Hygiene Workshop



# FEMALE HYGIENE PRACTICES

pH-balanced  
feminine washes

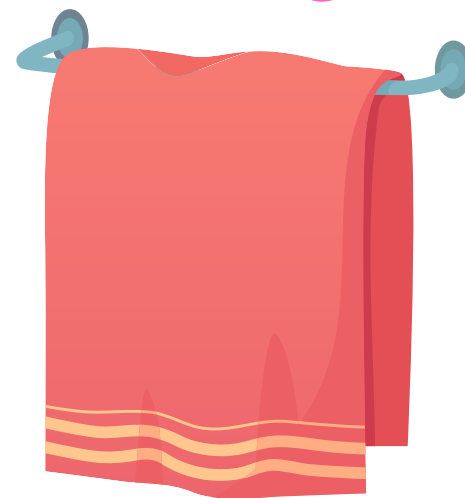
When washing your  
genital try using pH  
range from 3.8–4.5



Use soft towel

To dry off after a  
shower use a towel  
that is soft and  
completely dry.

**DO NOT** share your  
towel with anyone  
else



Cleaning of  
genital

Wash the outside of  
your genital daily, but  
not the inside because  
it is a self-cleaning  
organ



# DIY Vaginal Wash with Rose Water

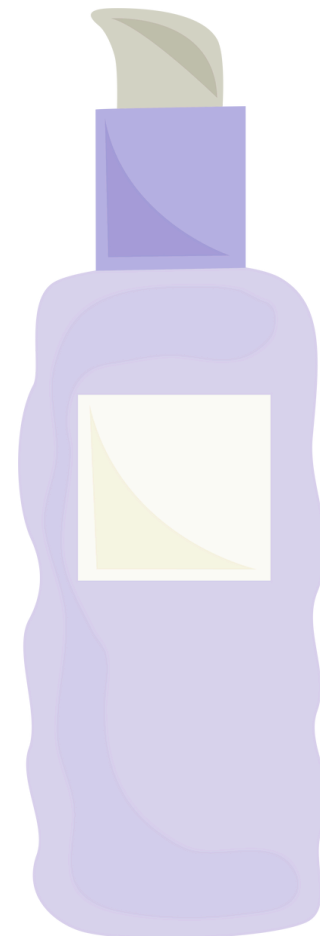
## Ingredients

- ½ cup alcohol-free witch hazel
- ½ cup rose water
- 3 teaspoons almond oil
- 1 teaspoon castile soap
- 6 drops lavender essential oil

diy

## Directions

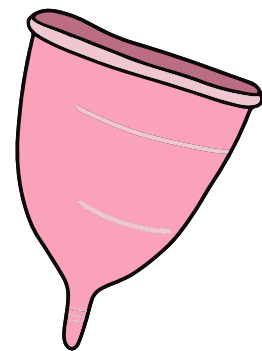
- **Combine Ingredients:** In a bowl, mix all the ingredients.
- **Stir Well:** Use a spoon to mix thoroughly.
- **Store:** Transfer the mixture to a dispenser container.



# MENSTRUAL HYGIENE PRACTICES

**Frequent sanitary product change**

**You should change sanitary product (pads, tampon, menstrual cup) every 4–6 hours**



**Track, Monitor your menstruation**

**Record first day of menstruation can be digital or hand written**

**Seek help if irregular period is observed (twice a month, haven't had period in 4 months etc.)**



**Dispose product**

**If its disposable products such as sanitary pads Wrap with the plastic package then put it in a rubber**

# How to talk about Menstruation?

## Start Early!

Introduce the topic early, but gradually!

In a more casual occasion (dinner, family time etc.)

Use appropriate language to talk about body changes



## Share Personal Experiences

Relate your own experiences with menstruation. This can help your child feel less alone and more connected

Empower them – Its normal!

Daughters and mom are not the only ones involve!



Tell them its a safe space!

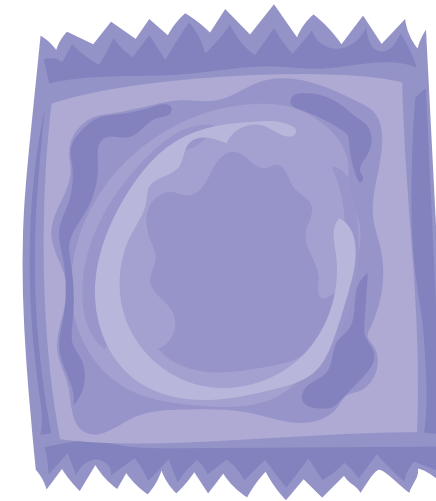
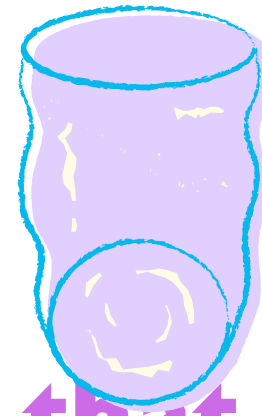
# Safe Sex

## Use of condom

Condom can help prevent **98%** of pregnancy happening

Choose a male condom made of latex or polyurethane--not natural materials.

## STDs



Infections that are passed from one person to another through sexual contact

Contact the local clinic as soon as possible

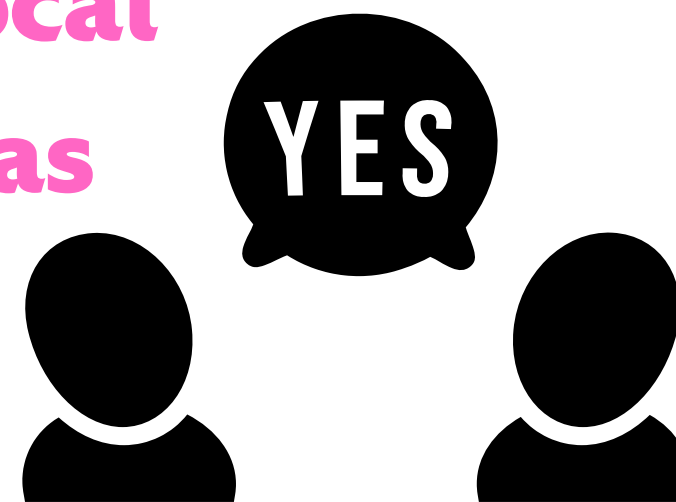
Never be ashamed to tell a trusted adult

## Consents!

This is extremely important

No sexual intercourse should happen without both people involved to give **consent!**

If sex happened without you giving consent, you should talk to an adult about it





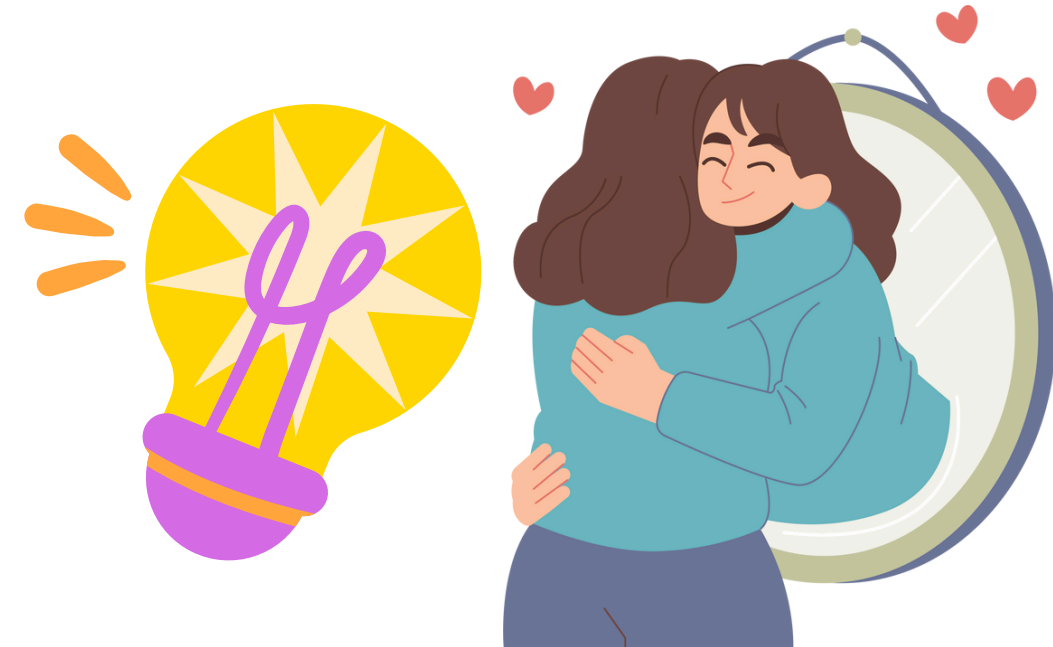
# Stay positive!

## Avoid Comparison

Never compare  
yourself to other  
people, you are great  
just the way you are!



YOU'VE  
TOTALLY GOT  
THIS!



## Natural Walk

Spending 20–30  
minutes in the  
nature can help  
release  
stress\unhappiness

Go for a nature walk!



# What's a Menstrual cup?



## product display

- A menstrual cup is a small, flexible cup that you insert into your vagina
- After a few hours, you remove the cup and wash it for reuse.



# Why we should use a menstrual cup

## Sustainability

One singular menstrual cup can last up to **3–5 years** before being disposed

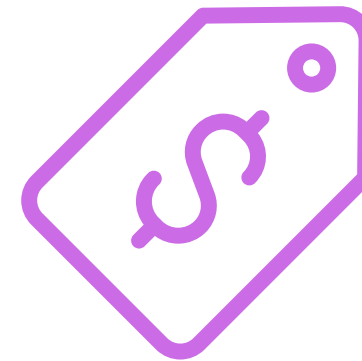


One person uses on an average **720** sanitary pads in **3 years** – all that waste could be removed by using a **MC!!**



## Cost–Effective!

Menstrual cups can last 3–5 years reducing the need for frequent purchases of pads or tampons



## Leak Protection

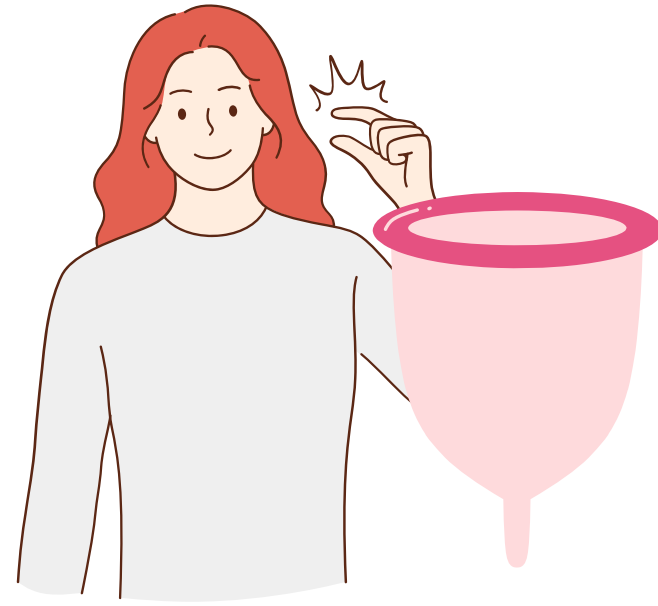
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# Why we should use a menstrual cup

## Less Odor

Since the blood is contained, there is less exposure to air, which can reduce odor.

## Healthier Option



They are made from medical-grade silicone, rubber, or latex do not contain harmful chemicals found in some disposable products.



# How To Use a Menstrual Cup

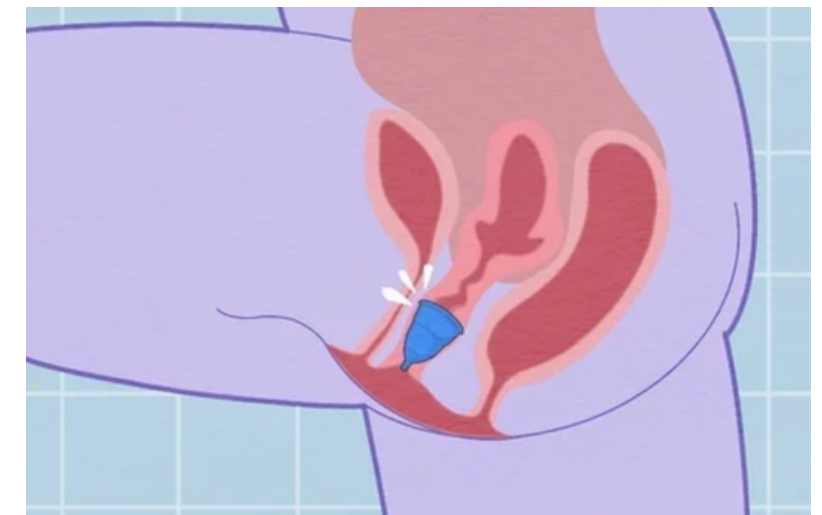
## Step 1: Wash your hand



## Step 2: Fold the menstrual cup

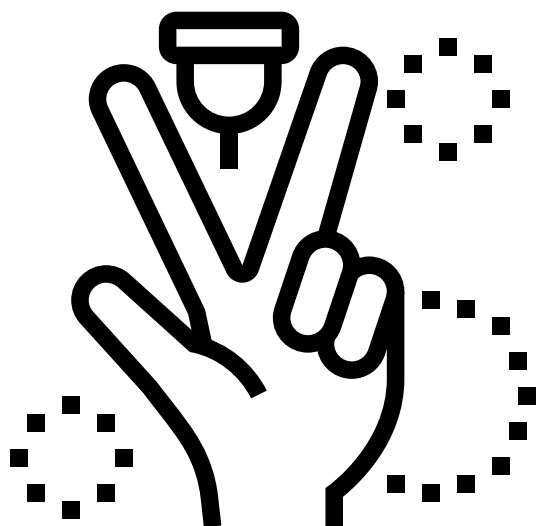


## Step 3: Insert the menstrual cup



First time users can put one leg on a higher surface to ensure easier insert

## Step 4: Pull out the menstrual cup



## Step 5: Wash your hand & menstrual cup

