

The Legacy Foundation Guide to Menstruation



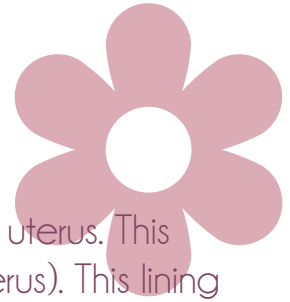
LEGACY
FOUNDATION



“I have learnt the importance of **self-definition** and **living purposefully**. It’s **vital** that **every girl** determines, as **early as possible**, **who she is** and **what her contribution to humanity will be**”

Thuli Madonsela





What is a period/menstruation?

This is when a woman releases blood from the uterus. This blood comes from the inside (lining of your uterus). This lining acts as a thick cushion to protect a fertilised egg so that it can grow into a baby. If this does not happen the lining breaks down and blood comes out. This usually happens every month.

Kuyini ukuya eskhathini/ukumensa?

Lokhu kwenzeka kumuntu wesifazane lapho isibeletho sakhe sikhapha igazi. Amahomoni ayashintsha emzimbeni bese ethinta ukusebenza khona emzimbeni wesimame. Lolushintsho llona elenza isibeletho ukuba sakhe ingubo ngaphakathi kwesibeletho. Lengubo yakhiwe ngegazi eliningi, iyona ebiyela iqanda elivundisiwe ukuze akhule. Uma kungekho iqanda elivundisiwe lengubo iyavithika kuphume igazi. Lokhu kwenzeka njalo nalo ngenyanga.

Ke eng go bona kgwedi/go ya kgweding?

Ke fa motho wa mosadi a ntsha madi go tswa kwa popelong. Go na le diphetogo tse di diragalang mo mmeleng tse di dirang jaaka barongwa bakhemistri. Barongwa bano ba tshameka karolo ya go aga boalo ba popelo. Boalo bo, bo dira jaaka mosangwana go sireletsa lee le le kopaneng le peo gore le gole. Fa seo se sa diragale, boalo bo a gagoga e be go setse go tswa madi. Seno se diragala kgwedi le kgwedi. Ke ka foo go buiwang ka go bona kgwedi kgotsa go ya kgweding.



When will I get my first period? And how long does it last?

All girls start their period at different times. Girls often start their period 2 to 3 years after they begin puberty which happens at different ages for girls (usually between 10 and 15 years old). Try not to compare yourself to other girls around you. Your first period will come once your body is ready.

How long it lasts is also different for each girl. Normally a period can last between 2 – 7 days. If you are worried about your period, you can speak to a doctor or nurse at a clinic.

Ngiqalanini ukuya esikhathini? Ukuya esikhathi kuthatha izinsuku ezingakhi?

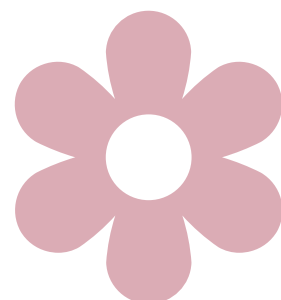
Bonke abantu besifazane basiqala ngezikhathi ezihlukene. Okujwayelekile kodwa ukuthi emvakweminyaka ezimbili noma ezintathu emvakokuthomba okanye kokukhula komzimba lokhu kuhamba kuhluka kubobonke abantu besifazane. Ngakho ke akumele uzifanise nabangani bakho ngoba ngeke kwenzeka ngesikhathi esifanayo. Kuzozenza uma umzimba wakho usuvuma.

Izinsuku zihlukile kuwawonke umuntu wesifazane. Okujwayelekile kodwa izinsuku kuqala kwezimbili kuyela kwezizikhombisa.



Go ya kgwedding go tsaya lobaka lo le lo kae?

Mosetsana mongwe le mongwe o tsaya lobaka lo lo farologaneng. Go ya kgwedding go ka tsaya malatsi a le 2 go ya go a le 7.



What does a period look like?

The colour of your period can look red or brown and the flow can be thick, runny, or lumpy

Can I bleed too much?

Bleeding can sometimes look heavier than it is, but if you ever soak a new pad in 1 hour or less then speak to a parent or teacher. The average girl loses around 80ml of blood every month.

Ukuya esikhathi kubukeka kanjani?

Ngenxa yokuthi ingubo yesibeletso igcwele igazi ukuya esikhathi ukubona ngegazi eliphumayo elibomvu noma linsundu kanti futhi lingaphuma lijiyile okwanye ligijima.

Kungenzeka ukuthi ngingangopha kakhulu?

Uma useskhathini ungacabanga ukuthi wopha kakhulu kodwa uma ushintsha iphedi lakho ngehora lokuqala uliqhokile kuyomele ukhulume nomzali okanye nothisha wakho. Abahloli kodwa bathi amantombazane amaningi opha amamilitha angamashumi ayisishiyagalombili (80) njalo ngenyanga.

Madi a kwedi a lebeqa jang?

Boalo ba popelo bo nonofile ka madi ka jalo mmala wa madi a kwedi ya gago o ka lebeqa o le mohibidu kgotsa borokwa; e bile madi ano a ka tswa a loile, a le metsinyana, kgotsa a remile.

A nka dutla madi ka tsela e e feteletseng?

Fa o le mo kweding, go ka lebeqa e kete o dutla madi a mantsi thata le fa go se jalo. Fela, fa madi a gago a tlala sesireletsi mo nakong ya ura kgotsa kwa tlase, buisana le motsadi kgotsa morutabana wa gago. Go ya ka selekanyo sa palogare, mosetsana o latlhegelwa ke 80 ml ya madi kwedi le kwedi.



How is menstruation related to human rights?

Human rights are rights that every person is guaranteed because they are human. An important part of a person's human rights is upholding their dignity. Menstruation is related to human rights because when women and girls cannot access things like pads it leads to them not being able to manage their cycle with dignity which affects their human rights. Gender inequality and poverty plays a large role in women and girls not having enough resources to manage their period. This also leads to girls not being able to go to school which affects their education.

Ukuya esikhathini kuhlangele namalungelo abantu?

Amalungelo abantu amalungelo abantu abawatholayo ngoba bengabantu. Into ebalulekile kakhulu kulamalungelo ukuthi anika abantu isithunzi. Ingakho ke ukuya esikhathini kubalulekile ngoba uma abantu besifazane beya esikhathini kumele bekwazi ukuya kuso ngaphandle kukuthi isithunzi sabo siphele. Ziningi izinto ezenza ukuthi abantu besimame bengakwazi ukuthi bathole amaphedi kanye nezinye izito ezibalulekile uma bemensa. Lokhu kudala ukuthi amantobazane engakwazi ukuthi aye esikholeni umabesekhathini.

TRUE OR FALSE: Myths about periods

1. Periods are dirty and dangerous

False. Periods are not dirty or dangerous. Period blood is normal blood. / **Ukuya esikhathini kungcolile kanti futhi kuyingozi.** Amanga lawo, ukuya esikhathini akungcolanga kanti futhi akuyona ingozi. Igazi eliphuma uma usesikhathini igazi elijwayelekile alikho libo neze. / **Go ya kgweding go leswe e bile go na le kotsi.** Maaka. Go ya kgweding ga go leswe e bile ga na kotsi epe. Madi a go ya kgweding ke madi a a tlwaelegileng.

2. Periods limit women and girl's ability. False. Periods don't limit physical or mental ability. You can still dance, go to school, swim, play sports, and do everything you usually do when you're not on your period. / **Uma usesikhathini akumele wenze lutho.** Akuloni iqiniso neze, ukuya esikhathini akumuvimbi umuntu wesifazane ukuthi azivocavoce nokuthi acabange. Ungakwazi ukuzivocavoca, uye naseskoleni kanti futhi ungabhukuda udlale kanye nemidlalo yakhona esikoleni.

3. Periods should not be spoken about publically.

False. Periods should and must be spoken about in public. There's nothing to be ashamed about when it comes to periods so periods can be spoken about in public. / **Ukuya esikhathini akumele ukhulume ngakho nabanye abantu.** Akulona iqiniso, uma uya esikhathini kumele utshele abantu obathembile kanti futhi kumele ukhulume ngakho akuyona into okumele uyisbe okanye elihlazo ndlobo.

How to relieve period cramps

Take a mild painkiller such as a Panado



Put a hot water bottle on your tummy



Do some gentle stretching exercises for your hips and back

If I have had my period, does it mean I am ready for sex and babies?

Making the decision to have sex is very personal, and you should only decide to have sex with a partner when you are sure you are ready. Both you and your partner must be 100% sure that you are ready. It is also important to consider how financially stable you are. Having a child is very expensive and can end up being a burden if you are not prepared for the costs.

If you are not ready to have a baby but want to have sex, have protected sex by always using a condom. Also, be aware of the risk of HIV transmission as well as other Sexually Transmitted Illnesses. It is always a good idea to ask your partner what their status is before having sex.

A go ya kgweding go raya gore ke siametse thobalano le pelegi?

Tshwetso ya thobalano ke e motho a itseelang yona ka boene mme o tshwanetse go tsaya tshwetso ya go nna le mokapelo o o tlileng go tlhakanela dikobo le ena fa o na le bonnete ba gore o tota o go siametse go dira jalo. Wena le mokapelo wa gago le tshwanetse go netefatsa ka botlalo gore le siametse thobalano. Go bothokwa go lekola maemo a matlotlo a lona. Go nna le ngwana go tlhoka madi a le mantsi e bile go ka feleletsa e le morwalo o o boima fa le sa rulaganyetsa ditshenyegelo sentle.



PREDICTING YOUR PERIOD

Most women's menstrual cycle works on a pattern of 28 days. Look at the chart below to discover more about your body's cycles

Menstruation: This is when your period happens, and you are bleeding. You have a very low chance of falling pregnant here

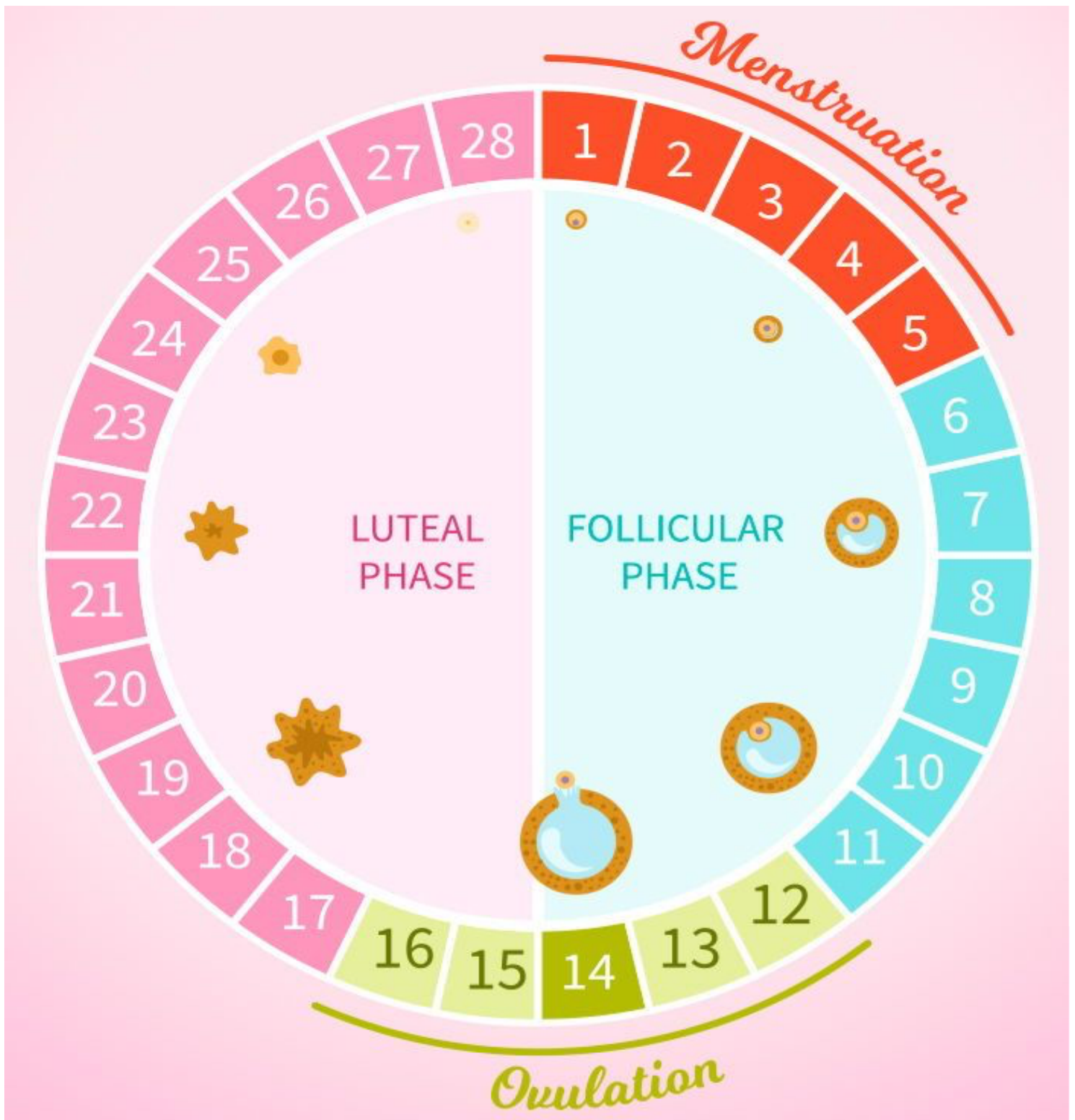
Ovulation: This is the period where a woman is most fertile, and at her highest chance of becoming pregnant. This is when your body releases the egg into the uterus

GO ITSE GORE O YA KGWEDING LENG

Bontsi ba basadi le basetsana ba ya kgweding ka modikologo o o ipoeletsang morago ga malatsi a le 28. Lebella tshate e e kwa tlase o kgone go itemogela ka medikogologo ya mmele wa gago.

Go ya kgweding - Ke nako e o bonang kgwedi ka yona. Kgonagalo ya go ima e kwa tlase thata mo nakong e. Fa lee le ya kwa popelong - Ke nako e mmele wa motho wa mosadi o siametseng go tshola e bile kgonagalo ya go ima e le kwa godimo thata.

This chart shows the days of your cycle, and what is happening in your body during those times.



Help lines for rape and sexual abuse:

If you have experienced an unwanted sexual experience of any kind, you can contact any one of these numbers for help:

Gender Based Violence Command Centre

SMS "help" to 31531
GBV Command Centre tel 0800 428 428 Text *120*7867#

Stop Gender Violence

Tel 0800 150 150
Text *120*7867#

Human Trafficking Hotline

Tel 0800 222 777

Childline

Tel 0800 055 555

Where do people go for help?

Thuthuzela Care Centres (TCC)

Khuseleka One stop Centres SAPS (Victim Friendly Facility)

If you or your friends are struggling with negative thoughts or constantly feeling sad, worried, or that you want to hurt yourself, you can call any of these numbers:

SADAG

(0800) 121 314

SMS: 31393

Adcock Ingram Depression and Anxiety Helpline

(0800) 70 80 90

Befrienders Bloemfontein

(0027) 51 444 5000

