

MENSTRUAL HYGIENE DAY

Menstrual Hygiene Day, observed annually on May 28th, is dedicated to breaking taboos and raising awareness about the importance of good menstrual hygiene management (MHM). This year, SDG Resources is leading the charge to educate, empower, and transform the conversation around menstrual health.

THE IMPORTANCE OF MENSTRUAL HYGIENE

Good menstrual hygiene is crucial for the health, well-being, and empowerment of women and girls worldwide. It plays a critical role in enabling women and girls to reach their full potential:

HEALTH AND DIGNITY: Effective MHM helps prevent health risks and ensures that menstruation is managed with dignity.

Education and Opportunities: Girls with access to menstrual hygiene education and products are more likely to continue their education and participate fully in society.

BREAKING THE SILENCE: Open conversations about menstruation challenge taboos and promote gender equality.

MENSTRUAL HYGIENE AND THE SUSTAINABLE DEVELOPMENT GOALS (SDGS)

Proper menstrual hygiene is integral to achieving several United Nations' Sustainable Development **Goal 3:** Ensure healthy lives and promote well-being for all at all ages.

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Goal 5: Achieve gender equality and empower all women and girls.





Dear Members,

I am delighted to extend my warmest greetings to all as we come together to celebrate Menstrual Health Hygiene Day. This occasion holds significant importance as it not only raises awareness about menstrual health but also emphasizes the importance of proper hygiene practices.

As Chief National Commissioner, I am proud to see our organization actively participating in this celebration by completing the Menstrual Health Hygiene Day Activity Pack. By engaging in these activities, we are not only educating ourselves but also spreading awareness within our communities about menstrual health and hygiene.

Menstrual health is a crucial aspect of every individual's well-being, and it is our collective responsibility to ensure that everyone has access to the necessary information and resources to maintain good menstrual hygiene practices. Through our efforts, we aim to break the stigma surrounding menstruation and create a supportive environment where individuals can openly discuss and address their menstrual health needs.

I urge each and every one of you to fully embrace the activities outlined in the Activity Pack and actively participate in the celebrations. Together, let us make a meaningful impact and contribute towards promoting menstrual health and hygiene for all.

Warm regards,

DR. K.K. KHANDELWAL, IAS (RETD.)
Chief National Commissioner



DAILY CHALLENGE



GET
READY

TO TAKE ON THESE EXCITING CHALLENGES AND MAKE A DIFFERENCE DURING RED PRIDE WEEK!

22ND MAY

A
TOUCH OF RED

23RD MAY

CREATING
A COVERPAGE

24TH MAY

TAKE
A PLEDGE

25TH MAY

PAHELI
KI SAHELI

26TH MAY

RAISE YOUR
VOICE

27TH MAY

BREAK
THE SILENCE
WEBINAR



28TH MAY

MH DAY
CELEBRATIONS



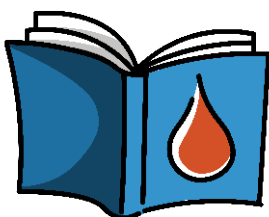
22ND MAY, 2024

A TOUCH OF RED

On this day, all are encouraged to paint our social media red. Encourage all your members to put on red or if they do not have red, to at least put on something with a touch of red in it. This will symbolize our solidarity in the fight against stigma and any barriers associated with Menstruation.

PS: Take nice action pictures and post at least 2 on your social media accounts (Facebook, Twitter, Instagram and YouTube)

**#periodfriendlyBSG, #MHday2024
#Redprideweek2024 and #bsgindia.**



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23RD MAY, 2024

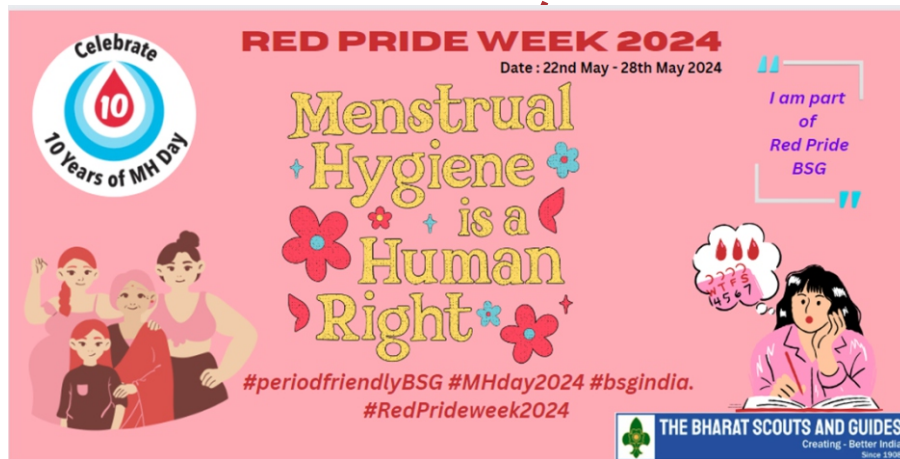
CREATE A COVERPAGE

Create your Red Pride Week Banner/Coverpage for your website and social media accounts as follows:-

- (I) Design the banner with a group happily holding or symbolizing anything about Menstruation e.g. a bracelet; a sanitary pad; putting on red, etc.

#periodfriendlyBSG, #MHday2024
#RedPrideweek2024 and #bsgindia.

Sample
Cover Page



- (II) share the resources from the link <https://www.menstrualhygieneday.org/materials/the-menstruation-bracelet> and show your involvement.



24TH MAY, 2024

TAKE A PLEDGE

With this link:

<https://padlet.com/jdg7/periodproudBSGINDIA>

Log in and make a committed statement towards MHM. Just press a plus sign to write your commitment.

NB: You are free to use any language to share your commitment or pledges. **#periodfriendlyBSG, #MHday2024**

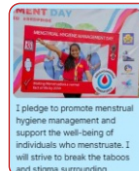
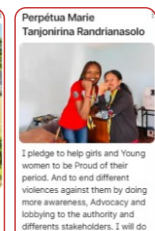
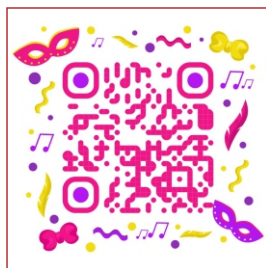
#Redrideweek2024 and #bsgindia.

“As a member of Red Pride BSG, I pledge to stand in solidarity with menstruators and actively support menstrual hygiene initiatives.”

“As a member of Red Pride BSG, I pledge to support my sisters during their menstrual cycles, offering assistance and understanding when they need it most..”

“I am part of Red Pride BSG, I pledge to take on household chores for my mother during her menstrual cycle, ensuring she has the support and rest she deserves.”

“I pledge to provide emotional support to my colleagues during their menstrual cycles, offering understanding and compassion when they need it.”



<https://padlet.com/jdg7/periodproudBSGINDIA>

25TH MAY, 2024

"PAHELI KI SAHELI"

Watch the inspiring video "Paheli ki Saheli" developed by UNICEF with your unit. Share your insights and views with your peers and post photos of your discussion on social media using.

GROUP DISCUSSION

- ☞ How can we improve education about menstrual hygiene in schools and communities?
- ☞ What initiatives are needed to provide menstrual products in schools, workplaces, and public spaces?
- ☞ What are the psychological and emotional aspects of menstruation, and how can we promote positive body image and self-esteem?
- ☞ How does menstruation impact marginalized communities, including those living in poverty, refugees and those in rural areas?
- ☞ What are the challenges faced by transgender and non-binary individuals regarding menstrual hygiene, and how can we ensure inclusivity and support?
- ☞ How can menstrual hygiene be integrated into broader initiatives for gender equality and social justice?
- ☞ How can governments and NGOs work together to implement effective menstrual hygiene management programs?

#periodfriendlyBSG, #MHday2024
#Redprideweek2024 and #bsgindia.



Youtube Link

<https://youtu.be/GU1ipcz-6K8>

26TH MAY, 2024

RAISE YOUR VOICE

Join Us in Advocating for Menstrual Equity!

STAND FOR CHANGE:

A petition represents the interests of the public at large, organizations, or specific segments of the population. Today, we, the BSG family, unite to advocate for a crucial cause - menstrual equity.



OUR REQUEST:

We are calling for the **“FREE DISTRIBUTION OF ECO-FRIENDLY (USE-AND-THROW) SANITARY PADS TO EVERY GIRL.”** Menstrual hygiene is not a privilege; it's a basic human right. Every girl deserves access to safe and sustainable menstrual products, regardless of their socioeconomic status.

WHY IT MATTERS:

Menstrual hygiene is not just a health issue; it's a matter of dignity, education, and empowerment. Without access to proper menstrual products, girls may miss school, face health risks, and experience social stigma. By ensuring free distribution of eco-friendly sanitary pads, we can break down barriers and empower girls to reach their full potential.

TAKE ACTION:

Raise your voice for menstrual equity by signing our petition on Change.org. Let's urge policymakers to prioritize menstrual health and ensure access to essential products and education for all girls.

SPREAD THE WORD:

Share this petition with your friends and family. Together, we can make a difference and create a world where menstrual equity is a reality for every girl.

Sign the Petition: Sign Now on Change.org

#periodfriendlyBSG, #MHday2024
#Redprideweek2024 and #bsgindia.



27TH MAY, 2024

BREAK THE SILENCE WEBINAR

Join our informative webinar on menstrual health and hygiene. Learn from experts and empower yourself with knowledge to break the Silence. Don't forget to invite your friends and family to participate!



WEBINAR	Break the Silence
DATE & TIME	27th May 2024 at 4:00 pm - 6:00 pm IST.
MODE OF PROGRAMME	Virtually via Zoom platform.
WHO CAN ATTEND	Scouts, Guides, Rovers, Rangers and Unit Leaders (Male/Female) of 12 + Years.
REQUIREMENTS	Stable internet sufficient internet data pack.
LAST DATE	20th May 2024 on or before 05:00 PM IST
ZOOM LINK	Zoom link will be sent on 21st May 2024.

Registration link

https://docs.google.com/forms/d/18eH--Ftg8i2eBus4Q3P3y3SCUpAxd_PWf_qwpDV9x8o/edit



28TH MAY, 2024

MH DAY CELEBRATIONS

Show your support for menstrual health by wearing a special bracelet or releasing balloons symbolizing freedom from menstrual stigma.

ACTIVITY 01 THE MENSTRUATION BRACELET



The menstruation bracelet is a global symbol for menstruation. It stands for our joint commitment to create a world, by 2030. Where no woman or girl is kept from realizing her full potential because she menstruates. The Menstruation Bracelet consists of 28 elements, 5 of which are red (28" average duration of the cycle 5 average days of bleeding)

☞ By wearing the menstruation bracelet you'll show your support to MHM.

☞ By wearing the bracelet, you'll show that periods are nothing to hide.

☞ By wearing the bracelet, you'll help to end period stigma.

Step by step guide on how to make the bracelet:

- ☞ Get 23 white and 5 red beads: a string and a needle.
- ☞ Using a needle and thread, make bracelet (ensure the 23 white ones are next to each other and the 5 red ones are also close to each other).
- ☞ Be as creative as possible! You may wish to use different materials such as fabric or print. Use your imagination.

PS: Make a frame or a template where people will take photos of themselves wearing the Menstruation bracelet, crown and necklaces; and add a quote or caption of what they are committed to.

28TH MAY, 2024

BALLOON MENSTRUAL CYCLE SYMBOL

ACTIVITY 02 SIMILAR TO THE BRACELET , MAKE A BALLOON CYCLE.



Once your balloon bracelet is ready. Get creative and have fun with it e.g. you can use it as picture frame; you can play different balloon games; you can make it fly; you can decorate your front desk or wall to mark MH Day etc.

Whatever you choose to do with it, take pictures with your balloon menstrual cycle symbol and share on social media.

ACTIVITY REPORT SUBMISSION

1. Please ensure that the report is submitted exclusively in PDF format. With the following details: Name (Capital Letter), Father's Name, Complete Postal Address, Pincode, BSG Uid No., Revenue State, Bsg State, Contact No., Whatsapp No., E-Mail Id, Date Of Birth, Name Of The Unit, Section:, Rank/Qualification In Scouting Guiding:
2. The deadline for report submission is June 15, 2024, at waggs@bsgindia.org.
3. Share photos, videos, or reels of your activities regularly, on social media along with brief descriptions, categorized by activity, using hashtags such as #periodfriendlyBSG, #MHday2024 #Redprideweek2024 and #bsgindia.
4. Your actions will be featured on BSG NEWS and highlighted in the BSG Magazine. Encourage your friends and supporters to subscribe to the BSG YouTube Channel and engage with BSG on Facebook, Instagram, Twitter, and other platforms.
5. The top 50 participants who complete all activities as outlined in the Activity Pack and submit their reports first will receive a beautifully designed scarf and a Certificate of recognition.

Get involved, spread awareness, & let's make

RED PRIDE WEEK2024

unforgettable!

