



# MENSTRUAL HYGIENE MATTERS



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## WHAT IS MENSTRUATION

- It is a normal vaginal bleeding that occurs every month.
- Usually lasts 3–7 days.
- Cycles can vary (not always exactly 28 days).



## WHY IS MENSTRAL HYGIENE IMPORTANT?

- Good hygiene = good health & self-confidence
- Prevents infections
- Breaks stigma & shame

## KEY PRACTICES

-  Change pads/tampons every 4–6 hrs
-  Wear clean cotton underwear
-  Keep genital area clean (no perfumes inside)
-  Dispose safely or clean & dry reusable pads in the sun



## BREAKING MYTHS

- Periods are not dirty, they are natural
- Exercise is safe during periods
- Talking about periods = strength, not shame

**Taking care of yourself during your period is important. Drink enough water every day to stay healthy, and try light exercise to reduce cramps and lift your mood. Keep track of your period by noting the start date and length, which helps you notice any changes in your health. Also, remember to give yourself time to rest when needed – taking a break helps reduce stress and allows your body to heal and manage pain more effectively.**



For persistent or severe period pain, **consult your doctor to explore further treatment options.**



Disposable pads and tampons create plastic waste that can take hundreds of years to break down. By choosing reusable products (like cloth pads or cups), you save money and protect the planet. 🌱  
**"Healthy Periods, Healthy Planet, Healthy You."**



# BOPHEPA JWA MENSTRUAL BO BOTLHOKWA



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## KGWEDI YA KGWEDI KE ENG?

- Ke madi a a tlwaelegileng a bosadi a a diragalang kgwedi le kgwedi.
- Gantsi e tsaya malatsi a le 3 go ya go a le 7.
- Didikologo di ka farologana (e seng ka metlha malatsi a le 28 tota).



## KE KA NTLHA YANG FA BOPHEPA JWA MENSTRUAL BO LE BOTLHOKWA?

- Bophepa jo bo siameng = boitekanelo jo bo siameng & go itshepa.
- E thibela ditshwaetsego.
- E tlosa kgobo le ditlhong.

## DITLWAELO TSA KONOKONO

- Fetola di-pads kgotsa di-tampon diura dingwe le dingwe di le 4-6.
- Aparo diaparo tsa ka fa teng tse di phepa tsa letseta.
- Boloka lefelo la bong le le phepa (ga gona di perfume mo teng).
- Latlha di-pads tse di dirisitsweng ka pabalesego kgotsa tlhatswa le go omisa di-pads tse di ka dirisiwang gape mo letsatsing.



## DITLHAMANE TSE DI SA SIAMANG

- Diperiod ga di leswe, ke tsa tlholego.
- Go ikatisa go babalesegile ka nako ya go bona kgwedi.
- Go bua ka dipaka = maatla, e seng ditlhong.

Go botlhokwa gore o itlhokomele ka nako ya gago ya boitekanelo. Netefatsa gore o nwa metsi a mantsi letsatsi le letsatsi gore o nne o itekanetse, mme o itshidile mmele o o motlhofo go fokotsa bolwetse le go tokafatsa maikutlo a gago. Kwala letlha la nako ya gago ya go bona nako le nako ya go simolola ka yone, ka gonne seno se ka go thusa go lemoga diphetogo dipe fela mo botsogong jwa gago. Mo godimo ga moo, iphe nako ya go ikhutsa fa go tlhokega — go ikhutsa go thusa go fokotsa kgatelelo ya maikutlo le go thusa mmele wa gago go fola le go laola ditlhabi sentle.



Fa o na le botlhoko jo bo sa feleng kgotsa jo bo tseneletseng jwa nako ya go bona kgwedi, **buisana le ngaka ya gago go sekaseka ditsela tse dingwe tsa kalafi.**



Di-pad le di-tampon tse di latlhwang di dira matlakala a polasetiki a a ka tsayang makgolokgolo a dingwaga go thubega. Ka go tlhopha dikumo tse di ka dirisiwang gape (jaaka dipedi tsa letsela kgotsa dikopi), o boloka madi le go sireletsa polanete. **"Dipaka tse di itekanetseng, Polanete e e itekanetseng, Wena o itekanetse."**



# INHLANZEKO YESIKHATHI SOKUTHOMBA



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## YINI UKUTHOMBA?

- Inqubo evamile lapho isibeletho sikhupha umcamelo waso njalo ngenyanga.
- Imvamisa ithatha izinsuku ezi-3 kuya kwezi-7.
- Izikhathi zingahluka (azihlali ziba izinsuku ezingama-28 kuphela).



## KUNGANI INHLANZEKO YESIKHATHI SOKUTHOMBA IBALULEKILE?

- Inqubo evamile lapho isibeletho sikhupha umcamelo waso njalo ngenyanga.
- Imvamisa ithatha izinsuku ezi-3 kuya kwezi-7.
- Izikhathi zingahluka (azihlali ziba izinsuku ezingama-28 kuphela).

## IZINTO OKUMELWE UZIYENZE (KEY PRACTICES):

- 🩸 Shintsha amaphadi/amatampon njalo emahoreni ama-4 kuya kwayi-6.
- 💧 Gqoka izingubo zangaphansi ezenziwe ngendwangu kakotini ehlanzekile.
- 🏠 Gcina indawo yangasese ihlanzekile (ungafaki iphunga ngaphakathi).
- 🧼 Lahla kahle udoti noma ugeze futhi womise amaphadi aphindwayo elangeni.



## UKUPHULA AMAQINISO AMANGA (BREAKING MYTHS)

- Ukuthomba akungcolile, kuyingxenywe yemvelo.
- Ukuzivocavoca kuphephile ngesikhathi sokuthomba.
- Ukukhuluma ngokuthomba = amandla, hhayi ihlazo.

Ukuzinakekela ngesikhathi sokuthomba kubalulekile. Phuza amanzi anele nsuku zonke ukuze uhlale unempilo, futhi uzame ukuzivocavoca okuncane ukuze wehlise izinhlungu futhi uthuthukise imizwa yakho.

Landela isikhathi sakho ngokubhala usuku lokuqala nesikhathi, okusiza ukuthi ubone noma yiziphi izinguquko empilweni yakho. Futhi, khumbula ukuzipha isikhathi sokuphumula uma kudingeka – ukuphumula kwehlisa ukucindezeleka futhi kusiza umzimba wakho uphole futhi ulawule izinhlungu kangcono.

Uma izinhlungu zakho ziqhubeka noma ziba zimbi kakhulu, xhumana nodokotela ukuze uthole ezinye izindlela zokwelashwa.



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Amabhadi alahlwayo namatampon akha udoti wepulasitiki ongathatha amakhulu eminyaka ukuthi uchithike. Ngokukhetha imikhiqizo engaphinde isetshenziswe (njengezindwangu noma inkomishi), ugcina imali futhi uvikele umhlaba. 🌱 **"Izikhathi Ezihlanzekile, Umhlaba Ohlanzekile, Wena Onempilo."**