

SCHOOL & TEACHER CORNER | LESSON PLAN

Menstrual Health Lesson Plan

A WHO-Backed, Classroom-Ready Guide for Grades 5 to 8

Duration: 45–60 minutes | Age group: 10–14 years | Setting: Classroom or assembly hall

WHO ALIGNMENT Follows WHO Adolescent Health curriculum framework and UNICEF WASH in Schools guidelines.	INCLUSIVE DESIGN Designed for mixed-gender classrooms. Engages all students, not only those who menstruate.	NO PREP NEEDED No special materials required. Printable activity cards available from Rigel Foundation on request.
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Learning Objectives

By the end of this lesson, students will be able to:

1. Define menstruation and explain what it is biologically and why it happens
2. Use correct medical vocabulary without embarrassment
3. Identify the types of menstrual hygiene products and understand how to use them safely
4. Distinguish between menstrual myths and medical facts
5. Understand how to support a peer who is experiencing their period for the first time

Lesson Structure

TIME	ACTIVITY	TEACHER NOTES
0–5 min	Opening & Ground Rules	Tell students this is a health lesson for everyone. Set three rules: respect, no laughing at questions, anonymous written questions are welcome. Ask: "What do you already know about puberty?"
5–15 min	What Is Menstruation?	Explain clearly: the uterus sheds its lining monthly if no pregnancy occurs. Use a simple diagram if available. Emphasise: this is normal, healthy, and happens to approximately half the population.
15–25 min	Products & Hygiene	Introduce sanitary pads, tampons, and menstrual cups. Explain safe use and disposal. Discuss what to do if a student gets their period at school. Mention that products should always be available discreetly.
25–35 min	Myth vs. Fact Activity	Read out 5–6 common myths (see list below). Ask students to vote True or False, then reveal the correct answer with a brief explanation. This format works in mixed-gender groups and drives engagement.
35–45 min	How to Be a Good Ally	Discuss: what should you do if a classmate needs help? Normalise asking a teacher quietly for a pad. Discuss why

		teasing someone about their period causes real harm. End with: "What is one thing you will do differently?"
45–60 min	Q&A / Anonymous Questions	Collect written questions submitted at the start. Answer them now. If a question is too personal or complex, refer it to the school counselor. End warmly: "You asked great questions. This topic matters."

Myth vs. Fact: Use These in Your Lesson

MYTH	FACT
<i>Girls should not exercise during their period.</i>	Light exercise can actually reduce cramps. There are no physical restrictions during menstruation.
<i>Menstrual blood is dirty or impure.</i>	Menstrual blood is the same blood as any other in the body — it is not toxic, dirty, or spiritually impure.
<i>You can't swim or bathe during your period.</i>	Swimming and bathing are completely safe. Bathing is especially important for hygiene during menstruation.
<i>Periods only last 2–3 days.</i>	A healthy period can last 3–7 days. Any variation within this range is normal.
<i>Boys don't need to know about periods.</i>	Understanding menstruation helps boys be better peers, friends, and allies. It is health education for everyone.

This lesson plan was developed in alignment with WHO Adolescent Health guidelines and UNICEF WASH in Schools standards. It is free to use, reproduce, and adapt for classroom contexts across all school types.