

Cycles and Climbs

A Menstruation Journey



Playing Rules

- **Setup:** The game board has a series of numbered squares (1-40) with some squares featuring “climbs” and others featuring “cycles”. Player choose their tokens and place it at the **START** square.
- **Objective:** The goal is to reach the **FINISH** square by rolling a dice and moving your token along the numbered squares
- **Movement:** Players take turns rolling a dice and moving their token the number of spaces rolled. If a player lands on a “climb”, they move up to the square at the top of the ladder. If a player lands on a cycle, they slide down to the square at the bottom of the wave.
- **Health Messages:** Each square on the board features a health message, a fact, or a question. When a player lands on a square, they must read the message aloud before continuing their turn.
- **Winning the Game:** The first player to reach the **FINISH** square wins.

FINISH

START

<p>You did it! Maya has learned the do's (climbs) of menstrual health and hygiene that would help her, such as staying clean, eating nutritious food, taking care of her mental health. She also understands the don'ts (cycles) that could make her feel worse, like ignoring her hygiene, skipping meals, pushing herself too hard, and being self-critical.</p>	<p>40 MCQ</p> <p>Menstruation is a sign that: A) Something is wrong B) You are ready to be married C) Your body is undergoing natural development changes D) You are unclean</p>	<p>39</p> <p>Maya is feeling irritable and frustrated due to PMS. She decides to isolate herself from her family and friends</p>	<p>38</p> <p>Due to blood loss during menstruation, you may need to increase your iron intake. Eating iron-rich foods such as dark leafy greens, beets, red meat, nuts and seeds are great options to add to your diet</p>	<p>37</p> <p>Move 1 step forward Almost there!</p>	<p>36</p> <p>Maya changes her sanitary pad but doesn't change her underwear for 2 days</p>	<p>35</p> <p>True or False</p> <p>You should avoid bathing until your periods are over</p>
<p>28</p> <p>There is no need to feel shame when you are not able to be as active on your periods. It is normal to feel low during your periods, as your body is undergoing some physiological changes</p>	<p>29</p> <p>Social interactions can help reduce stress and improve your mood. Being around loved ones can provide emotional support, helping you feel understood and less alone.</p>	<p>30</p> <p>Skip your turn</p>	<p>31 Riddle</p> <p>I'm soft, absorbent, disposable too, I'm there to protect and comfort you. I keep you dry and feeling clean, During a time that's monthly seen. What am I?</p>	<p>32</p> <p>Maya has a heavy period and her energy levels are low. For dinner, should she eat dark leafy greens and serving of red meat</p>	<p>33</p> <p>Your luck! Move 1 step backward</p>	<p>34</p> <p>It is important to wear clean underwear made of breathable material like cotton, and change your underwear regularly during menstruation. Unwashed or tight-fitting underwear can trap moisture and increase the risk of infection.</p>
<p>27</p> <p>Maya skips her meals because she has tummy cramps</p>	<p>26</p> <p>Maya feels that her energy level is low. She decides she should not push herself too hard in physical education.</p>	<p>25</p> <p>True or False</p> <p>Not washing your female parts during your periods can pose physical health risks such as reproductive and urinary tract infections (UTI)</p>	<p>24</p> <p>Your weight will fluctuate throughout your menstrual cycle, and it is common to put on a little weight before and during menses. Do not feel shame or guilt because this is a natural occurrence and is due to hormonal changes</p>	<p>23</p> <p>Fact</p> <p>Around 80% of females experience period pain at some stage in their lifetime</p>	<p>22</p> <p>Maya changes her cotton underwear daily while she is on her periods</p>	<p>21</p> <p>Your Luck! Move 1 step forward</p>
<p>14</p> <p>You should not skip meals before or during your periods. Your body will demand more energy intake (food) in the days leading up to menses. It is important to eat well and choose healthy options to energize your body</p>	<p>15</p> <p>Open Question</p> <p>Why are disposable pads more hygienic than cloth pads?</p>	<p>16</p> <p>Bathing during your period is absolutely necessary to prevent odors and bacteria. It is also great source of relief for cramps and relaxing your abdominal muscles</p>	<p>17</p> <p>Maya is late for school and quickly washes her cloth pad to put on. She doesn't have time to dry it, so she wears it while it is still damp</p>	<p>18</p> <p>Maya is feeling self-conscious because she has put on a little weight since her periods started.</p>	<p>19</p> <p>Fact</p> <p>The reason you bleed once a month is because the lining of your uterus is shedding</p>	<p>20</p> <p>Maya is on the first day of her periods. Her flow is very heavy, but she only changes her sanitary pad after 12 hours</p>
<p>13</p> <p>Maya feels as if something is wrong with her because she has started to and is continuously bleeding from her female parts</p>	<p>12</p> <p>Maya takes a shower every day during her periods</p>	<p>11</p> <p>Damp pads can also leave you more susceptible to infection, especially if it is a cloth pad. Cloth pads accumulate bacteria if not washed properly with soap and water. Opt to use a disposable pad when you can as it carries less risk of being misused.</p>	<p>10</p> <p>Wearing a pad for too long can lead to an infection, including a yeast infection, as trapped moisture creates a breeding ground for bacteria and fungus</p>	<p>9</p> <p>Move 2 steps forward</p>	<p>8</p> <p>True or False</p> <p>Your body demands more energy intake (food) in the days leading up to your periods</p>	<p>7</p> <p>The first day or two of your periods are usually the heaviest. You should change your sanitary pad very frequently on these days (e.g. every 4 hours)</p>
<p>Maya had always been excited to grow up, but nothing prepared her for the day she got her first period. Maya is confused and even a little scared about the changes in her body. As Maya journeys through the game she learns important lessons on the dos (climbs) and don'ts (cycles) of menstrual health and hygiene. It is your job to make sure Maya makes the right decisions!</p>	<p>1</p> <p>Menses (periods) is a natural process that happens to all girls during puberty and can start anytime between the ages 9-15. There is no need to be alarmed.</p>	<p>2</p> <p>Fact</p> <p>Your energy levels fluctuate throughout the course of the entire menstrual cycle. You will have the most energy during ovulation (mid-cycle) and the least energy before and during periods.</p>	<p>3</p> <p>Question</p> <p>Which of the following is a normal and common symptom of Pre-menstrual Syndrome (PMS)? A)Mood swings B)Food cravings C)Breast tenderness D)All of the above</p>	<p>4</p> <p>Maya changes her sanitary pad every 4-8 hours</p>	<p>5</p> <p>Fact</p> <p>Abdominal pain and cramps are likely to happen, in this case take some medication for relief (e.g ibuprofen), rest, and use a heating pad</p>	<p>6</p> <p>Skip your turn</p>

Answer Sheet

3 – D (All of the above) - PMS is partly caused by the rise and fall of certain female hormones in your body, such as estrogen and progesterone. It is common experienced shared by many women, including symptoms like mood swings, tender breasts, food cravings, fatigue, irritability and depression

8 – True - When your body is preparing for menses, it requires more energy and food is fuel! Your body will demand more energy intake (food) in the days leading up to menses. It is important to eat well and choose healthy options to energize your body

15 – Disposable pads are designed for one-time use, which reduces the risk of bacterial accumulation and infections that can occur if cloth pads are improperly washed and dried. Disposable pads contain highly absorbent materials that effectively take away moisture and keep the skin drier, further reducing the risk of irritation and infection.

25 – True - Poor hygiene can lead to the spread of bacteria to the urinary tract and can travel to reproductive organs, potentially causing infections. Keeping your female parts clean by daily washing, changing pads and underwear is utmost necessary

31 – Disposable Sanitary Pad

35 – False - Regular bathing helps remove menstrual blood, sweat, and bacteria, reducing the risk of infections and unpleasant odors. A warm bath can also help soothe menstrual cramps and provide relaxation in the abdominal region

40 – C (Your body is undergoing natural development changes) - Getting your periods is a sign of good health and fertility. There is nothing unclean about menstruating as it is a natural process. It means your body is ready to start transitioning into womanhood; however, it is not an indicator for readiness of marriage.