

## *Activity*

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# SANITARY OPTIONS IN LESS DEVELOPED COUNTRIES

## IMAGINE YOU DON'T HAVE ACCESS TO MODERN SANITARY ITEMS, WHAT WOULD YOU USE?

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Imagine a world with no modern pads, tampons, cloth pads, period underpants or menstrual cups! This is a reality for millions of women around the world.

Activity: Split class into small groups. Allocate one alternative sanitary item to each group and have them to present the class the following:

- What is the product?
- What is it made from?
- Where would the person find this product?
- List three pros and three cons to using this product

### **List of items used for menstrual management in less developed countries:**

- o **Newspaper, cardboard**
- o **Leaves**
- o **Sawdust, sand in underpants**
- o **Folded socks**
- o **Sponges**
- o **Rags, folded cloth**