5. WRAP UP

- **Time:** 10 Minutes
- **Materials:** Poster and Reminder Cards – Menstruation

**Objective:** Encourage group to share the information discussed today, thank the group and build connection

1. Ask for group members to share something they learned today, or that surprised them.
2. Ask: What will you do with this information?
3. Give a Menstruation Reminder Card to each participant. Ask if they recognize the picture on the card. Explain that this is the same picture they drew on the ground earlier. Go over the points on the back of the card. Encourage participants to use this card to explain the menstrual cycle to other people. They can also draw the menstrual cycle on the ground if they like!
4. Ask participants to think of three people who they will talk to about why it is important for couples to communicate with one another and tips for good communication. Ask each participant to tell the person next to them the names of the people they will talk to.
5. Thank the group for a great discussion. Make sure they know they are valued for their time and insight. Then, ask that each member turn to their left, look that person in the eyes, smile, and thank them for sharing their thoughts and ideas.

6. Tell the group that next week they will discuss this topic of Menstruation with the men and women together.

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**Closing**

- End with applause for all and a song or dance

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**Menstrual Bleeding (period):** around 3-7 days

**Menstrual Cycle:** around 26-32 days

**Secretions:** several days in the middle of the cycle
The Menstrual Cycle

- Menstrual bleeding usually lasts for three to seven days.
- Secretions occur during several days in the middle of the cycle.
- Secretions are a healthy sign that the woman is on her fertile days – that is, she can become pregnant on days she has secretions.
- Blood builds inside the uterus each month. If the woman becomes pregnant, the blood nourishes the growing baby. If the woman does not become pregnant, the blood flows out during the monthly period.
- The menstrual cycle usually lasts around 26-32 days. This means there are about 26 to 32 days from when one period starts to when the next begins. This can be different for every woman.