

BOWLING OUT MYTHS

A fun, bowling-inspired game to help you learn about ~ and knock down ~ some common myths about menstruation

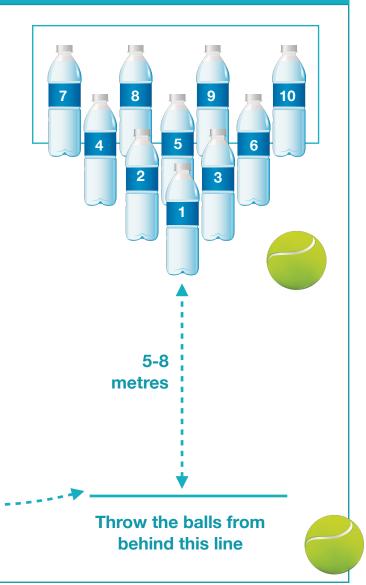
What you need

- 10 empty small water bottles, each one labelled with a myth about menstruation on one side, and the truth on the other.
- Some sand or water
- A ball (tennis ball size or slightly bigger)
- Chalk and a blackboard. or pen and paper for keeping score



How to prepare the game

- 1. Put the sand or water into the water bottles, filling each bottle about 1/3 full.
- 2. Arrange the bottles in the shape of a triangle. Put a row of four bottles at the back, then a row of three bottles, then two bottles, then one bottle at the front, as shown.
- 3. Make sure there is some space between the bottles about a hand width. Too much space will make it too difficult to knock down bottles. Too little space will make it too easy.
- 4. The triangle should preferably be against a wall, so that the players don't have to run after the ball too much.
- 5. Draw a line on the ground about 5-8 metres away from the bottles.







How to play the game

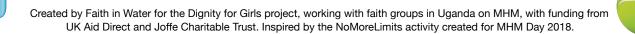
- 1. Throw the ball at the bottles.
- 2. If you knock down a bottle, read out loud the 'myth' written on the front label, then the 'truth' written on the back label. Do this for every bottle you knock down.
- 3. Score points for each bottle knocked down. (Points are written on the labels.)
- 4. If you knock down all 10 bottles, add 10 points to your score.
- 5. Set up the bottles again in exactly the same triangle.
- 6. Now it is the next player's turn to play a round.
- 7. After all the rounds have been played, the winner is the player with the highest number of points.
- 8. Have fun!



2 points

Myths, truths and points

MYTH 1 TRUTH:	Menstruation is a curse or a disease. Menstruation is a natural biological function of the female body.	3 points
MYTH 2 TRUTH:	Crops will die if menstruating girls go into vegetable gardens. No, it is impossible for menstruating girls to make crops die.	2 points
MYTH 3 TRUTH:	Periods are a sign that girls have done something bad. No, God created periods as part of human reproduction, for the benefit of all.	3 points
MYTH 4 TRUTH:	It is okay to laugh at girls and tease them about periods. No, it is not okay. We should care for each other.	1 point
	Don't talk about menstruation, it is better to keep silent. No, it is better to break the silence on periods to end stigma.	2 points
MYTH 6 TRUTH:	When a girl starts her periods, she is ready for marriage. No, she is still a child and should finish her education.	1 point
MYTH 7 TRUTH:	If a girl burns her pad, she will become barren. No, a girl cannot become barren by burning her pad.	2 points
	Used pads will attract evil spirits. No, it is impossible for used pads to attract evil spirits.	3 points
MYTH 9 TRUTH:	Menstrual blood contains harmful substances. No, there is nothing harmful about menstrual blood.	1 point
MYTH 1	0: Having sex will prevent painful periods.	2 nainta



TRUTH: No, sex does not prevent painful periods. It makes you pregnant.