

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.



5-8
metres



Throw the balls from
behind this line



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!



Myths, truths and points

MYTH 1: Menstruation is a curse or a disease.	3 points
TRUTH: Menstruation is a natural biological function of the female body.	
MYTH 2: Crops will die if menstruating girls go into vegetable gardens.	2 points
TRUTH: No, it is impossible for menstruating girls to make crops die.	
MYTH 3: Periods are a sign that girls have done something bad.	3 points
TRUTH: No, God created periods as part of human reproduction, for the benefit of all.	
MYTH 4: It is okay to laugh at girls and tease them about periods.	1 point
TRUTH: No, it is not okay. We should care for each other.	
MYTH 5: Don't talk about menstruation, it is better to keep silent.	2 points
TRUTH: No, it is better to break the silence on periods to end stigma.	
MYTH 6: When a girl starts her periods, she is ready for marriage.	1 point
TRUTH: No, she is still a child and should finish her education.	
MYTH 7: If a girl burns her pad, she will become barren.	2 points
TRUTH: No, a girl cannot become barren by burning her pad.	
MYTH 8: Used pads will attract evil spirits.	3 points
TRUTH: No, it is impossible for used pads to attract evil spirits.	
MYTH 9: Menstrual blood contains harmful substances.	1 point
TRUTH: No, there is nothing harmful about menstrual blood.	
MYTH 10: Having sex will prevent painful periods.	2 points
TRUTH: No, sex does not prevent painful periods. It makes you pregnant.	

