

THE GLOBAL #GirlsBillOfRights

written by girls, for girls

ALL GIRLS HAVE THE RIGHT TO...

- 1 free, quality education which prepares them for the modern world
- 2 equality
- 3 involvement in decision-making and pursuit of leadership positions without fear of discrimination, harassment, or persecution
- 4 documentation
- 5 comprehensive sexual education and access to free, quality reproductive healthcare
- 6 protection from harmful traditions and enjoyment of positive cultural practices
- 7 safety from all forms of violence
- 8 decision-making about their body and sexuality
- 9 protection under the law without fear or unequal treatment
- 10 freedom from exploitation

Did you know that you have a right to comprehensive sexual education and access to free, quality reproductive health care?

Well, you have this and more rights as spelled out in the Global Girls' Bill of Rights®. Together with local partners and girls around the world, She's the First collaborated to create the Global Girls' Bill of Rights®, a by-girls-for-girls declaration of rights that was presented to the UN in honor of the International Day of the Girl in October 2019. You can use it as a guide to taking action for girls' rights in your community and share them with girls everywhere!

She's the *first*

-----'s Period Diary

A period diary is a tool that allows you to track your menstrual cycle. Over time, you will identify patterns in your cycle and be able to predict your next period.

How to Use My Period Diary

- Using a pen or pencil, mark the date your period starts using a period emoji 🩸 or a symbol of your choice.
- Continue to do this until your period ends.
- Do the same for your next period.

Important Details to Record in My Period Diary

Menstrual Cycle

- Your menstrual cycle is the number of days from the first day of your period to the day before your next period. This could be anywhere between 21 - 35 days.

Menstrual Flow

- Your menstrual flow is the number of days from the first day of your period to the last day of your period. This could range from 2 - 7 days.

TIP: You can use different colored pens to differentiate the two.

Please Note

- The menstrual cycle and flow vary between girls.
- If your menstrual cycle is longer than 35 days and/ or your menstrual flow is longer than 10 days, it is advisable to seek medical guidance.

ALWAYS: Carry your period diary anytime you see a doctor.

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Period or not, she can.

