

### ACTIVITY SHEET 1: SCENARIO CARDS

I leaked through my sanitary pad onto my underwear.  
**WHAT DO I DO?**

Using the scenario cards can you think of ways to cope with these possible situations if they were to happen to you?

What other scenarios can you think of?

A stranger asked if I have any sanitary protection for her.  
**WHAT DO I DO?**

All of my sanitary pads fell out of my bag at school. I'm so embarrassed.  
**WHAT DO I DO?**

The girl standing next to me has leaked onto her uniform.  
**WHAT DO I DO?**

Kids at school are being unkind about me starting my period.  
**WHAT DO I DO?**

I started my period while out shopping with friends.  
**WHAT DO I DO?**

I started my period at school. I have no sanitary protection.  
**WHAT DO I DO?**



# COMMUNICATION

Lil-lets®  
We are Women™

## LESSON #6

### ACTIVITY SHEET 2: BEING A BIG SISTER



Can you use everything that you have learnt over the last 6 lessons to give Thuli some advice about her worry?

How would you reassure her?

What information do you think she needs to know?

Who can she talk to?

Dear Big sister!

I am 13 years old and have still not started my period. A lot of my friends have started their periods and I am worried that there might be something wrong with me.

Please help!

Thuli

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