



AutismCare
Nepal Society
"A National Center for Autism"



**RIGHT HERE
RIGHT NOW**

PREPARATION FOR MY PERIOD

Acknowledgement

This book is the invaluable outcome of a collaborative effort by multiple partner organizations, and we extend our deepest gratitude to everyone who contributed their best to produce this knowledge-rich and informative resource. The aim of this book is to provide detailed information and practical skills on various components of comprehensive sexuality education, including good and bad touch, menstrual hygiene management, adolescent development, and appropriate sexual behaviors. It is specifically designed for children and adolescents with autism and intellectual disabilities. The content is presented in simple language, accompanied by relevant illustrations that are both engaging and informative.

First and foremost, we express our sincere gratitude to the Autism Care Nepal Society (ACNS) for their unwavering support and guidance from the very beginning to the successful completion of this project. We are especially grateful to Mr. Surendra Bajracharya, the Executive Director of ACNS, and Dr. Sunita Maleku Amatya, the President, who stood by us as mentors whenever needed.

We also extend our heartfelt appreciation to Ms. Kripa Shrestha, Head of Parent and Child Training Program and Special Educator at ACNS, for her invaluable expertise and guidance. Her contributions were instrumental in shaping this book to address the specific needs of children with autism.

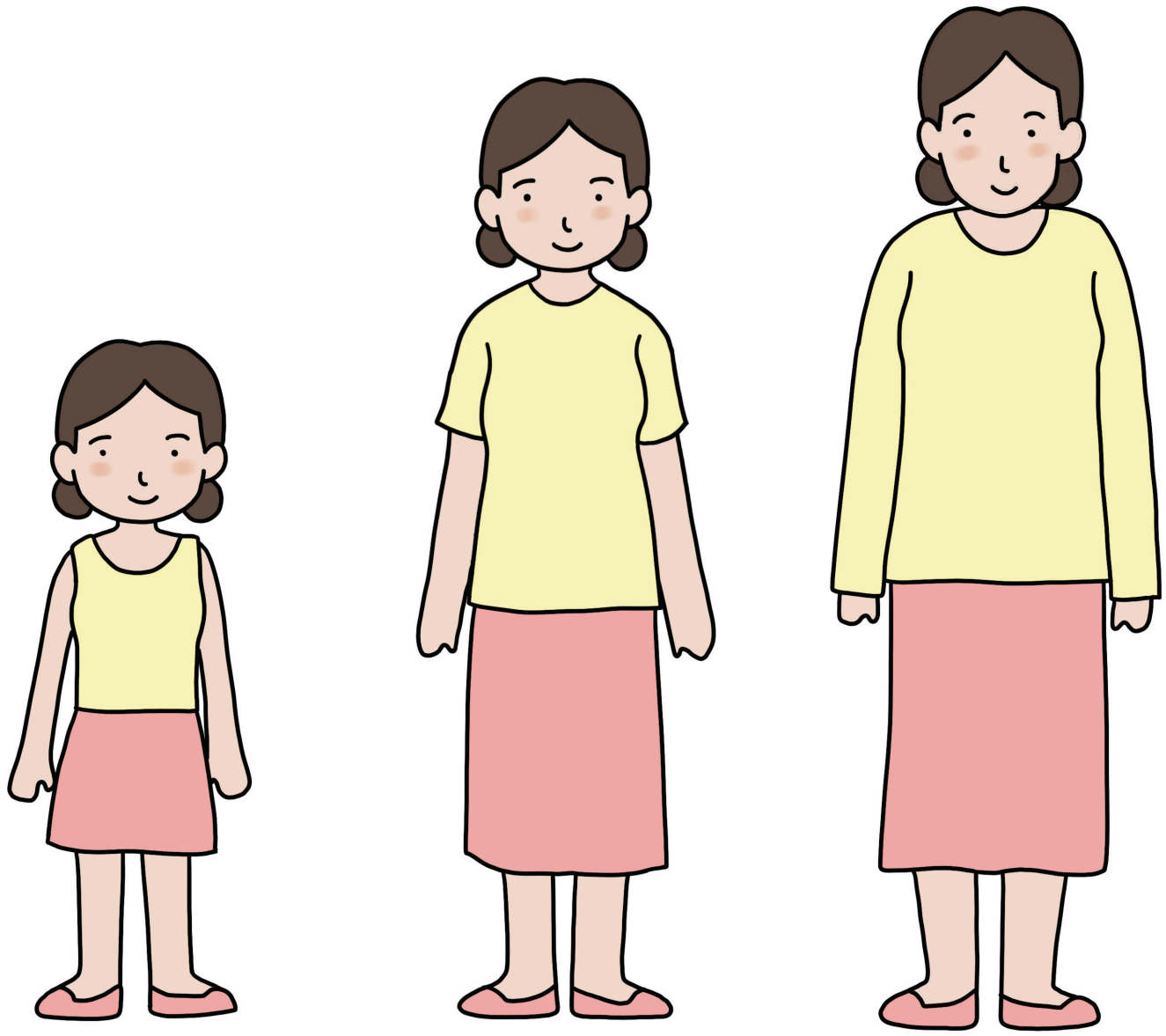
Furthermore, we deeply appreciate the Right Here Right Now (RHRN) initiative for their outstanding advisory role and financial support.

Our special thanks go to Water Communication for their creative insights and contributions to the design and production of this informative book.

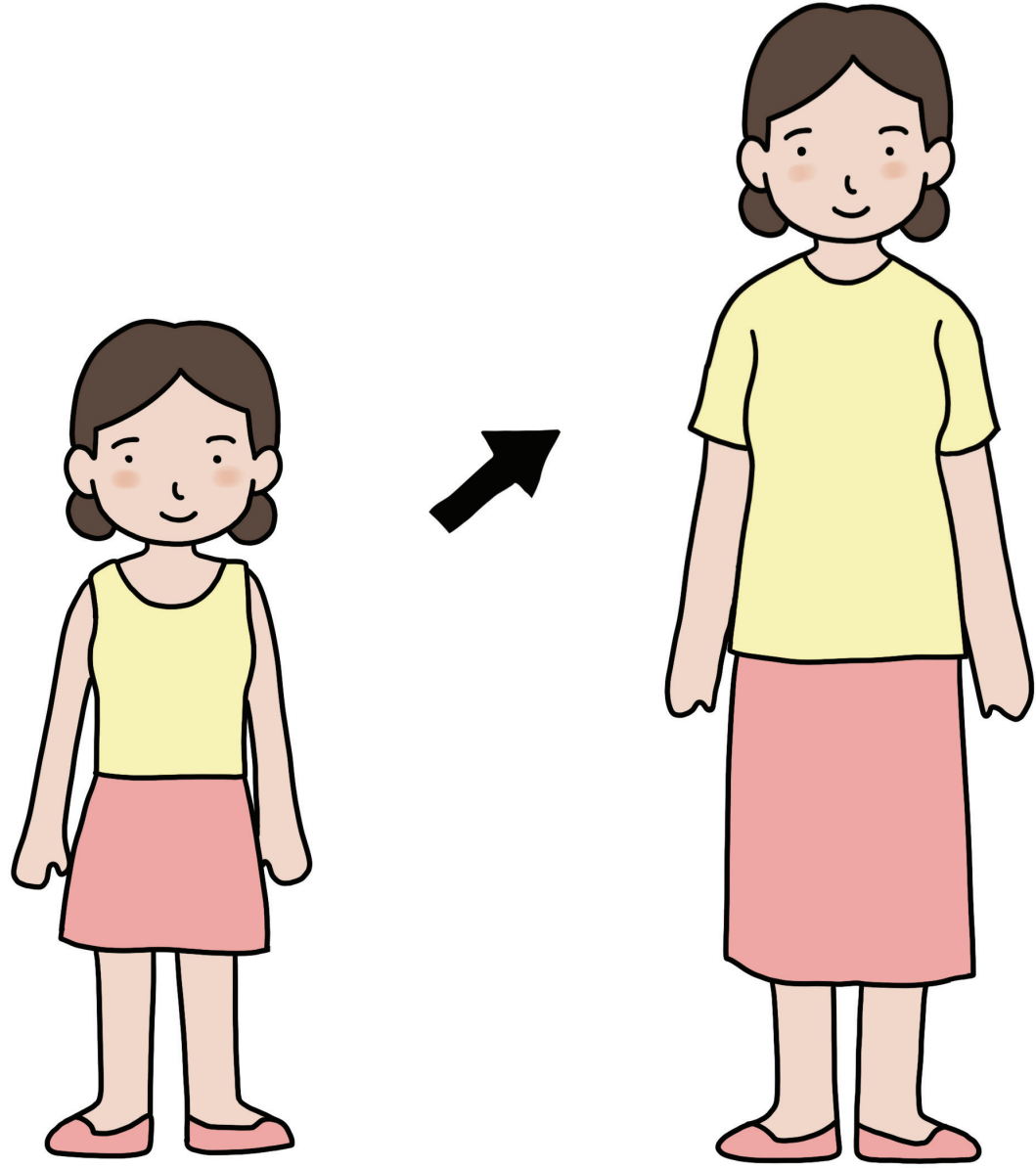
Lastly, we acknowledge all the well-wishers whose names may not be mentioned here but whose support has been vital in bringing this project to fruition. We are confident that this book will serve as a valuable resource for children and youth with autism, intellectual disabilities, and other learning challenges, helping them better understand sexual and reproductive health and rights, and enabling them to make informed choices about their sexuality and relationships.

Mr. Ram Chandra Gaihre
President
Blind Youth Association Nepal

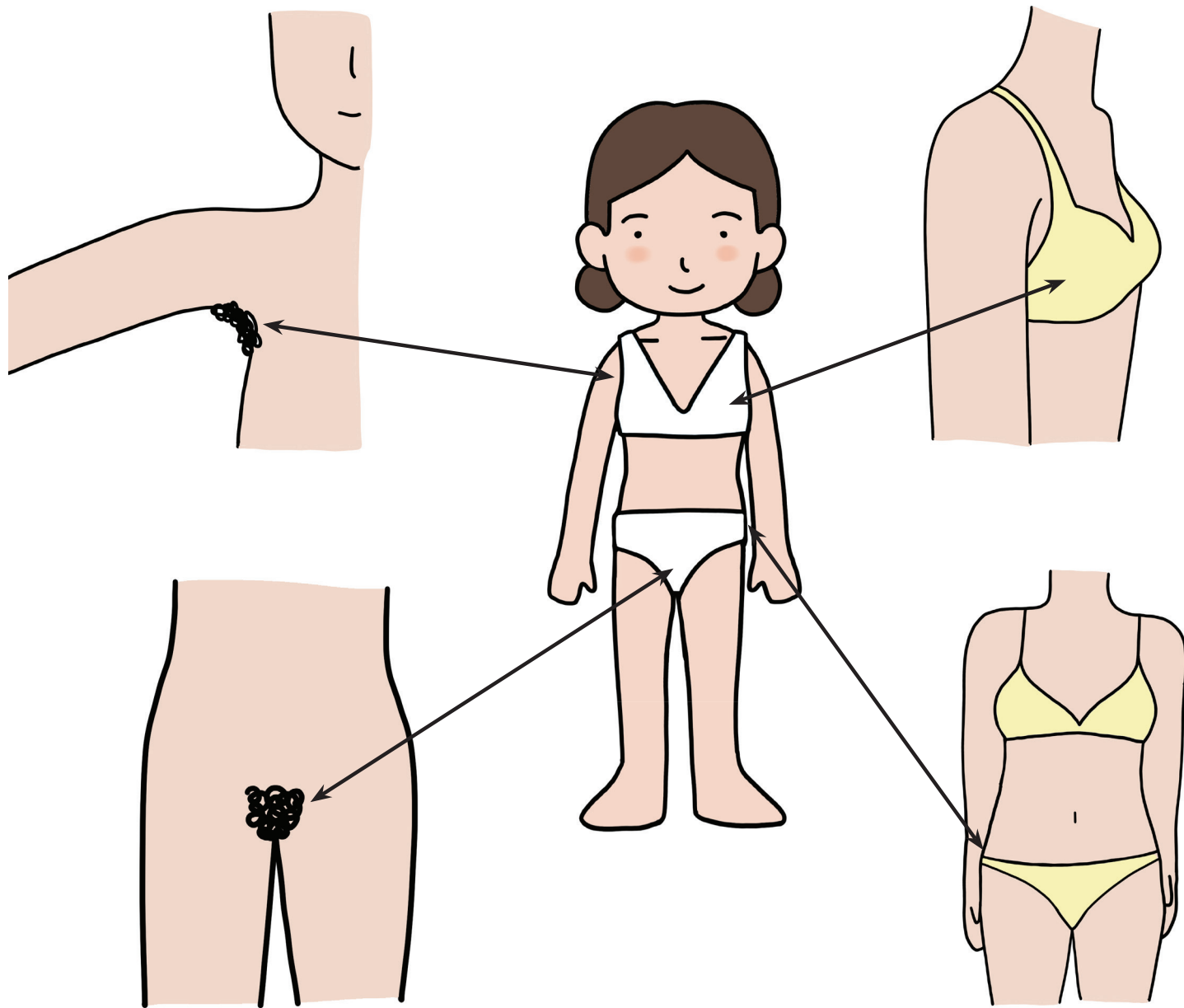
This booklet is best effective when used in conjunction with other behavior modification strategies and teaching strategies. It should be tailored according to child's need and understanding.



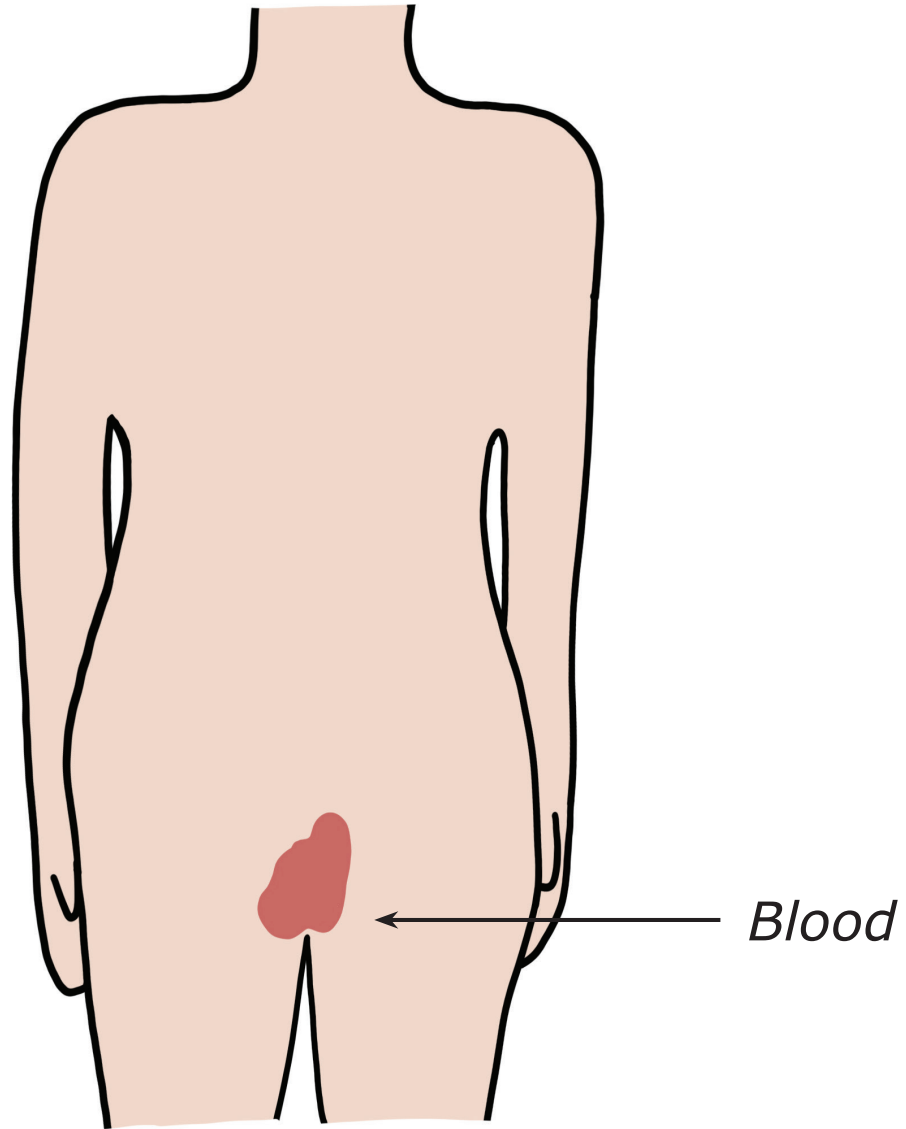
I am growing up.
Soon I will be a woman.



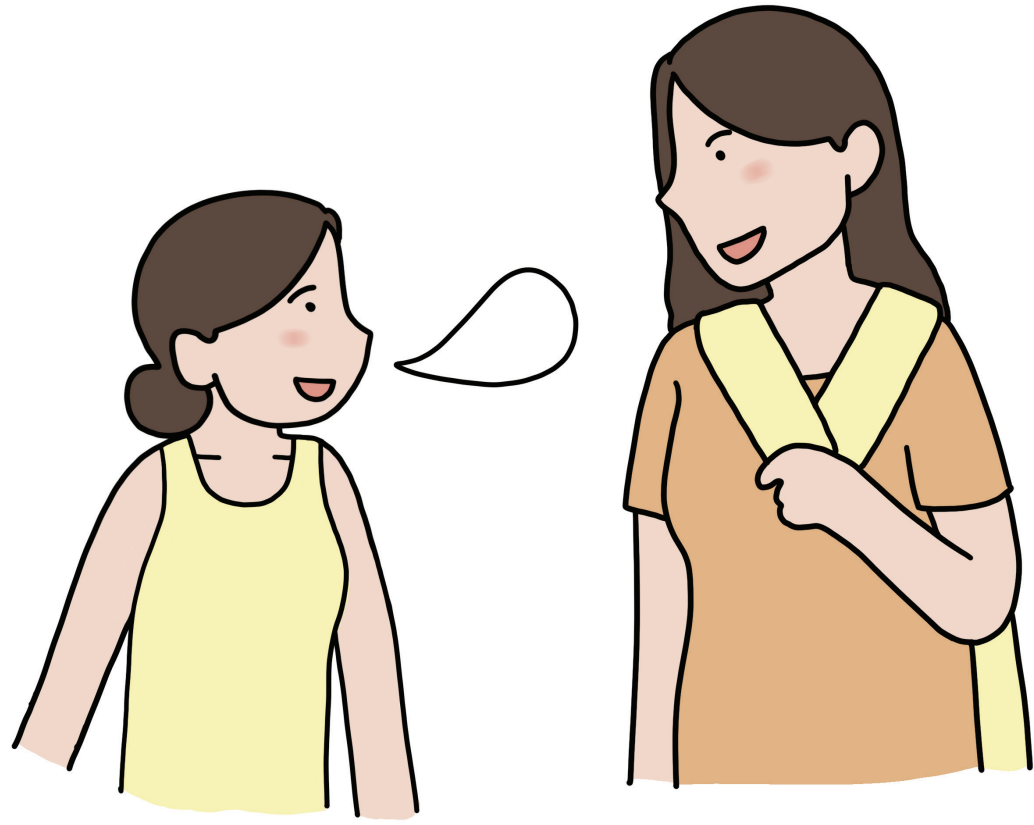
My body will be changing.
I will get taller.



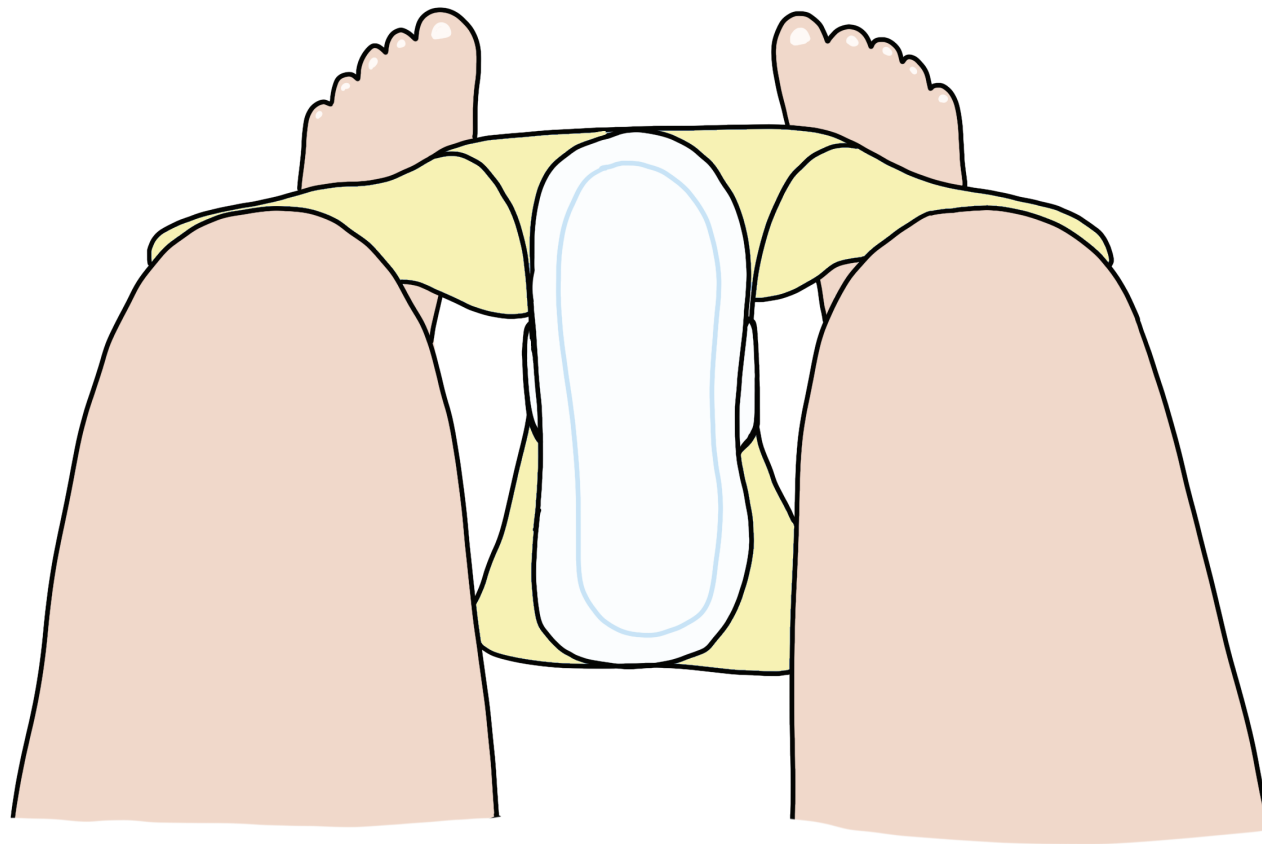
My hip and breast will grow.
Hair will grow under my arms
and near my private parts.



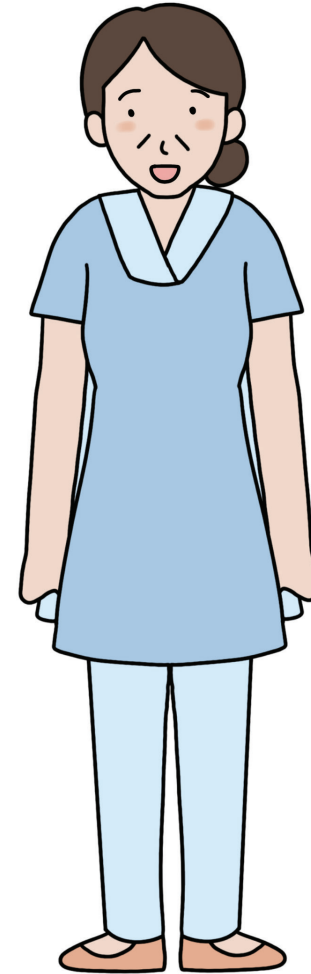
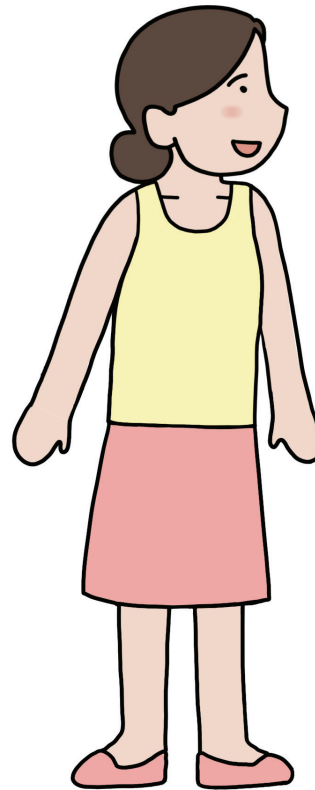
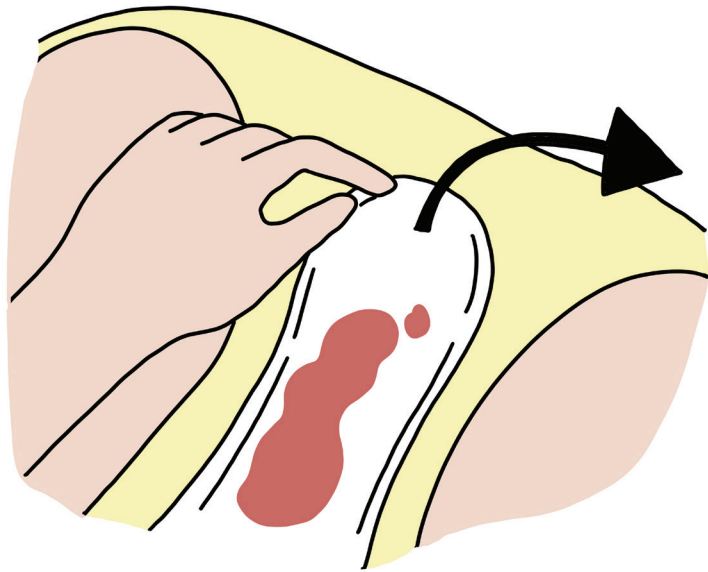
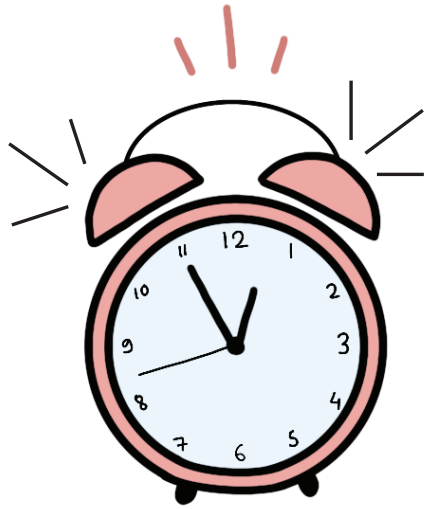
My period will start.
Blood comes out through
my vagina. I will bleed for about
5 days once a month.



When I have my periods,
I can tell my mother, sister
or my female teacher.



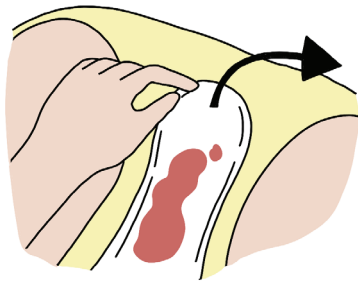
I will need to use a pad
in my panty. It will help me
to stay clean and dry. It will keep
my clothes from getting stained.



I change the pad when the alarm rings or when my mom reminds.



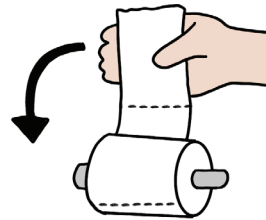
Changing a Pad



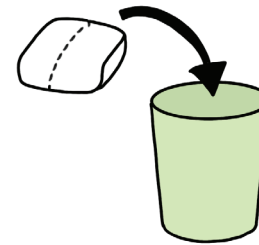
Remove pad



Roll up pad

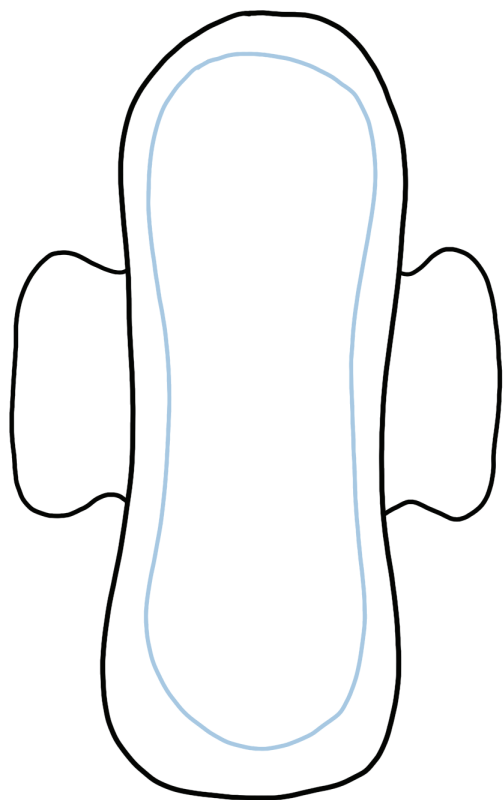


Wrap pad in
toilet paper

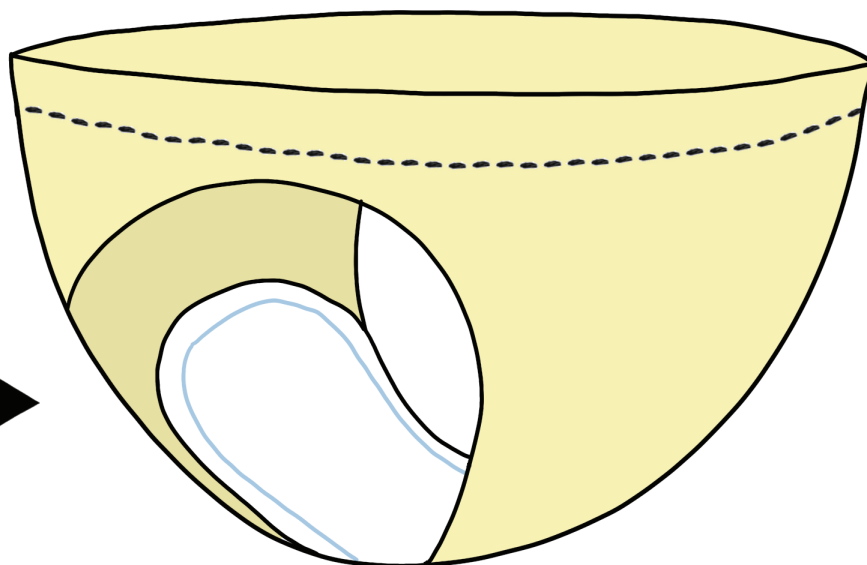


Throw
pad away

I change my pad in toilet. I will roll the soiled pad, wrap it in toilet paper and put it in the toilet bin.

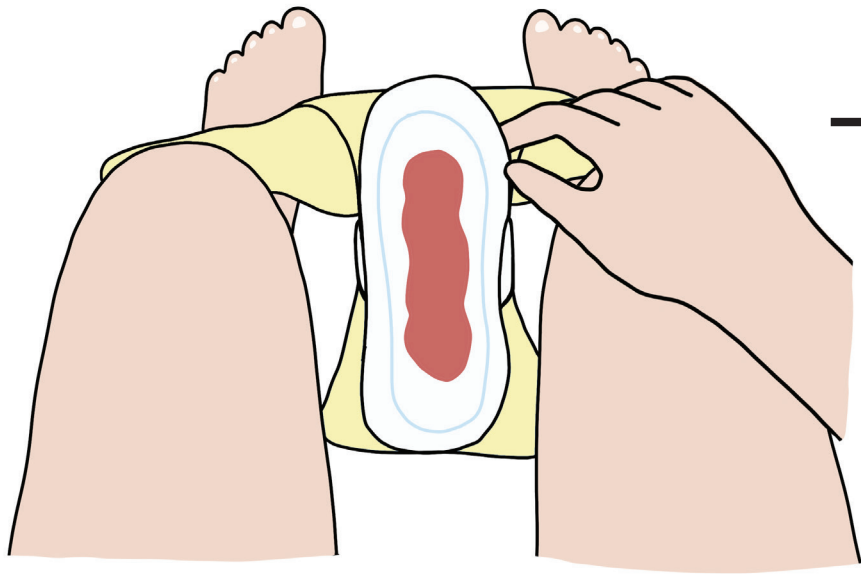


Get a new pad



Put pad in Underwear

I will then put another clean
pad in my panty.

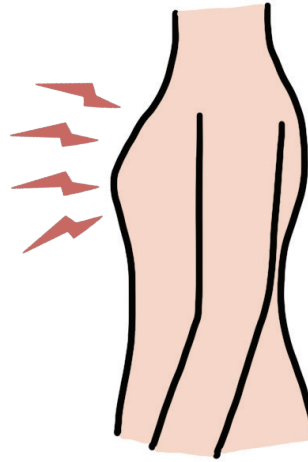


I will wash my hands after
changing pad.

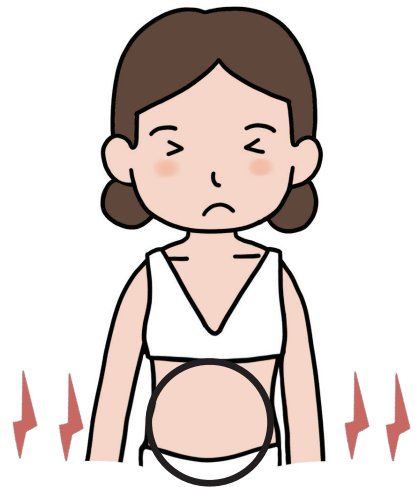
Head



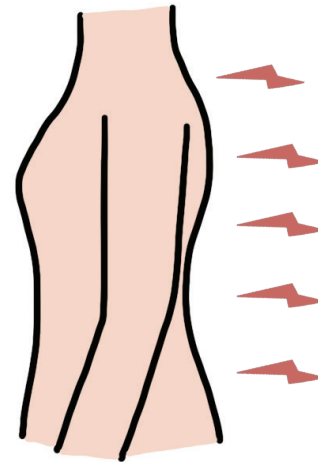
Chest



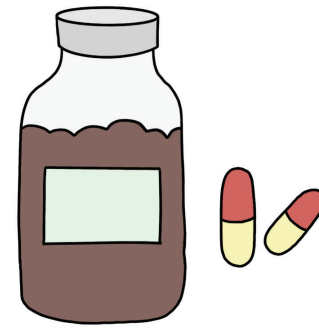
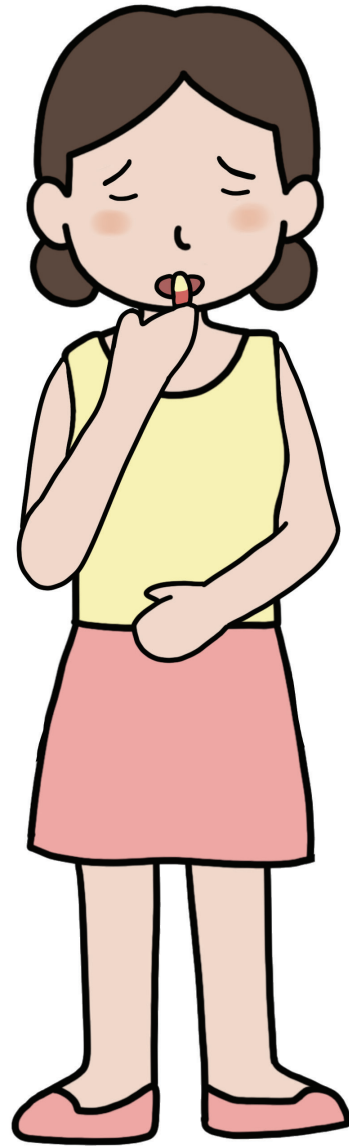
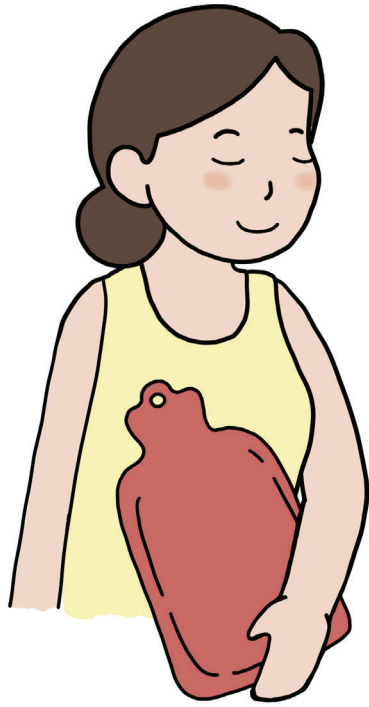
Stomach



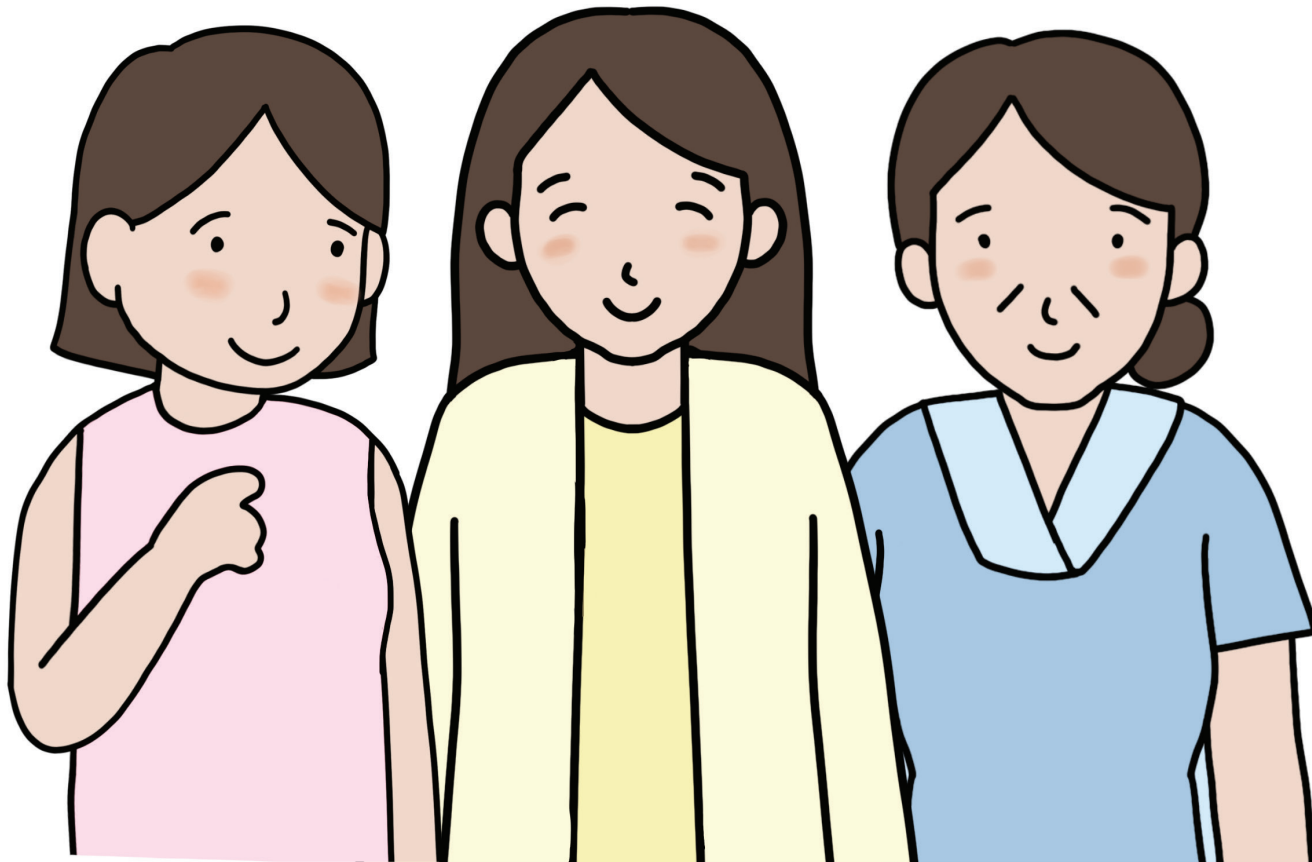
Back



My head, stomach, chest
and the lower part of my back might
feel painful during my periods.
This is normal.



Putting a hot water bag on
my stomach and having some pain
relief medication can help me
feel less painful.



All women get their periods.
It means that they are healthy adults.

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