

*EDUCATING ADOLESCENT GIRLS ON MENSTRUAL HYGIENE
MANAGEMENT USING BOOKLETS*

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ABSTRACT

Background: *Menstrual Hygiene Management (MHM) ensures that women use clean sanitary pads that can be changed as frequently as necessary during menstruation, have access to disposable pads, have access to toilets, soap, and water to stay comfortable and clean while maintaining their privacy. Based on observations and interviews with several adolescent girls during health visits to schools and youth groups, it was found that their understanding of MHM was inadequate, resulting in poor menstrual hygiene practices.* **Methods:** *The method used for disseminating Information, Education, and Communication (IEC) was a booklet containing education on menstrual hygiene management for adolescent girls.* **Results:** *The IEC media produced was a booklet titled "Educating Adolescent Girls on Menstrual Hygiene Management Using Booklets."* **Conclusion:** *The booklet titled "Educating Adolescent Girls on Menstrual Hygiene Management Using Booklets" was created to increase adolescent girls' knowledge about menstrual hygiene management.*

Keywords: *Adolescent Girls, Education, Menstrual Hygiene Management*