

DAYS FOR  
GIRLS

Khmer Students'  
Experiences  
Participating in  
Days for Girls  
Menstrual Health  
Programming,  
Ratanakiri 2025



“I only dared to talk with my mum or my friend. I did not dare to discuss it in public. However, after learning the lesson, I am braver and have gained more knowledge about menstruation.”

“Before learning, I did not dare to talk about it in public as I did not understand it clearly. After learning, many people understand it, so we dare to talk about it.” -Female student, Borkeo



“Before the lessons, during my period, I sometimes did not go to school because I had abdominal pain. Sometimes, I had a heavy period, so I was afraid that it would leak, and I was scared my friends would see it. After learning, I know how to use the pad properly (not leak), which helps to reduce my absence from school.”

-Female student, Kajon



”A new thing I learned is how girls can protect themselves during menstruation, and how to know the date of ovulation. I used to hear that girls weren’t allowed to eat cold water, spicy food, or canned food during their period. However, after learning more, I now know that it’s perfectly fine for girls to eat these foods, as they don’t impact menstruation.”

-Male student, Ekapheap



““Before the lesson, I didn't dare to talk about menstruation. After learning, I discussed it with my younger sister because she was on her period, and I wanted to share what I had learned.”-Male student, Sorm Thom



”The boys have changed their attitude; now they don’t laugh at or tease girls during menstruation. Unlike previously, when we studied the health education course and boys always laughed at girls, after learning with DfG, they no longer do.” -Female student, O Ya Dav



“Before the lesson, whenever I heard that a girl was menstruating, I thought she was pregnant. After learning, I realized that menstruation is a normal part of a girl’s puberty. I had previously thought that menstruation was bad for girls, but now I know that it is a natural sign that a girl is healthy.”

-Male student, Lomphat

