

My CUP MANUAL

Be free. Be confident. Be you.



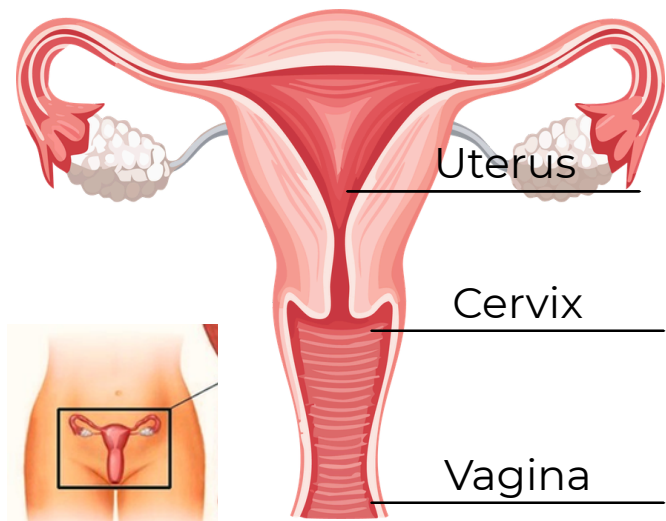
KNOWING YOUR BODY

It is important to know that you have three openings down there.

- Urethra: Where you pee from.
- Vagina: Where the blood comes from and where the cup goes!
- Anus: Where you poo from.

The cup cannot get lost inside you. There is a "ceiling" called the cervix!

KNOWING YOUR BODY



WHAT IS THE CUP?

A menstrual cup is a bell-shaped, reusable device that collects your menstrual flow rather than absorbing it.



Medical Grade: Made of 100% medical-grade silicone, safe and toxin-free.

Sustainable: One cup lasts up to 10 years, reducing waste significantly.

Continuous Protection: Can be worn for 8–12 hours, allowing for a full school day without interruptions.

THE 3 GOLDEN RULES



Wash Hands

Always wash your hands thoroughly with soap before inserting or removing the cup.



Clean Water

Rinse the cup with clean water. If in school, bring a small water bottle into the washroom.



Sterilize

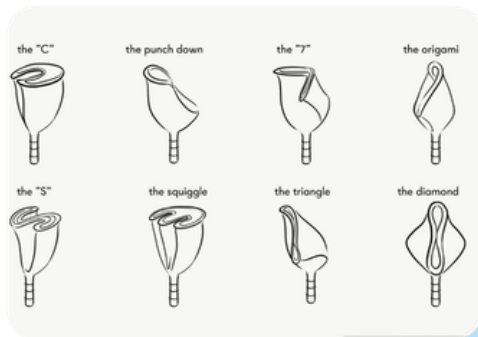
Boil your cup for 5-10 minutes **before** your first use and at the **end** of every cycle.

FOLDING THE CUP

Fold the cup into a C-shape by flattening it and then folding it in half. This shape makes insertion smoother and more intuitive.

Explore alternative folds like the punch-down or 7-fold to find what works best for your anatomy.

There is no right or wrong, find the one which is most suitable for you.



HOW TO INSERT

Step 1: Relax

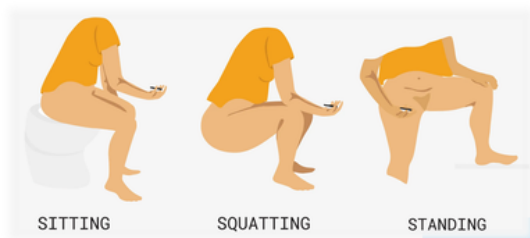
Relax your pelvic muscles. Find a comfortable position: squatting, sitting on the toilet, or one leg up.

Step 2: Aim

Angle the folded cup toward your lower back/tailbone, not straight up.

Step 3: Insert

Slide the cup in until it is entirely inside. Let go, and it will pop open to create a seal.



SAFE REMOVAL

Crucial: Do not pull the stem to remove the cup. This increases the suction.

Gently squeeze or pinch the bottom of the cup to release the vacuum.

Slowly slide the cup out while keeping it upright.

Empty the blood into the toilet or latrine.

Rinse and re-insert or store.

END OF CYCLE - STERILIZATION

When your period is over, clean the cup thoroughly for next month:

Boil: Place the cup in a pot of boiling water for 5 minutes.

Clean Holes: Ensure the tiny air holes near the rim are clear of debris.

Store: Dry it completely and store it in the breathable cotton pouch provided.



MANAGING AT SCHOOL

You can stay in school all day with confidence!

Here are tips for success:



Privacy: Use a small water bottle to rinse your cup discreetly if there is no sink in the toilet stall.

Peer Support: Connect with your Peer Champions if you have questions or need support.

Dignity: You are part of a movement to stay in school and achieve your goals.

MYTH BUSTERS

- **Virginity:** Using a cup does NOT make you lose your virginity. It is just a health tool.
- **Toilet:** You don't need to take the cup out to pee or poo. It stays in its own separate place!
- **Lost:** The cup cannot get lost in your body. It stays in the vaginal canal.
- **Pain:** Once it's in correctly, you shouldn't feel it at all!

MYTH BUSTERS

- **Size:** The cup looks big, but it is super soft and folds down to the size of a tampon to slide in easily.
- **Age:** You do not need to be an adult to use it. Young girls can safely use the cup as soon as they get their first period.
- **Sports:** The cup will not fall out when you run, jump, or play sports. It stays firmly locked in place.
- **Sleeping:** You can safely wear the cup all night for up to 12 hours without any leaks while you sleep.

MYTH BUSTERS

- **Stains:** The cup creates a safe seal, so you can wear your school uniform with 100% confidence and zero fear of blood stains.
- **Smell:** Period blood only smells when it touches the air on a pad. Because the cup stays inside, there is absolutely no odor.
- **Breaking:** The cup is made of one solid piece of medical silicone. It cannot break, rip, or dissolve inside your body.

MYTH BUSTERS

- **Stuck:** The cup can never get permanently stuck. If it sits a bit high, just relax, squat down, and push with your stomach muscles to reach it.
- **Overflow:** Even if you have a heavy flow, the cup holds much more blood than a pad. You only need to empty it 2 to 3 times a day.
- **Sharing:** Your cup is yours alone! Never share your cup with a friend, as this can spread germs.

MYTH BUSTERS

- **Infections:** The cup does not cause infections. It is much cleaner than a damp pad, as long as you always wash your hands with soap before touching it!
- **Spilling:** The cup will not spill when you sit down, lie down, or bend over. The vacuum seal keeps the blood securely inside.

Cups are donated by



This Booklet belongs to:

