

**SMS on RH**

No. of Weeks	Message of quiz	Response form girls	Reply on answer
1 <sup>st</sup> Week	How many ovaries a woman have? Type 1 if the answer is 1 or type 2 if the answer is 2. And send SMS to 01877771122. (113)	1 / 2 Correct answer 2	1 Correct / incorrect. A woman has 2 ovaries and 1 uterus. 2 fallopian tubes connect the ovaries to the uterus. The uterus, ovaries and fallopian tubes are the parts of female reproductive system. (195)
			2 Ovaries produce immature ovum from birth. Ovaries consist of many follicles. During puberty (10-12 years) 1 ovum becomes mature in 1 follicle and ovulation occurs. Ovulation is the release of mature ovum from follicle to fallopian tube. Mature ovum go to the uterus via fallopian tubes. After ovulation the left out follicle is called corpus lutium. (350)
			3 During puberty, hormones of hypothalamus act on pituitary gland in brain to secret Follicular Stimulating Hormone (FSH) and Luteinizing. These hormones maintain the corpus lutium after ovulation. It happens in every month from puberty up to reproductive age (15 to 49 years) of women (285)
2 <sup>nd</sup> Week	Which female reproductive hormone secret from the ovary? 1. Estrogen and progesterone 2. Testosterone Type 1 if answer is either 1 or type 2 if answer is 2. And send SMS to 01877771122. (182)	1 / 2 Correct answer 1	1 Correct / incorrect. Estrogen and progesterone are female reproductive hormone. Estrogen, progesterone and little amount of testosterone secret from the ovaries. Testosterone is male reproductive hormone. (204)
			2 During puberty after ovulation, corpus lutium secretes progesterone in luteal phase of ovarian cycle and the ovarian follicles secret estrogen, which causes physical and mental changes in girls. (194)

			3 Reproductive hormones secret from puberty throughout the reproductive age. It help the fertile ovum to implant in the uterus. Unfertile ovum washed out during menstruation every month. (184)
3 <sup>rd</sup> Week	What physical change occurs during adolescence in girls? 1. The skin become brighter 2. Menstruation starts Type 1 if answer is either 1 or type 2 if answer is 2. And send SMS to 01877771122. (188)	1 / 2 Correct answer 2	1 Correct / incorrect. Physical changes in Adolescence- Increases weight and height, menstruation starts, increases breast size, hair growth in private parts of body, and hips get heavier. (186)
			2 During adolescence Mental changes in girls - increases shyness, increases self-awareness, become interested in boys, increase intention of making themselves attractive. (168)
			3 Balanced diet should be taken for proper physical and mental growth during adolescence. Hormones, environment, gene, disease, cleanliness also affect the growth of puberty. (172)
4 <sup>th</sup> Week	What is the reason for menstruation? 1. Disease-bacteria 2. Hormone Type 1 if answer is either 1 or type 2 if answer is 2. And send SMS to 01877771122. (148)	1 / 2 Correct answer 2	1 Correct / incorrect. Menstruation is a hormone related physical change. During puberty in every month at 28 days interval menstruation occur on an average for 5 days. In this time bleeding normally occur from the uterus. (220)
			2 Peak level of progesterone secreted from the corpus lutium suppress the secretion of FSH and LH. This is known as luteinizing surge. At luteinizing surge corpus lutium begin to atrophy and the level of progesterone start to fall. Menstruation start at lower level of progesterone. (280)

			3 Abnormal menstrual period - excess bleeding, bleeding more than 7 days, bleeding more than once a month, blood like black clot, and bad odors and itching, fever. The causes of abnormal, irregular menstruation - Infections in reproductive tract, use of hormonal family planning methods, structural problems of reproductive system, during the years of menstruation cessation. (373)
5 <sup>th</sup> Week	What to do during menstruation? 1. Change the pad 3-4 times a day 2. Do not take bath every day Type 1 if answer is either 1 or type 2 if answer is 2. And send SMS to 01877771122. (176)	1 / 2 Correct answer 1	1 Correct / incorrect. Regular bathing, use of clean cloth or pad during menstruation, changing pads or clothes 3-4 times a day, do normal activities. (148)
			2 During menstrual period, balanced nutritious foods, plenty of water and fluids should take. Fish meat or sour foods have no harmful effect on menstruation. (156)
			3 The pad used should be buried in the dustbin or soil without leaving it here and there. The used clothes are washed with soap and clean water and dry in sun and kept in a clean place. (183)
6 <sup>th</sup> Week	What should be the benefit of the school during menstruation? 1. Absence permission 2. Menstruation Friendly Toilet Type 1 if answer is either 1 or type 2 if answer is 2. And	1 / 2 Correct answer 2	1 Correct / incorrect. During the menstrual period schools should- arrange separate girls menstrual friendly toilets where there has a continuous water supply, soaps, lid covered dustbin / bucket. (194)
			2 Beside this should provide sanitary napkins, painkillers if necessary. Teachers should provide information related to menstruation so that there is no absence of school during periods. (185)

	send SMS to 01877771122. (196)		3 Health or Education department provide menstrual kits to schools. A menstrual kit is a small bag including sanitary pads, undergarments and wipes. (146)
7 <sup>th</sup> Week	What is the sign of reproductive tract infection? 1. Fever 2. Itchy around the private area Type 1 if answer is either 1 or type 2 if answer is 2. And send SMS to 01877771122. (172)	1 / 2 Correct answer 2	1 Correct / incorrect. Signs of reproductive tract Infections Frequent urination, burning during micturition, foul smelling discharge, itching around the private parts. (165)
			2 Reproductive tract Infections- germs related diseases in reproductive organs. Cause – to be unclean during the menstrual cycle, use of unclean cotton, clothes or pads, keeping private parts unclean. (198)
			3 Use of the unclean clothes or blades of the infected person, transfusion of infected blood, and sexual intercourse with the affected person spread the reproductive tract infection. (180)
8 <sup>th</sup> Week	What to do in Reproductive Health Problems? 1. Consult the doctor 2. Keep it secret Type 1 if answer is either 1 or type 2 if answer is 2. And send SMS to 01877771122. (165)	1 / 2 Correct answer 1	1 Correct / incorrect. Reproductive health problems should never be hidden. Should consult and receive care from trained doctors at Adolescent Friendly Healthcare Center. (169)
			2 Reproductive health may be discussed with the mother, sister, friend or trained health worker, if needed, should be consulted at school with female teacher. (157)
			3 Consequences of reproductive tract infection- if not treated timely, in later life it may cause problems in conception, cancer of the uterus, and permanent infertility of infected women. (186)

**Table: Knowledge test items**

<b>Test items</b>	<b>Before intervention (% of correct answer)</b>	<b>After intervention (% of correct answer)</b>
What is the female Reproductive age?	46.8%	89.5%
Which hormone acts on ovaries?	0%	8.4%
Which one is the female Reproductive organ?	82.8%	99.5%
Female sex Hormone secret up to which age?	43.8%	67.7%
What is ovulation?	0%	18.4%
What is the function of corpus luteum?	0%	2.1%
What factor influence puberty?	36.0%	99.2%
What mental change occur during puberty?	56.3%	97.1%
Which food should take during puberty?	99.7%	100.0%
Is there any type of food restriction during periods?	94.5%	99.7%
What is menstruation?	40.0%	96.9%
What is the normal duration of periods?	90.0%	99.5%
What is normal interval between periods?	64.5%	99.0%
From where does menstrual blood come?	46.8%	87.9%
Which hormone cause menstruation?	1.0%	49.6%
What is LH surge?	0.5%	2.9%
How many time should change pads during periods per day?	92.8%	100.0%
Where should the pad discarded?	71.5%	100.0%
What facility should provide from school during periods?	60.8%	97.9%
What is the content of a menstrual kit?	53.5%	95.0%
What is sign of abnormal menstruation?	28.0%	61.7%
What is the cause of abnormal menstruation?	0%	7.9%
What is the sings of RTI?	0%	84.3%
What is the consequence of RTI?	0%	4.7%
What measure should follow to solve RTI?	75.8%	100.0%