A small body of literature suggests a key element of cultural practices surrounding reproductive health in Pakistan, including menstruation, is the ‘culture of silence’. Part of a larger value system that is embedded within the gender order of society, information around menstruation is actively withheld until after the onset of menstruation.

A number of studies have suggested girls’ knowledge around menstruation and hygiene practices is inadequate and is often associated with profound psychological and emotional problems.

Recommendations emanating from the study:

1. **Need for MHM-specific information & education tools**: Books, Health Education Course, or an Online Educational Video
2. **Training and education sessions to sensitize teachers on MHM**
3. **Provision of adequate WASH infrastructure** as well as maintenance of existing ones
4. **Inclusion of a MHM health education module** as part of the girls’ school curriculum.

Six overarching themes:
- Menarche (the onset of menstruation) is generally experienced by girls as a traumatic event.
- Prior knowledge of menarche normalized the process, leading to positive experiences of the first menstrual period.
- Girls’ knowledge of puberty and menstrual practices is rooted in local, cultural epistemology. However, some are skeptical of this knowledge and question it.
- Significant information gaps exist, specifically around physiology of puberty and menstruation; recognition and relief of menstrual symptoms; appropriate MHM practices; and social, physical, religious and dietary restrictions.
- Water, sanitation, and hygiene facilities in schools are inadequate to meet menstruating girls’ needs, with consequences for regular schooling.
- Need for Girl- Friendly schools incorporating MHM facilities