

Abstract

The thesis focuses on menstrual cycle literacy of students at a selected primary school. The main focus of the thesis is primarily on the basic information on menstruation and how to clarify the topic to the chosen respondents. The aim of the paper is to determine the students' awareness regarding this topic, specify discrepancies and, if necessary, refute false information.

The paper is divided into two parts, theoretical and practical. The theoretical part covers terms menstruation, the historical context of the menstrual cycle, the anatomy of internal and external reproductive organs and characteristics of menstrual cycle disorders.

The practical part contains an analysis of data gained by means of two survey and a plan of a lecture on menstruation. The gained data are summarized and compared in the conclusion.

The analysis of the data obtained by means of two questionnaires shows a growing tendency in the number of correct answers. After the second submission, the rate of correct answers grew from 50,5 % up to 77,6 %. The analysis proved that the awareness of this topic is almost similar throughout the classes involved. There were no significant differences among the students from the 6th and the 9th grade. There were 13 correct answers on average in the 6th grade. This number increased up to 20 after the second submission. The 9th grade students reached 14 correct answers on average. This number increased up to 19. We can conclude that women (girls) are more knowledgeable than men (boys) as the data show. The women answered 28 questions correctly (on average) and men 38. These numbers increased up to 41 for women and 38 for men respectively.

The suggestions about the practical use are summarized at the end of this paper. These suggestions aim to improve students awareness about this topic.

Keywords

menstruation, menstruation cycle, menstruation aids, intimate hygiene