

# BOYS TOO

Selected  
for the  
**hundrED**  
Global Collection  
2026



BROUGHT  
TO YOU BY:



THIS GUIDE IS

**FREE**



# The Team

*PadHer is a women-led non-profit organization headquartered in Lagos, Nigeria, and Nairobi, Kenya. Our organization educates young African schoolgirls from underserved communities on periods and puberty via the use of comic books so that they can effectively manage their periods and build the self-confidence they need to take control of the future and succeed. Every comic book comes with free reusable sanitary pads (3 pads) to help fight against period poverty in Africa and a free period bracelet to help them track where they are in their cycle.*



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Country Manager (Ghana)

Menstruation is a natural and healthy part of life. About half of the world's population experiences periods at some point, yet many boys grow up knowing very little about them. This lack of knowledge often leads to confusion, stigma, teasing, or silence around a normal biological process.

When boys are not taught about menstruation, harmful myths and misconceptions can grow. This can affect how girls are treated at school, at home, and in society—sometimes making them feel ashamed, excluded, or unsupported during their periods.

"Boys Too" was created to make learning about periods simple, respectful, and engaging for boys. It helps boys understand what menstruation is, why it happens, and how empathy, kindness, and support can make a real difference. Periods are normal. Understanding them is part of growing up.

When boys learn, stigma fades—and respect grows. So always remember...**It's normal. Period!**<sup>™</sup>

# Donate.

HELP US REACH MORE YOUNG SCHOOLGIRLS IN UNDERSERVED COMMUNITIES BY DONATING TODAY. VISIT: [PADHER.ORG/DONATE](https://padher.org/donate)

## Credits

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PROJECT AND RESEARCH ASSOCIATE: SHEILA OMONDI



# meet the characters



## SANDRA

SANDRA IS 12 YEARS OLD, AND SHE JUST GOT HER FIRST PERIOD. SHE LOVES TO SING, AND HER FAVORITE SUBJECT IS COMPUTER SCIENCE. SANDRA WOULD LOVE TO BE A COMPUTER PROGRAMMER WHEN SHE IS OLDER.



## JOSHUA

JOSHUA IS SANDRA'S OLDER BROTHER. HE IS 14 YEARS OLD AND LOVES TO DANCE. JOSHUA'S FAVORITE SUBJECT IS ENGLISH, AND HE LOVES TO BE A WRITER WHEN HE GROWS UP.



## AMANDA

AMANDA IS SANDRA'S OLDER SISTER. SHE IS 16 YEARS OLD. AMANDA'S FAVORITE SUBJECTS ARE MATH AND SCIENCE. AMANDA WANTS TO BE AN ENGINEER.



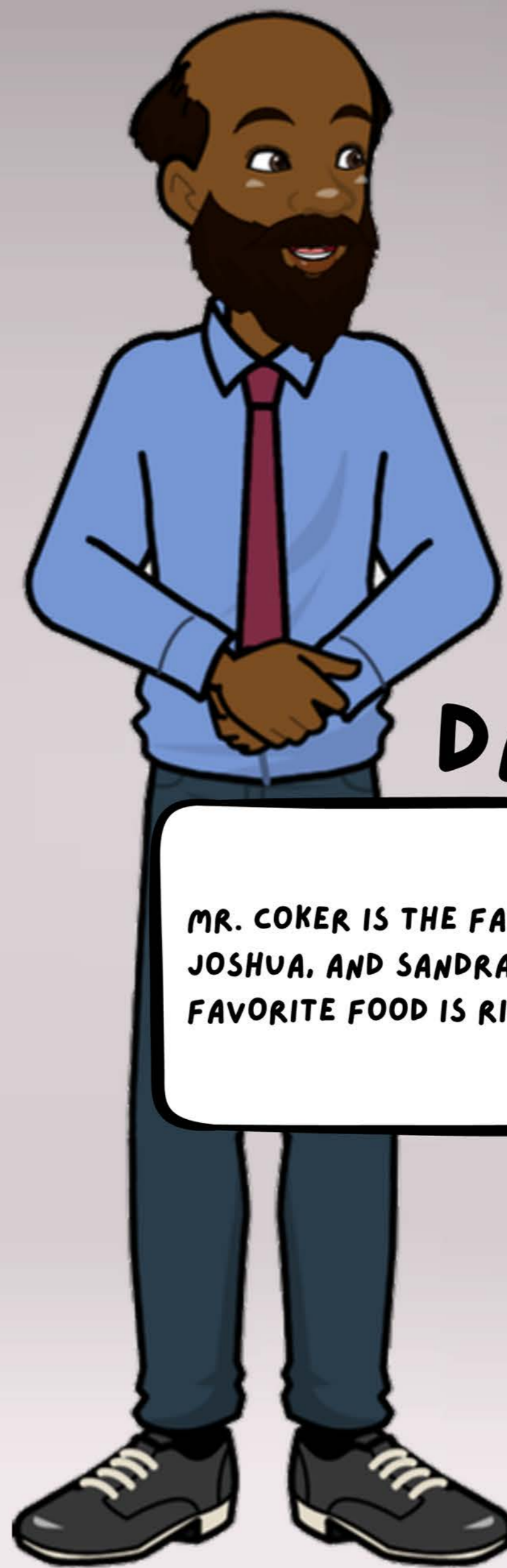
## DR. JOY

DR. JOY IS AMANDA'S OLDER SISTER. AND SHE IS A MEDICAL DOCTOR. SHE IS 32 YEARS OLD AND LOVES TO TEACH AMANDA AND HER SIBLINGS ABOUT MATHS AND SCIENCE.



**MOM**

MRS. ABIGAIL COKER. FONDLY CALLED "MOM" BY HER CHILDREN. IS THE MOTHER OF AMANDA, DR. JOY, JOSHUA. AND SANDRA. SHE IS A PETTY TRADER AND LOVES HER KIDS SO MUCH.



**DAD**

MR. COKER IS THE FATHER TO AMANDA, DR. JOY, JOSHUA, AND SANDRA. HE IS A BANKER. HIS FAVORITE FOOD IS RICE AND CHICKEN STEW.

**'BOYS TOO' TAUGHT ME TO BE MORE COMPASSIONATE TOWARD GIRLS, ESPECIALLY DURING THEIR PERIODS.**

— Emmanuel (13 years old, Nigeria)



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This comic book is a work of fiction that may be based on some personal experiences.

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THE HOUSE IS QUIET. JOSHUA IS IN THE LIVING ROOM. SANDRA WALKS IN, LOOKING UNCOMFORTABLE.



...JOSHUA IS WORRIED

Are you hurt? What's wrong?

**SANDRA HESITATES, THEN WHISPERS.**



There's... blood. On my underwear. And my skirt. I think... I think my period started.

**JOSHUA FREEZES. HIS EYES WIDEN, BUT HE TRIES TO STAY CALM.**



Oh... wow. Okay.  
Okay! Um...  
let's not panic.



Joshua had learned about periods from his older sister, Dr. Joy, but this was the first time it felt real.



SANDRA'S ANXIOUS, HOLDING HER STAINED SKIRT BEHIND HER.

What do I do? Amanda or Big Sis isn't here... and Mom and Dad won't be back yet.

It's okay, Sandra. Big Sis, Dr. Joy knows everything about this. Let me call her.

HE PICKS UP HIS PHONE.



CALLING  
DR. JOY  
BRRR... BRRR...

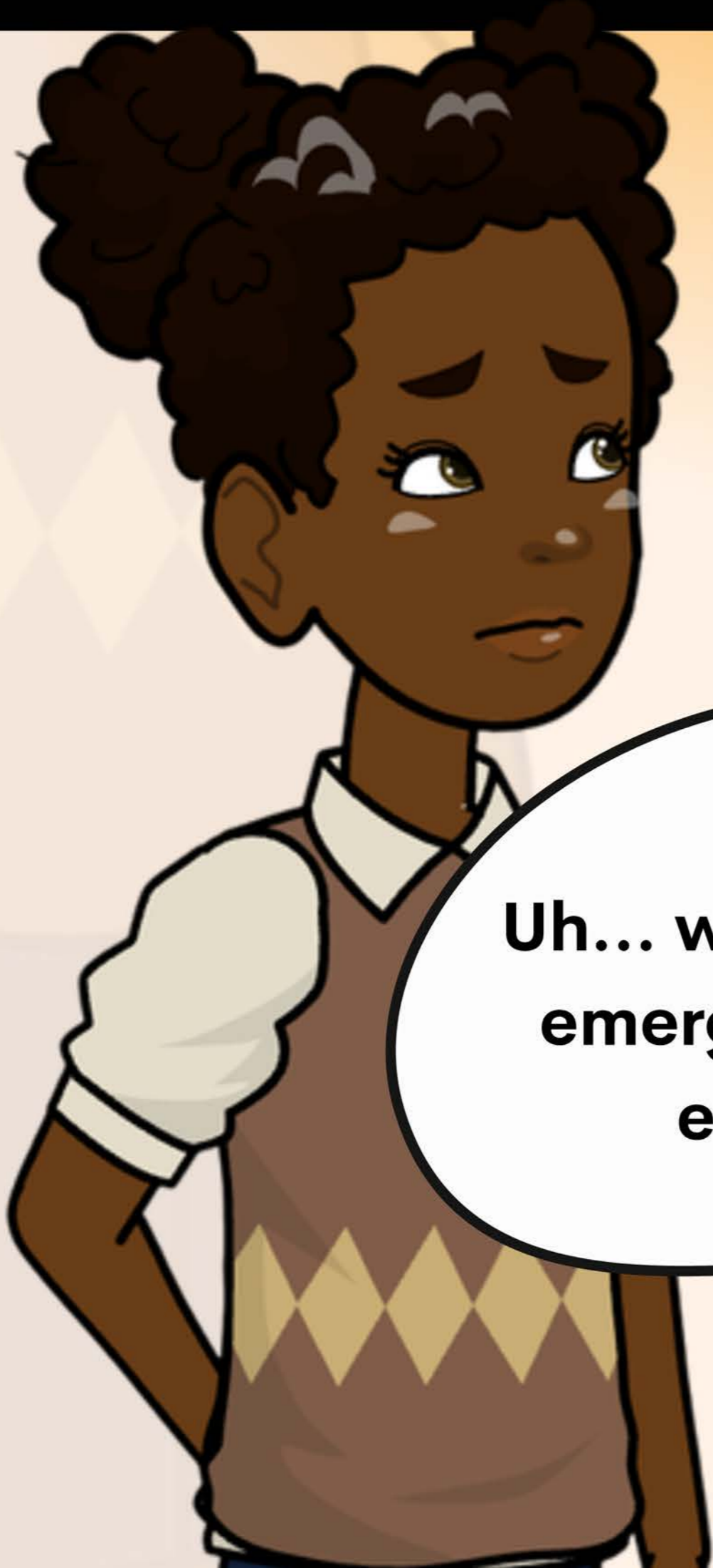
DR. JOY ANSWERS WITH A SMILE.



Joshua! What's up?



Hello, Big Sis.



Uh... we kinda have an emergency... period emergency.



**DR. JOY (SMILES SOFTLY)**

**That's not an emergency. It just means Sandra is growing.**

**First of all, Sandra, congratulations. This means your body is growing just the way it should.**

**AMANDA REPLIES...**

**Congratulations?  
It doesn't feel like it.**

**DR. JOY REASSURES SANDRA**

It just shows you are growing into a beautiful and confident woman. You should be proud.

Joshua, can you help Sandra get a clean pair of underwear, her comfy shorts, and the pack of pads Mom keeps in the bathroom cabinet?

**JOSHUA REPLIES...**

Got it!  
Sandra, I'll grab everything. You can wait in the bathroom, okay?

Okay... thank you.

**JOSHUA (WHISPER TO DR. JOY)**

I'm kinda nervous. What if I do something wrong?

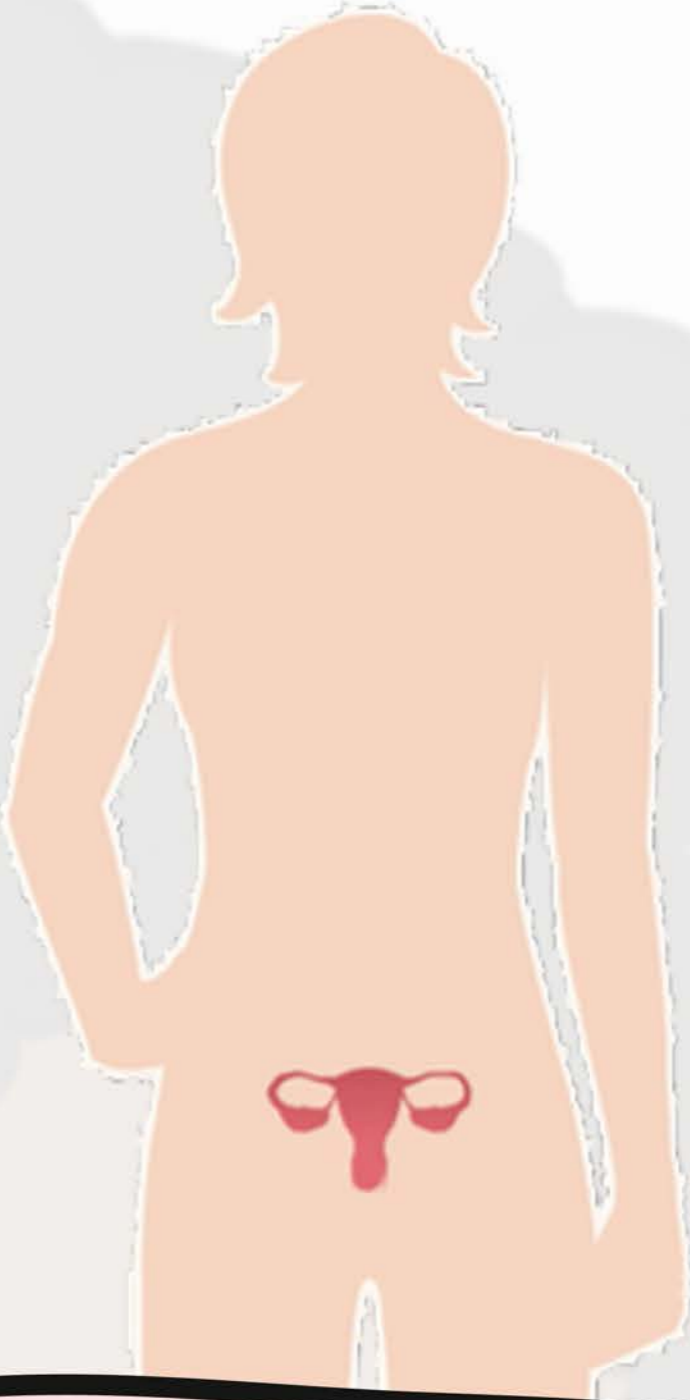
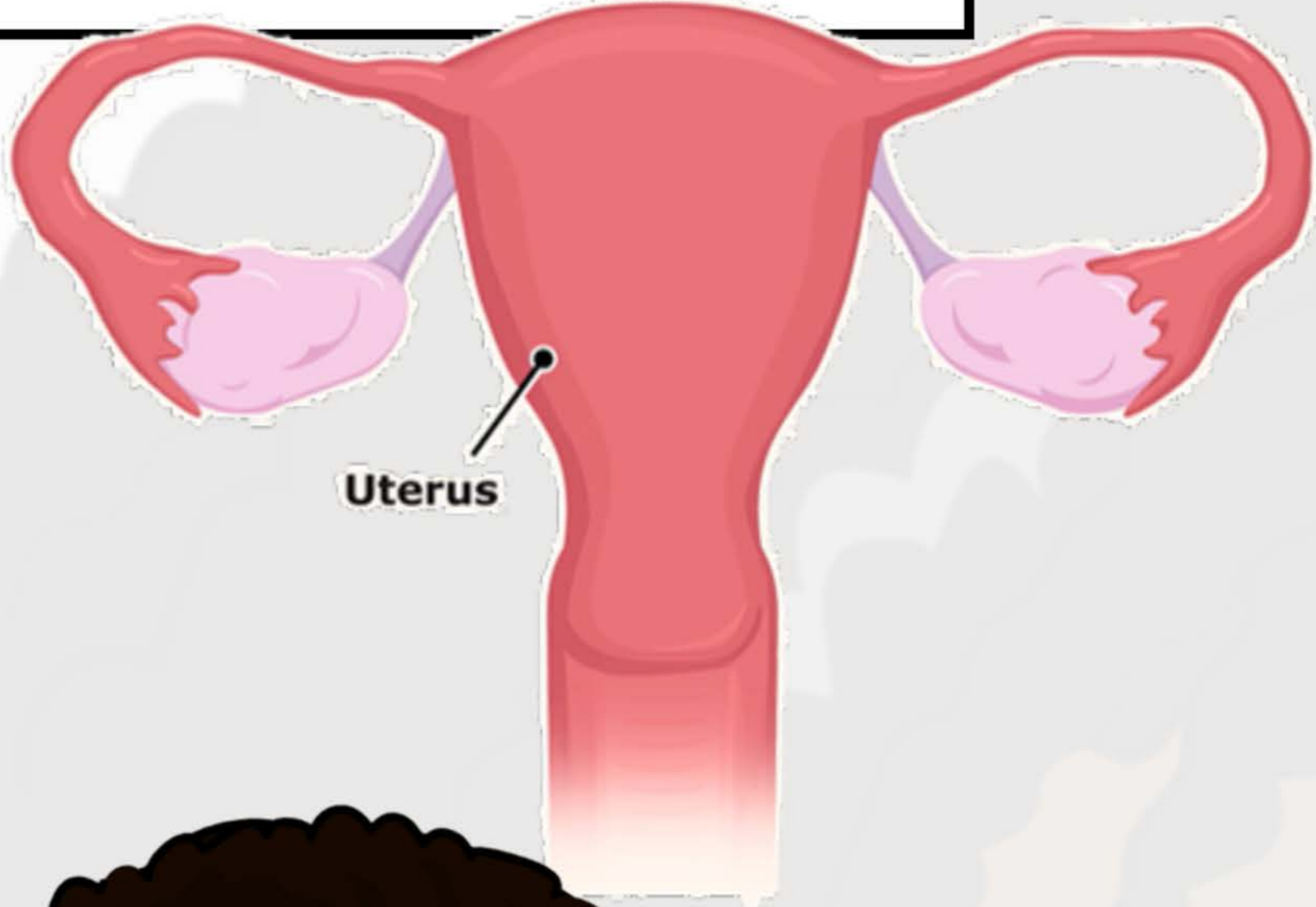
**JOSHUA IS WALKING DOWN THE HALLWAY WITH THE PHONE IN ONE HAND, AND DR. JOY IS STILL ON THE PHONE.**

**DR. JOY (ON PHONE)**

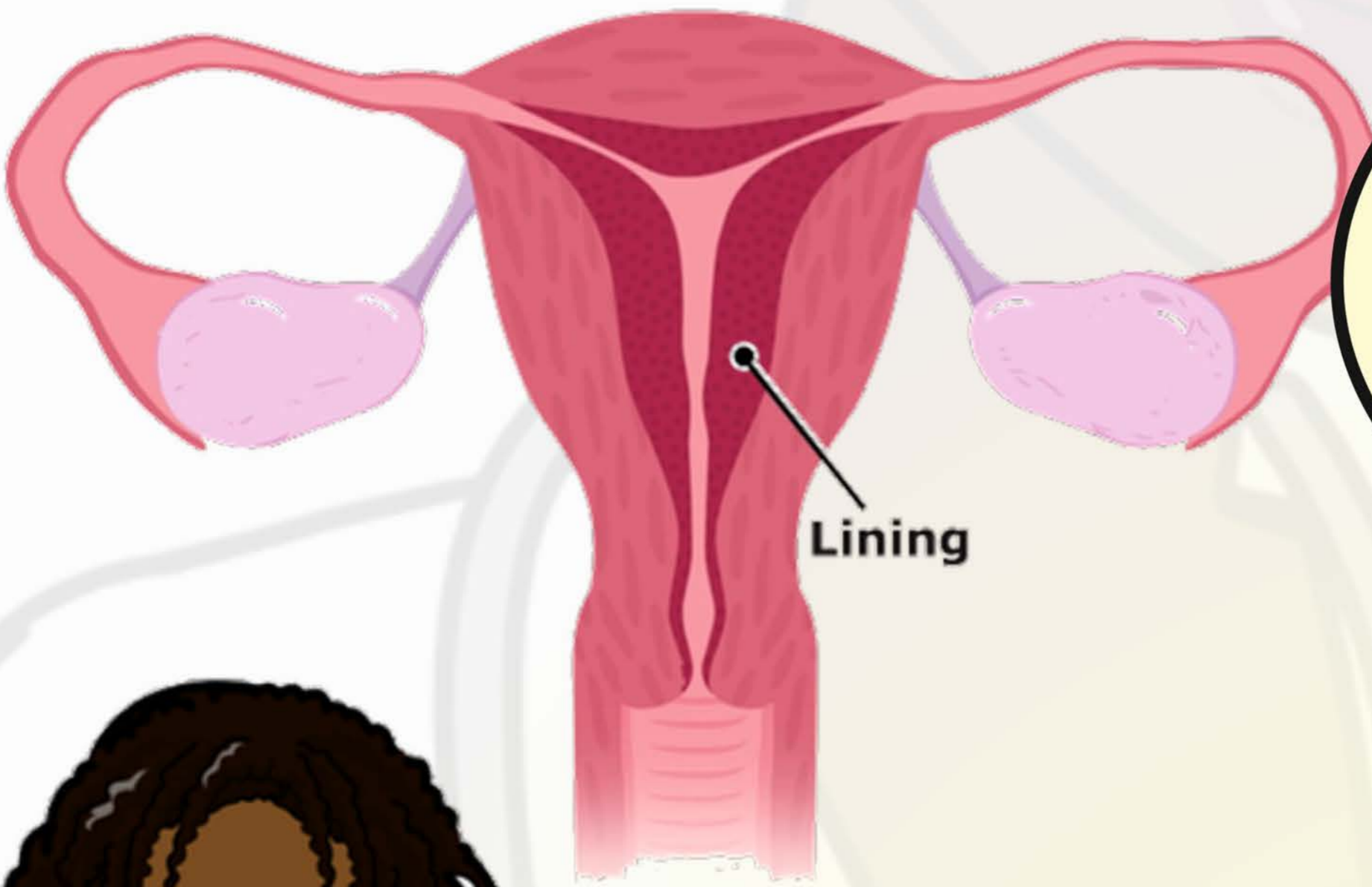
You're already doing the most important thing, Joshua... being kind and staying calm.

While you go get pads and clean clothes for Sandra, let me tell you a bit about periods

DR. JOY GUIDING JOSHUA STEP-BY-STEP.



A period is when a little bit of blood comes out of the vagina every month. It's part of how the uterus, the special place where a baby can grow, keeps itself healthy.



Each month, the lining inside the uterus gets soft and thick, like a cozy blanket, in case one day it needs to hold a baby.



**Ask  
Dr. Joy**

Hi, I am Dr. Joy, and I am here to answer all your questions on periods and puberty. Have a question?

visit: [padher.org/askdrjoy](http://padher.org/askdrjoy)

**DR. JOY GUIDING JOSHUA STEP-BY-STEP.**



**If there's no baby, the body doesn't need that extra lining. So the lining breaks down and leaves the body as blood. That's a period.**



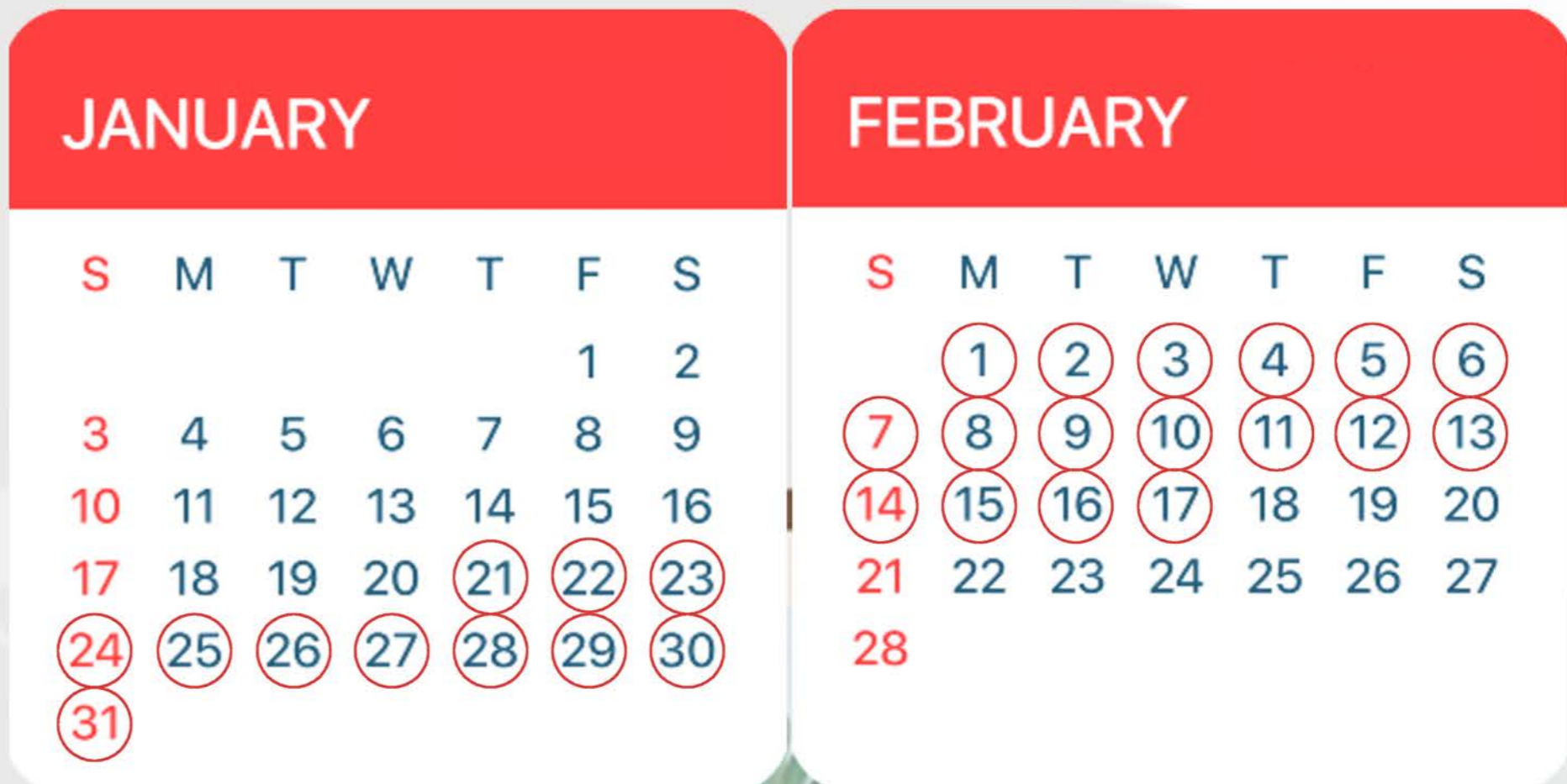
**So nothing is wrong with Sandra?**



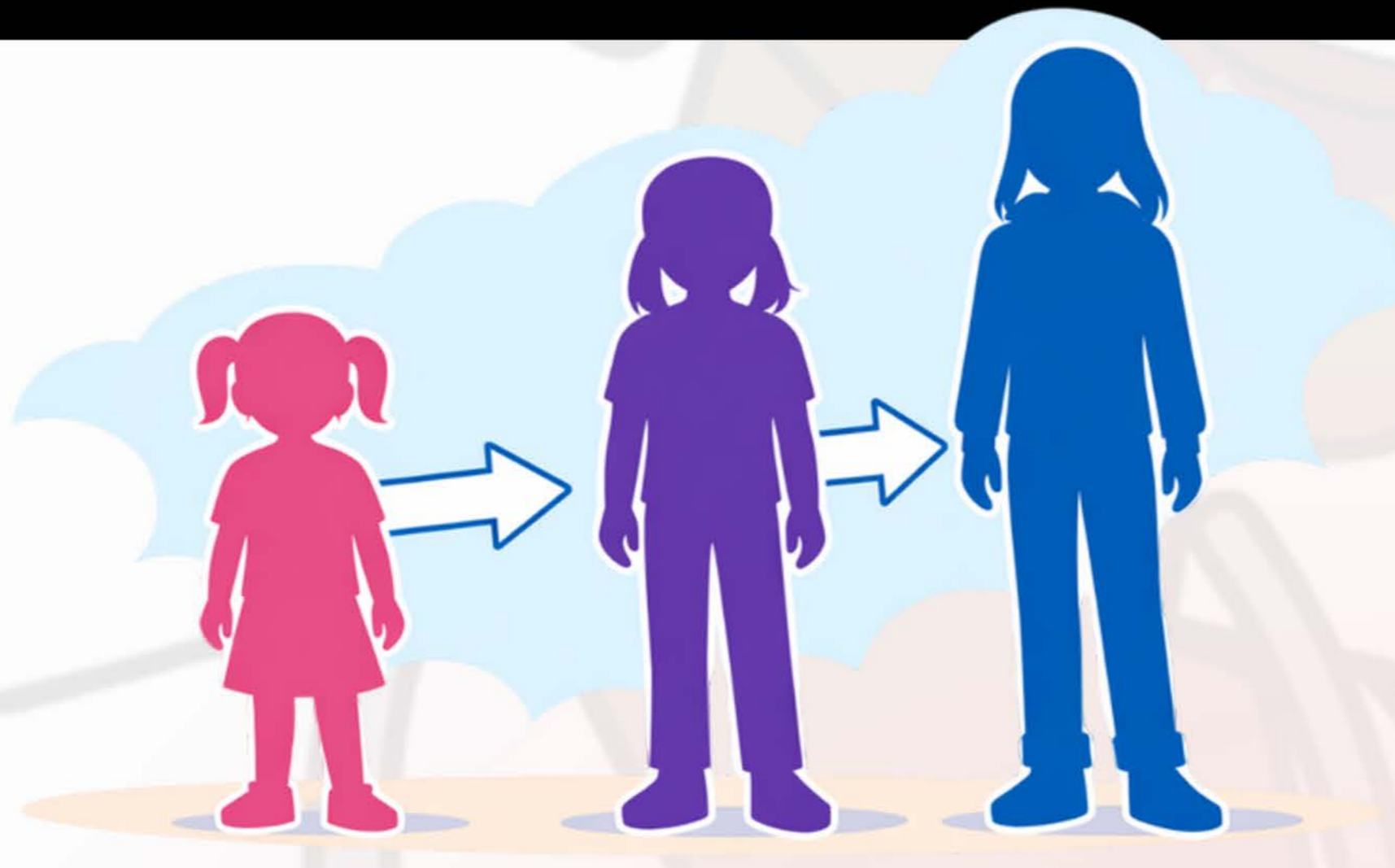
**Exactly Joshua! Nothing is wrong with Sandra. Her body is doing exactly what it's supposed to do.**



**WHY IT HAPPENS & WHY IT'S NORMAL**



**Periods usually happen about every 28 days on average, though every girl's body is a little different. Some cycles are shorter, some longer, and that's completely okay.**



**Periods usually start during puberty, a time when a girl's body changes as she grows from a child into a young adult. A period is one sign that her body is developing in a healthy and natural way.**



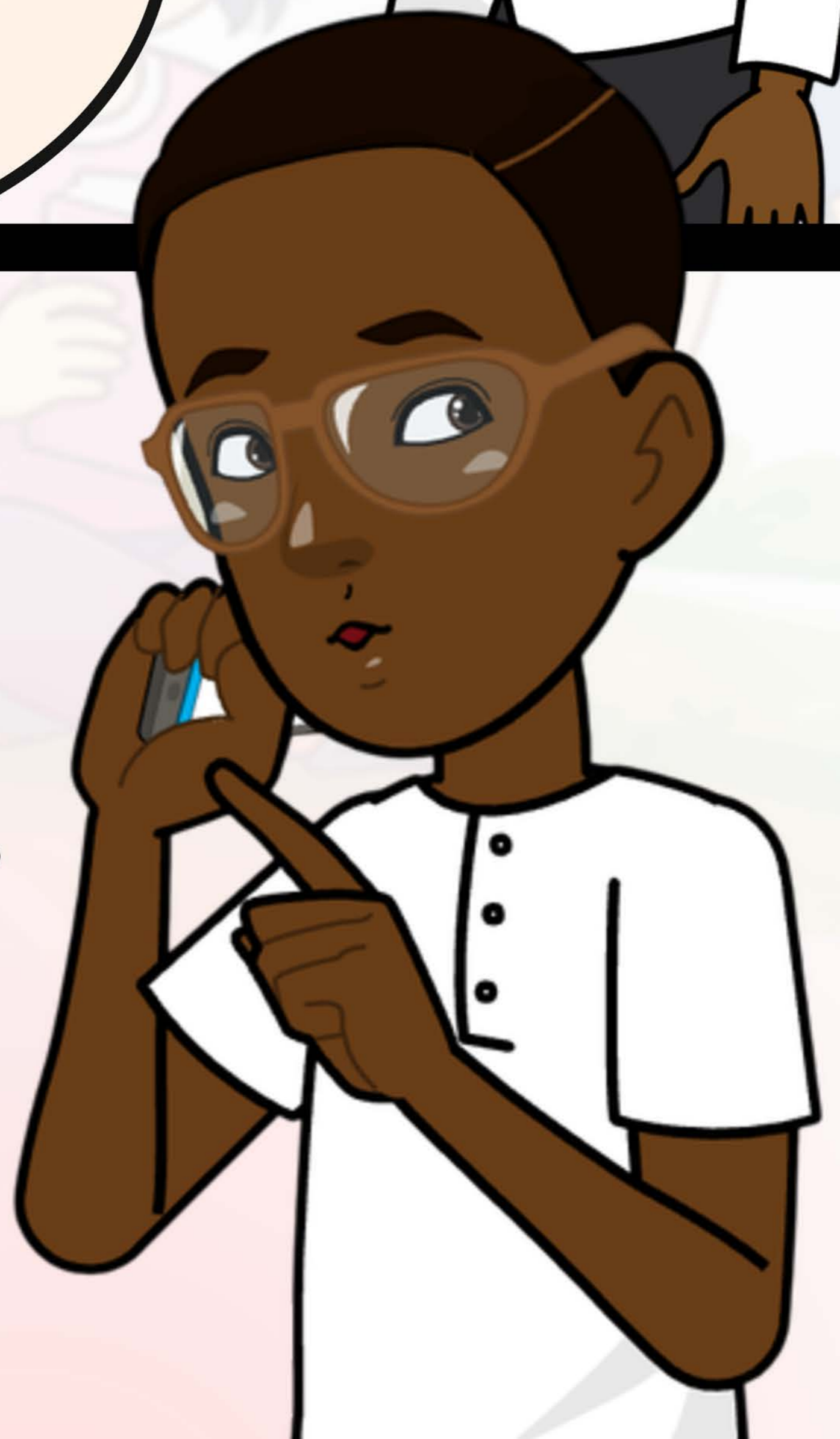
**MILLIONS OF GIRLS AND WOMEN ALL OVER THE WORLD HAVE PERIODS**



**Millions of girls and women around the world have periods. In every town, every community, every school, and every family. It's completely normal.**



**SO THIS ISN'T SOMETHING 'GROSS' OR STRANGE. IT'S JUST PART OF LIFE!**



JOSHUA PASSES A CLEAN PAD TO SANDRA

I'm passing the pad through the door, okay? Big Sis said the soft side goes against the underwear.

Okay, I see it. Thanks.

THIS IS THE CORRECT WAY TO PLACE A PAD IN AN UNDERWEAR

IT WILL ABSORB THE BLOOD COMING OUT

Sandra, once you're done, wash your hands. Joshua, when she comes out, ask her how she feels. Listening is part of caring.

OK

SANDRA STEPS OUT, LOOKING MORE COMPOSED.

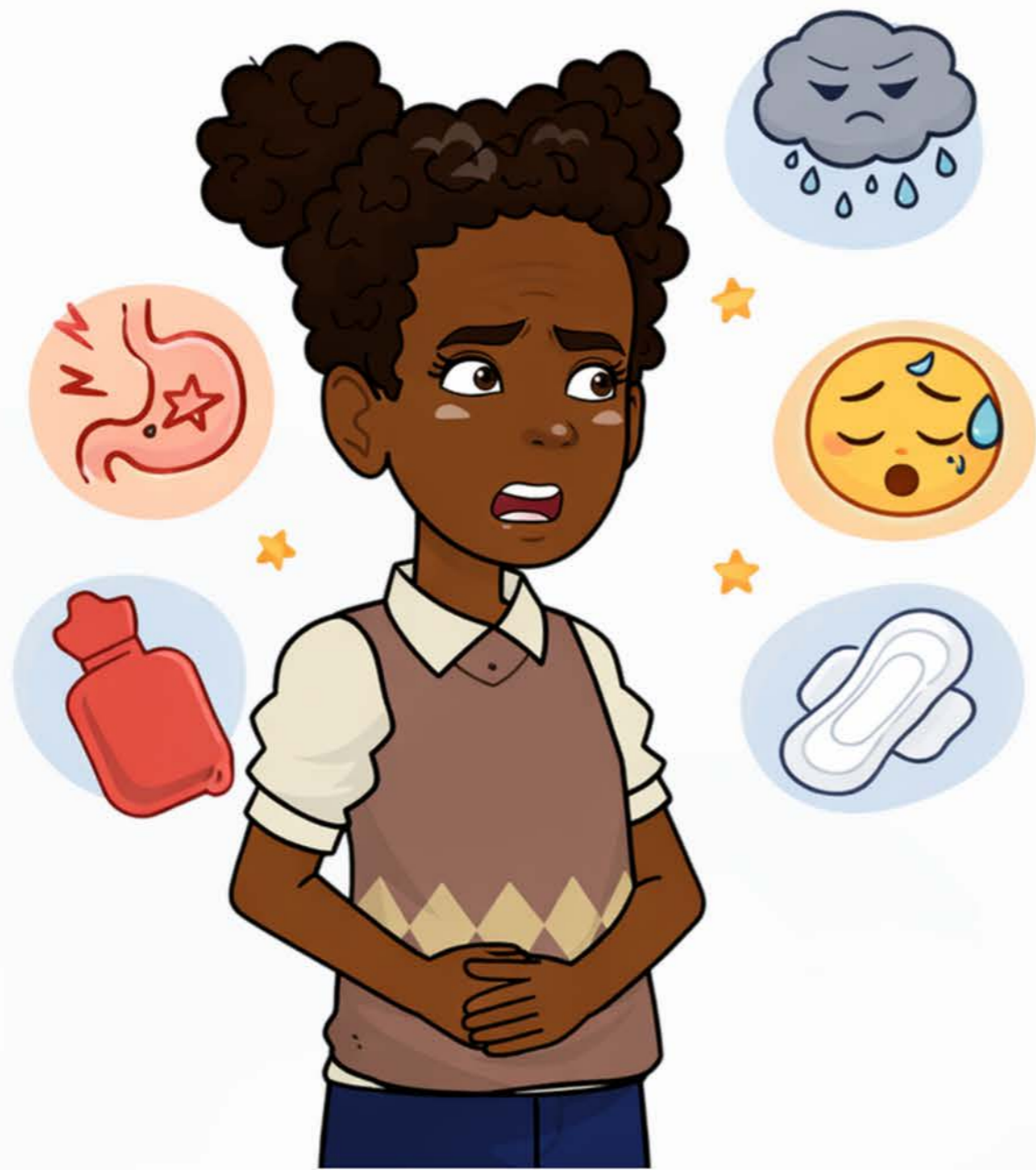
How do you feel now?

Better. I was scared...  
but not anymore.

I was scared of being  
alone on my first time.

You're not. I'm your  
brother. I've got you.

SANDRA SMILES...



**DURING HER PERIOD, A GIRL MIGHT HAVE CRAMPS, FEEL TIRED, OR FEEL MORE EMOTIONAL THAN USUAL. HER HORMONES, THE BODY'S CHEMICAL MESSENGERS, ARE WORKING HARDER. THAT'S WHY KINDNESS MATTERS.**



**SOME BOYS TEASE OR LAUGH WHEN A GIRL HAS A PERIOD STAIN. THAT HURTS AND MAKES HER FEEL ASHAMED.**



**BUT RESPECTFUL BOYS HELP. THEY CHOOSE KINDNESS, OFFER SUPPORT, AND MAKE SURE SHE IS NOT ALONE. THAT'S EMPATHY.**

**JOSHUA DIDN'T LAUGH OR TEASE. INSTEAD, HE HELPED HIS YOUNGER SISTER, SANDRA, BY GETTING HER PADS AND CLEAN CLOTHES AND REASSURING HER THAT EVERYTHING WAS OKAY. HIS KINDNESS MADE A BIG DIFFERENCE. SANDRA FELT SAFER, HAPPIER, AND MUCH MORE COMFORTABLE, KNOWING SHE WASN'T ALONE.**


CHOOSE TODAY TO BE KIND AND HELP GIRLS WHEN THEY ARE ON THEIR PERIODS.

# THE BOYS TOO PROMISE




I promise!


- I PROMISE TO TREAT GIRLS WITH RESPECT AND NEVER LAUGH AT, TEASE, OR SHAME THEM BECAUSE OF THEIR PERIODS.
- I PROMISE TO CHOOSE KINDNESS IF A GIRL NEEDS HELP, OFFERING SUPPORT IN A CALM AND RESPECTFUL WAY.
- I PROMISE TO REMEMBER THAT PERIODS ARE A NORMAL AND HEALTHY PART OF LIFE.
- I PROMISE TO LISTEN WITH CARE WHEN SOMEONE SHARES THEIR FEELINGS AND TO TAKE THEM SERIOUSLY.
- I PROMISE TO STAND UP FOR EMPATHY, EVEN WHEN OTHERS ARE UNKIND.




So if I see a girl having a hard time, I shouldn't laugh or act weird. I should do what I did for Sandra... help?



Exactly. That's what good brothers, classmates, and friends do. It's called empathy. Empathy means caring about how someone feels and trying to understand their experience, even if you are not going through it yourself.



Supporting your sister today is a big deal. Periods are normal, but they can be uncomfortable. Your kindness helps more than you know.



Thanks for being a good brother, Joshua.

You're welcome.

Want some tea?  
Or hot chocolate?

Hot chocolate.  
Definitely hot  
chocolate.

Careful, Joshua. At  
this rate, you'll  
become the family  
period expert.

HAHA!

**JOSHUA BRINGS SANDRA A CUP OF HOT CHOCOLATE**

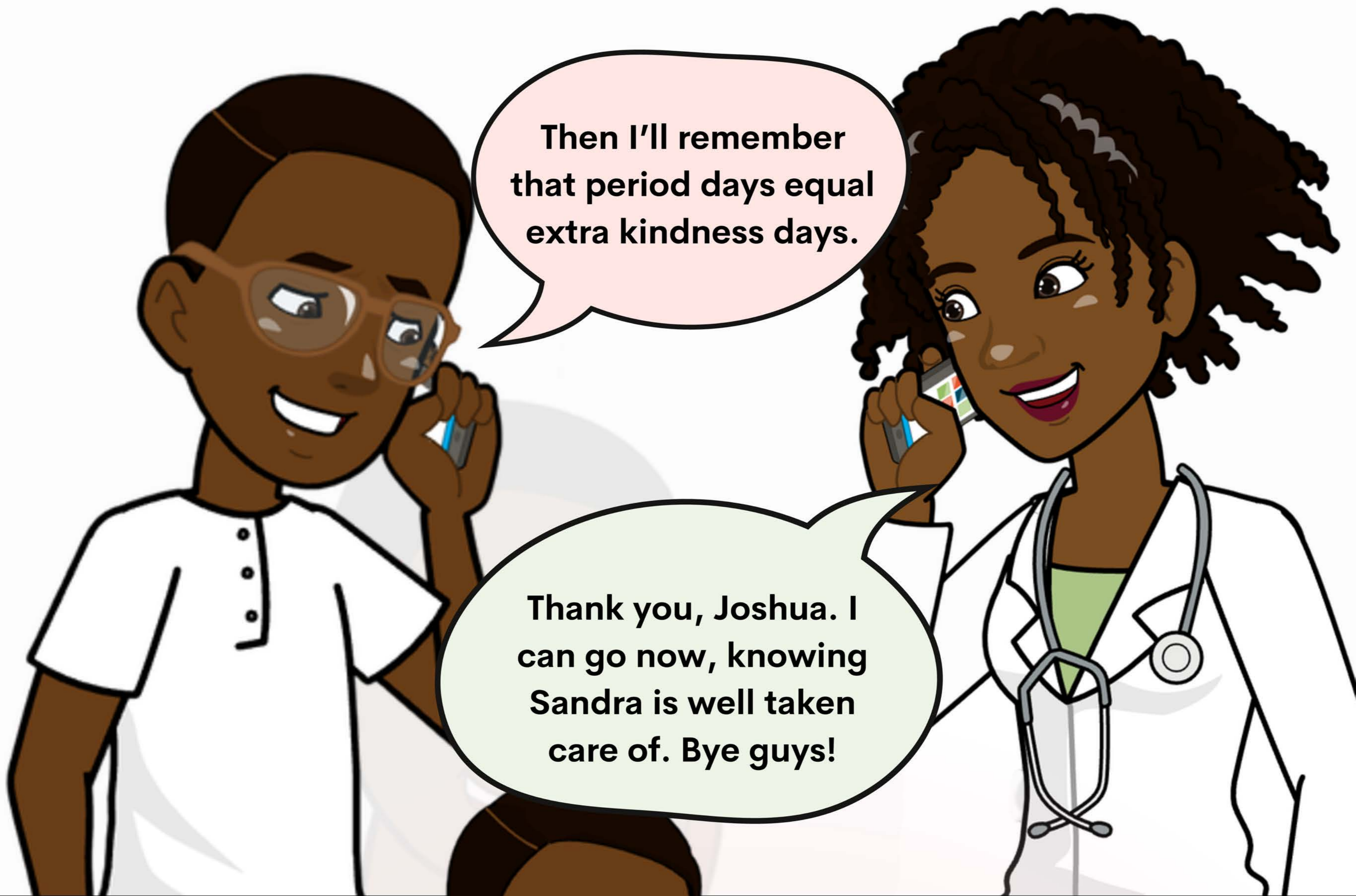
**Here you go!**

**Thanks, big bro.**

**Will this happen every month?**

**Most months, yes.**

**It doesn't stop her from doing anything. She can still play, learn, and dream. She might just need extra kindness some days.**



**PERIODS AREN'T SOMETHING TO JOKE ABOUT. THEY'RE PART OF HER STORY, AND LIKE JOSHUA, YOU CAN CHOOSE TO RESPECT THAT. BEING A BOY DOESN'T MEAN STAYING SILENT OR LAUGHING WHEN GIRLS STRUGGLE. IT MEANS SHOWING CARE, OFFERING SUPPORT, AND STANDING BESIDE THEM WITH RESPECT. REAL STRENGTH IS UNDERSTANDING HER JOURNEY AND CHOOSING KINDNESS EVERY STEP OF THE WAY.**



\*Use this space to write down what you have learned so far about periods\*



\*Use this space to write down what you have learned so far about periods\*

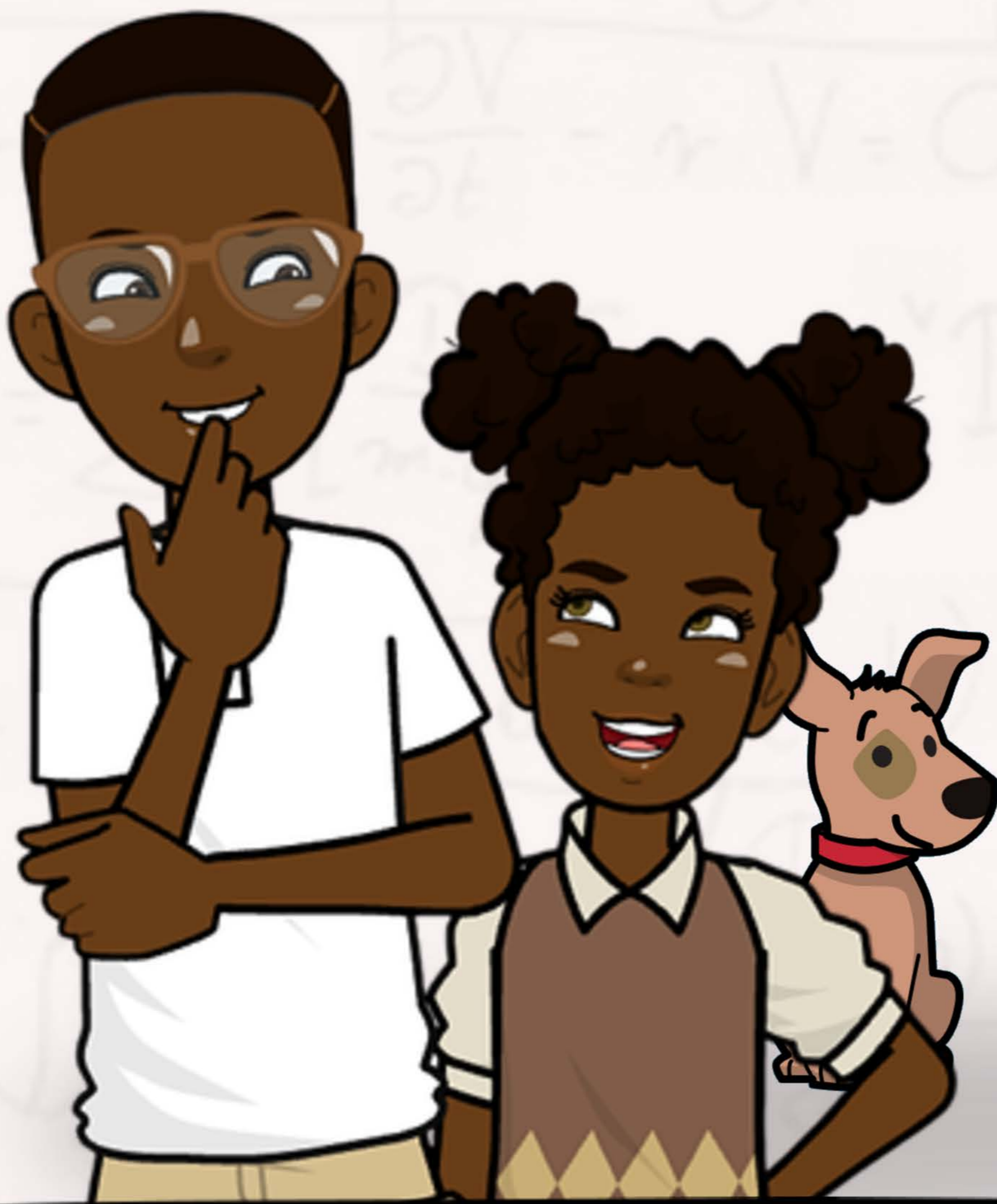


## WHAT MAKES BOYS TOO GREAT?

- Well-researched
- Purposefully designed to help boys build empathy
- Medically accurate contents
- Based on real-life experiences

**...I DEEPLY APPRECIATE PADHER'S WORK TO INCREASE ACCESSIBILITY AND EQUITY FOR GIRLS...**

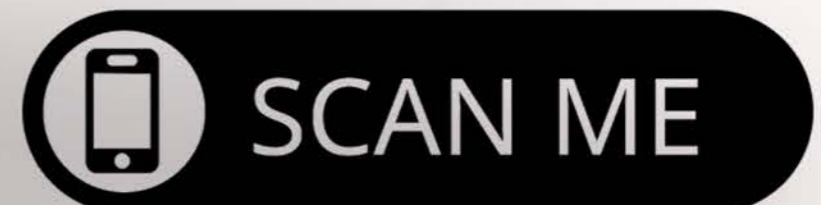
— Meghan Hammond, Project Manager, HundrED



**Want to help your daughter manage her period?**

Visit

**[padher.org/for/parent](https://padher.org/for/parent)**  
for a comprehensive parent guide



BROUGHT TO YOU BY:



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