

ABSTRACT

When girls experience menstruation for the first time, it is not surprising that they are discriminated against, feel scared and anxious. This is due to a lack of knowledge of what to do when they experience menstruation and a lack of education. The purpose of this design is to provide education about provision for girls' menstrual readiness when experiencing menstruation for the first time. This strategy employs a descriptive approach with qualitative data, gathering information via interviews, online questionnaire distribution, literature reviews, and observations. The final result of this design is an educational illustration book about debriefing for girls' menstrual readiness when experiencing menstruation for the first time. The content of the book discusses in depth about the education of supplies for girls' menstrual readiness, the menstrual cycle, various types of menstrual sanitary equipment, diet, and things to avoid when experiencing menstruation. The goal is to provide information so that girls do not feel anxious, are prepared to face menstruation, use sanitary tools correctly and appropriately, and safely experience their menstrual cycle.

Keywords: *Menstruation, Educational Book, Children*