



Can't Get in My Way

Kapisa just got her first period. As she navigates this new experience, will she be able to play in her upcoming basketball game?



Can't Get in My Way
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Let's Read



The Asia Foundation



Ouch... Kapisa's body was sore all over. Was it because she'd been at

basketball practice more often the past few days?



Oh, Kapisa got her first period! She immediately took out some pads

from the cupboard. Kapisa already knew what she had to do. Even so, it all still felt strange to her.



Kapisa should probably call mom and tell her. “You should rest after

practice,” Mom said. “I’ll order spinach and an empal meat dish for you later. Don’t forget to take your vitamins.”



During practice, Kapisa's cramps were on her mind more than the ball.

She dropped the ball several times. She also missed a lot of her passes. “What’s wrong, Kapisa?” Miss Artan asked. “Period cramps, Miss.”



“It’s better for you to rest,” advised Miss Artan. “Laras will take your

place in the meanwhile.” Oh no, what if Kapisa couldn’t compete later? In two days, her team would compete against another school. She didn’t want to miss her chance to join the main team.



“Relax, Kapisa. We still have lots of time to practice,” Laras comforted

Kapisa. “This is only your first period; you’ll get used to it after a while. Menstruation won’t always get in the way of you competing.” Laras also suggested that Kapisa could use a hot water compress on her lower abdomen.



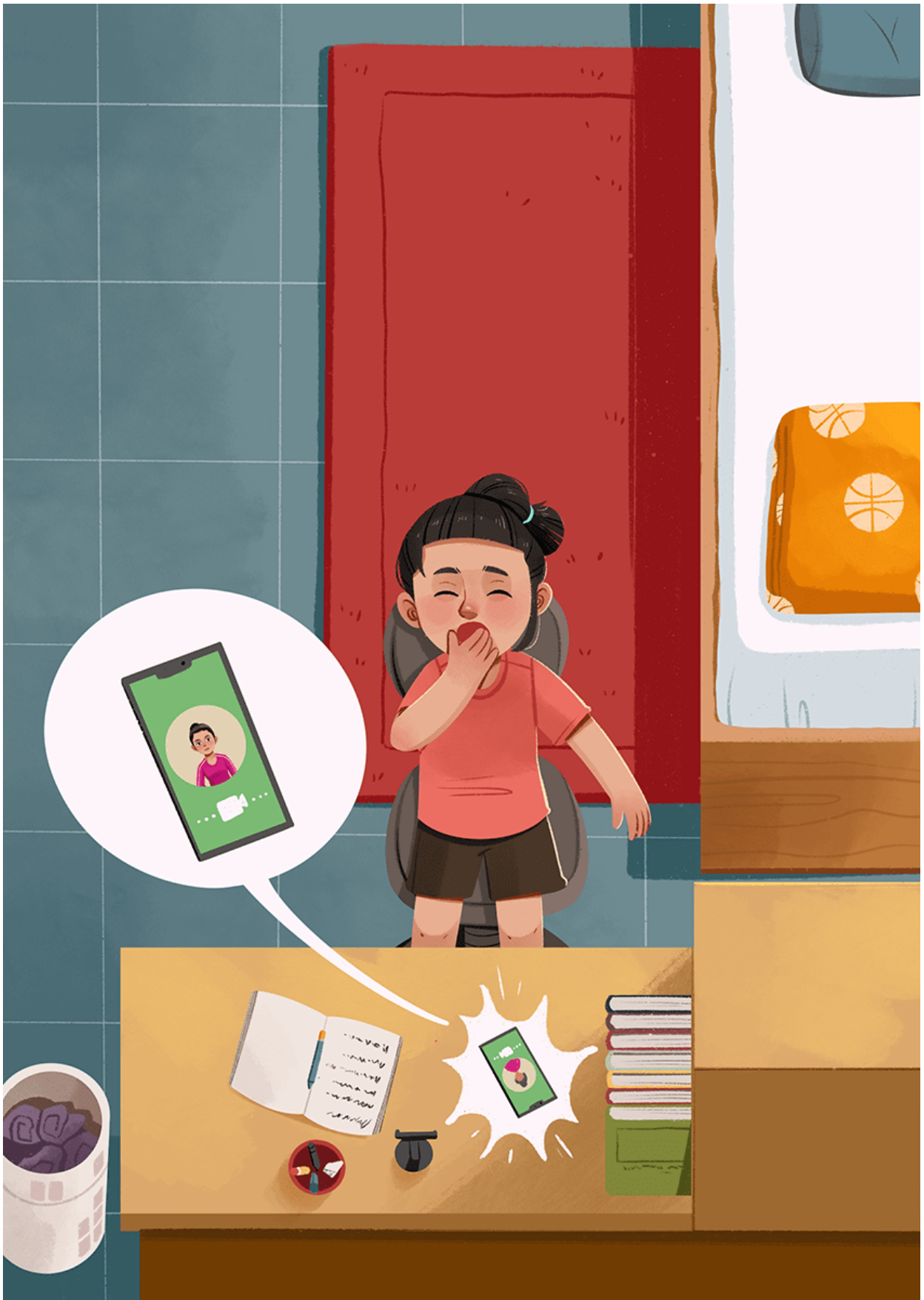
When Kapisa got home, food was already on the table. The spinach,

empal meat dish, and spicy curry made Kapisa's mouth water. Kapisa only ate the spinach and empal, avoiding the spicy food, as Mom advised.



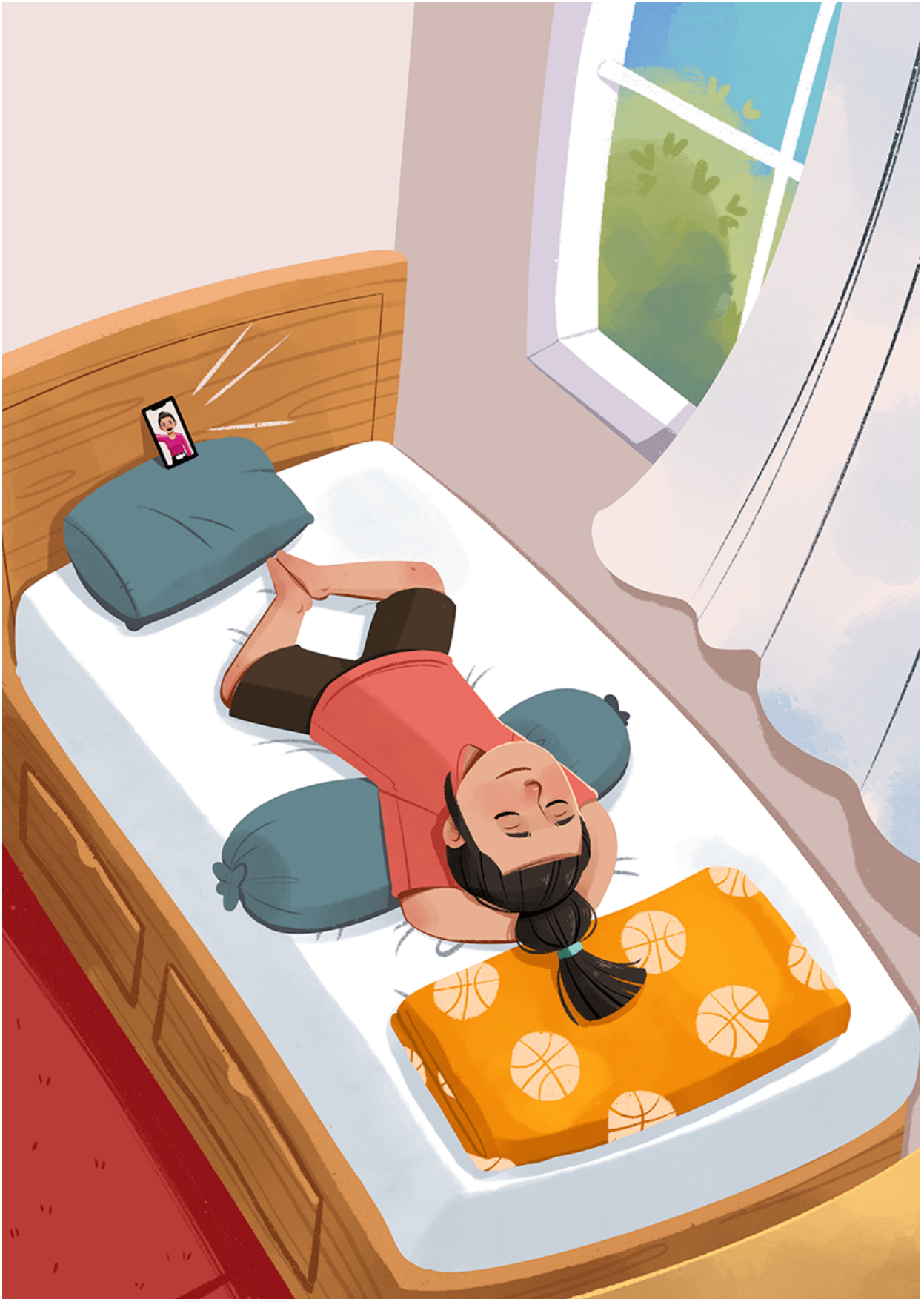
Kapisa browsed the web. She wanted to know more about

menstruation. Oh, no wonder Mom ordered a special menu for Kapisa. These foods were high in calcium and iron. She could also eat chicken, fish, and broccoli.



She also found information about how to reduce menstrual pain. Just

like Laras suggested, a hot compress could help. There was still a lot that Kapisa wanted to know, but she was starting to get sleepy. Suddenly, her phone rang. It was mom.



Mom guided Kapisa to do some stretches. “You can do these exercises

to relieve pain,” Mom said.



Kapisa boiled some water for her hot compress. Her brother, Jerau,

came to help her. “Let me pour it for you,” he said. “My friends at swim club still practice even when they’re on their period.” Kapisa was relieved to hear that. That meant she could still compete.



Talking about menstruation made Kapisa hungry. However, Jerau

grabbed the snack jar in front of Kapisa. “Hey, you can’t eat salty snacks,” Jerau scolded. “Mom said salt and chili peppers can make you bloated and make your menstrual cramps worse.” Scowling, Kapisa wondered, “Hmm, maybe Jerau is just trying to trick me.”



The next day, Kapisa's menstrual pain wasn't as bad, but she felt dizzy.

During the morning ceremony, Kapisa's vision darkened. She almost fell over. Luckily, Kapisa's teacher grabbed her arm in time.



Kapisa's teacher took her to the school infirmary. "You can go home

early today. Wait for Jerau to pick you up,” her teacher instructed.



At home, Kapisa immediately checked the medicine box. She hadn't

taken her blood building vitamins this morning. After doing some stretches, Kapisa went back to rest. She wanted to join basketball practice later this afternoon.



Finally, the day of the game came! Kapisa had mixed feelings as she sat

on the bench. She was disappointed that she couldn't make the main team. However, she was also unsure that she could play her best.



At the end of the second quarter, Miss Artan asked Kapisa to play. “Your

hook shot is just what we need to beat the other team,” said Miss Artan. “Remember, as soon as we put on that jersey, we must be ready to compete under any circumstances!”



Kapisa was quite confident in herself, but..... running around while

wearing pads was so uncomfortable! What if her pad leaked?



Kapisa avoided crouching too low when shooting the ball. What if

people could see the outline of her pad?



During the last quarter, Kapisa heard a familiar cheer. “Let’s go, Kapisa!”

You can do it!" Oh, that was Jerau!



Her brother's support gave her the confidence she needed. Then Kapisa

scored a point!



Kapisa made the winning shot for her team. Menstruation couldn't get

in her way, after all.



Things to do on your period: Change your sanitary pads at least every

four hours. Get enough rest and do stretches. Eat foods that are high in calcium and iron. Take blood-building vitamins. Use a warm compress if necessary.



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