

# HOW TO BE SUPPORTIVE TO A FRIEND ON HER PERIOD



SYEDA ERUM NOOR

Women have to face lots of problems, growing up and in their adult life. Men have their own set of issues too. But in this article I'm going to see if I can help those who are willing to help their female friends through a particularly stressful time that they have to deal with, not once, not twice, but on a monthly basis.

Periods. Ah, the name invokes a sense of annoyance and repulsion. For five to seven days we are doomed to rapid mood swings, severely painful cramps, bloating and discomfort. The last thing a woman needs when they're battling all this alongside doing all their daily activities and socialising with people when all they would rather do is sleep in, is an unhelpful friend.

So here's a few ways in which you can help make life a little easier for your female friends when they're on their periods.

## DON'T BE A BABY WHEN YOUR LADY FRIEND NEEDS PADS

Let's be real. Women need it, and at times, the uninvited guest comes to visit slightly earlier than scheduled. It can become a real problem when women don't have access to pads. So

if you ever find your female friend asking you to do this favour, don't embarrass her further by making a big fuss of it. You won't be any less of a man if people see you picking up products for females. In fact, I think you'd only be worthy of more respect. **BE PATIENT AND UNDERSTANDING**

Like I said before, there's a lot going on in a woman's body that can make her snap a little more than usual. It's no secret that we can get rather annoying and can really test your patience, but go ahead and take one for the team will you? Women were oppressed for centuries, so this should be fairly easy to do.

So the next time that you're aware of her time of the month and you see her having a hard time, be easy on her and keep an open mind. Bring her some hot chocolate and just hold out for the week!

## HOW TO HELP WHEN SHE'S IN PAIN

Cramps can be quite painful. But you can do something about it! There are a few ways that you can help if you notice her suffering a little more than usual.

You could bring her a heating pad if that's available. If not you can fill a plastic bottle with hot water and wrap

it in cloth. That'll do the trick!

You can get her hot chocolate, try and make sure she avoids caffeine!

If things get really bad, get her an over the counter pain killer.

Any girl would be more than happy if she received such support from her male friends!

## DON'T DEVALUE HER FEELINGS JUST BECAUSE SHE'S ON HER PERIOD

Yes, women have more mood swings when they're on their periods but that doesn't mean their feelings don't mean anything. So don't make comments about her being on her period when she seems upset. That doesn't make her feelings any less valuable. All it does is annoy her!

So period or not, women are humans and their feelings, just like yours, need to be valued at all times.

Now you're going to be the friend that everyone looks up to. The one who's not too proud to go into a pharmacy and get your lady friend the very natural product she needs and you'll earn respect from all the woman out there for being so supportive!

*Syeda Erum Noor is dangerously oblivious and has no sense of time. Send help at erum.noor1998@gmail.com*

# How to dodge marriage proposals

AYSHA ZAHEEN

Are you uninterested in getting married? Are you scared that the proposals will make their way to you anyway? Then have no fear, the instructions are here. Take a read and learn secrets that will make you desirably undesirable. **TELL THEM YOU'RE NOT OF AGE** Even if you are, just tell them you're not old enough. Tell them marriage is for adults and you're not one. Talk a lot about the law. Talk about history, specifically of marriages that never worked out or got the spouses beheaded. Speak of terror with excitement as if to enlighten. Intimidation is key here. The moment they feel like you know too much, they will take it as impertinence and that can be associated with precocious youth! **ESTABLISH YOURSELF AS A REBEL** Of sorts. Your relatives, and quite possibly even your family, are trying to force marriage upon you. However, they won't give out their child without resolving their attitude problems. They're going to try to "tame" you, obviously. You

can show signs of "taming" to ensure their procedures never become extreme, before going back to your old self. This will throw them off and they will be left wondering how to deal with you. Reversion will only trigger apprehension, and that will lead them to confusion.

## DON'T DRESS FOR WEDDINGS

And if you do, make sure you eat a lot. If you can't eat a lot, speak loudly and make sure it is followed by excessive, louder laughter. Talk about how weddings are stupid and you just want the food. Judge the hell out of aunties who want you to be wed off and make sure they get wind of it. You should seem almost alien in the land of other beautiful, eligible youngsters with ruddy faces due to the endless matrimonial possibilities. If you are somehow introduced to a potential candidate in whom you are certain you see no potential, just let them know. If they're respectful, they'll understand. If not, you can always tell your parents that their beloved relative brought you to a disadvantageous proposal.



DESIGN: KAZI AKIB BIN ASAD

## GET A NEW HAIRSTYLE

Now, this is an extreme sport. If you're a guy, try growing your hair out. You could also get it dyed! You will be cast aside as an indecent boy who has a very unappetising sense of style. If you're a girl, just cutting

your hair short should do. The longer your hair is, the more eligible you are for marriage in the eyes of your neighbours and relatives. Cut your hair short, get an undercut. Heck, get bald! Escaping unsolicited proposals should bring some fun on the plate.

## TALK CLEAR AND LOUD ABOUT WHAT YOU WANT

This is different from the previous suggestions because they all allow you to just beat around the bush somehow. Here, you will have to speak about what you want from life and what kind of a future you see for yourself. When you lay out a vision, people will not feel as eager to proposition you of what they deem to be the key to eternal bliss for any person. Yes, most elders will not agree when you tell them that not everyone wants the same things in life. However, it has to be brought to their attention for everyone's betterment, especially your own.

*Enthusiastic and unabashed execution is necessary for satisfactory results. Thus, no authority can bear responsibility in case one fails to resist their impending doom.*