

Call it what it is. **Period.**

Conversations about periods for coaches & teachers

59%

of girls have lied about their period symptoms and only 20% talk to their teacher or coach

42%

of girls don't do sport when they are on their period

46%

of girls avoid exercise due to their breasts (50% don't wear a sports bra)

64%

of girls stop doing sport by the end of puberty

Let's change these stats!

What we (coaches / teachers) can do

Don't avoid the topics: period, menstrual cycle etc.

Role modelling is a powerful way to set the culture of "it's OK to talk about what you need help with".

It's OK to keep it light

Relaxed conversation can lift the mood about a taboo subject like periods. But don't make fun or use language that might be humiliating to others.

Be empathetic

You don't have to actually have periods to know what it's like to feel tired, in pain, or a bit fragile emotionally. Trust what someone is experiencing is real for them, and do your best not to judge. Be empathetic.

Be mindful of boundaries

If a girl's body is affecting them in school, then it's good to talk about it. But they don't have to share intimate information with anyone until they feel comfortable.

Are girls learning to move well?

The gender 'play' gap starts at 5 years and by the time girls reach their teens only 10% meet physical activity guidelines. This causes a skill deficit in movement. How can you coach a variety of movement?

Period symptoms - just like a knee injury

If you're nervous of talking about supportive bras during periods, imagine you're talking about the importance of a mouthguard in hockey. "Girls, sports bras are an essential piece of your kit. Let me tell you about the different types of sports bra".

Check if a uniform is causing undue anxiety

Particularly when it comes to being on their period. White kit? Skimpy dresses? Have you told your girls about period underwear? Are sports bras on the kit list?

Use posters to bring these topics to light

Give everyone confidence that it's OK to talk about them. Literally put it on your posters: 'Let's talk about periods!'

Have a 'Caught Short Kit' with period products

That girls can access without having to ask. Even better, put period products in the toilet cubicles and have them in the kit bag for away matches.

Peer power

Use older girls to support / mentor younger girls on puberty. It's helpful to talk to someone else about starting your periods. Sharing struggles and experiences is validating, and empowering.

Call it what it is. Period

#SAYPERIOD

