

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

Conversations about periods

for girls

**Periods,
hormones,
breasts,
bodies...**

It's normal to feel a bit embarrassed talking about these things...

But not understanding what's happening in our bodies can become a barrier to feeling happy and healthy. During puberty, we don't want our bodies to hold us back.

The more you talk about these things, the easier it will become.

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 (but 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 (girls) can do

Use the right words: period, menstrual cycle etc.

If you're nervous about using them, practise saying them out loud, over and over again (maybe when you are on your own, in front of a mirror).

Avoid euphemisms

Don't use code word for something, like calling a period 'the time of the month' or 'bad days' or similar.

Period pain - just like a knee injury

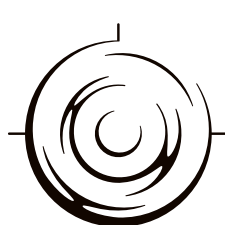
If you're nervous of talking about period pain, imagine what you'd say if you had a knee injury - this conversation shouldn't be any different. 'I'm in pain every month when my period starts, it stops me wanting to exercise. Can you suggest anything that might help?'

Don't miss school, games or PE because of your period

Exercise is proven to help physical and emotional symptoms related to your cycle. If you really do have trouble with your periods or symptoms, and they interfere with daily life, ask for help.

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#SAYPERIOD



THE WELL HQ
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