

# Conversations about period

**59%**

of girls have lied about their period symptoms

**42%**

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

**46%**

of girls avoid exercise due to their breasts

## Let's change these stats!

**Don't avoid topics such as period, menstrual cycle, breasts etc.**

**Be empathetic**

**Have a 'Caught Short Kit' with period products**

**Be mindful of boundaries**

**Encourage peer conversations**

**Period symptoms - Talk about it just like you'd talk about a knee injury**

**Check if a uniform is causing undue anxiety due to period**

**Use posters to bring these topics to light**

**Make sure girls are learning to move well**

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

# #SAYPERIOD