

Ground rules

- No personal stories required
- Respect everyone's views
- Use correct language
- You can “pass” at any time
- Speak to a trusted adult if something worries you

Don't forget the post-box is there if you want to ask questions but want to do it anonymously.

TITLE – MENSTRUAL WELLBEING

DATE: 2.2.26



In today's lesson we will:

- Explain how menstruation can affect wellbeing, including mood, energy and concentration.
- Challenge myths, stigma and embarrassment around periods and show respect for others' experiences.
- Identify when menstrual symptoms may need medical support and know where to seek help.



TODAY'S
BIG
QUESTION

How might a monthly physical change in the body affect someone's day at school?

Prompt students to think about:

- Mood
- Energy levels
- Focus
- Physical comfort

Why Are We All Learning This?

- Not everyone menstruates — but everyone knows someone who does
- Understanding periods helps us be respectful and supportive
- Myths and jokes can harm wellbeing
- This is about health, not embarrassment



End the
stigma.
(period)

Discuss with a partner –
what do you know already
about the menstrual cycle?

Write ideas down on post it notes – your teacher will collect these in

Teacher to read out suggestions
that we know already as a class
(no names)

Let's find out more – you have a diagram on page 18



Focus on: Menstruation & Wellbeing (page 18)

What is menstruation:

- A monthly part of the menstrual cycle
- Happens when the uterus sheds its lining
- Usually lasts 3–7 days

This part of the menstrual cycle is a real physical impact on a person that happens every month. As a result it can have an impact on their day to day life.

The severity of this effect varies from person to person, it can also vary based on much stress a person is experiencing (social stress or physical stress), so it can appear different each time

This video will help us to understand how energy levels, mood, effort and other aspects can change throughout a cycle

MENSTRUAL CYCLE



Why is it important that we all learn about this and tackle myths and misconceptions about periods and menstrual cycles?

Myth or Fact?

- Your teacher is going to read out statements.
- You need to decide if it is a **Myth** or **Fact** – you have these cards in your booklets (page 19)
- You might be asked to justify your thoughts – it is also okay to change your mind if you hear someone's justification.

1. Period pain is always mild and easy to manage.
2. Everyone benefits from understanding periods.
3. Talking about periods should be avoided.
4. People who menstruate can still take part in daily life.
5. Only girls need to learn about periods.
6. Asking for help with period symptoms is a positive choice.
7. Periods are something people should keep secret.
8. Schools should provide support for menstrual wellbeing.
9. All periods are the same for everyone.
10. Jokes about periods do not cause harm.
11. Some people have symptoms that affect mood, energy or focus.
12. Talking about health can help reduce embarrassment.
13. Periods should not affect wellbeing or concentration.
14. Asking for a pad or tampon should be normal.
15. Periods are inappropriate to discuss in school.
16. Severe or long-lasting symptoms should be ignored.
17. Respecting privacy is part of being supportive.

- **Myth** – Period pain is always mild and easy to manage.
- **Fact** – Everyone benefits from understanding periods.
- **Myth** – Talking about periods should be avoided.
- **Fact** – People who menstruate can still take part in daily life.
- **Myth** – Only girls need to learn about periods.
- **Fact** – Asking for help with period symptoms is a positive choice.
- **Myth** – Periods are something people should keep secret.
- **Fact** – Schools should provide support for menstrual wellbeing.
- **Myth** – All periods are the same for everyone.
- **Myth** – Jokes about periods do not cause harm.
- **Fact** – Some people have symptoms that affect mood, energy or focus.

- **Fact** – Talking about health can help reduce embarrassment.
- **Myth** – Periods should not affect wellbeing or concentration.
- **Fact** – Asking for a pad or tampon should be normal.
- **Myth** – Periods are inappropriate to discuss in school.
- **Myth** – Severe or long-lasting symptoms should be ignored.
- **Fact** – Respecting privacy is part of being supportive.

Myths create stigmas

Stigma = Stigma is when something normal is treated as awkward, embarrassing or “not okay” to talk about.

Can you think of any other stigma's that exist now for young people?

- Mental health - stigma message = you should deal with it on your own – MYTH
- Body image and appearance – stigma message = you need to look a certain way to fit in – MYTH
- Puberty and body change – stigma message = your body changing is embarrassing – MYTH
- Online life – stigma message = online popularity equals real world worth - MYTH

What menstrual stigma can look like

- Making jokes about periods
- Using periods as an insult
- Acting uncomfortable or grossed out
- Telling someone to “keep it quiet”
- Not believing someone’s pain or feelings
- Avoiding the topic altogether



End the
stigma.
(period)

THE WORD

Removing the stigma. Period.



Why period stigma is a problem. It can -

- Stop people asking for help
- Make people feel ashamed of their bodies
- Increase anxiety and low mood
- Cause people to miss school or activities
- Encourage myths and misinformation

How can we tackle stigmas that exist about menstrual health?

In pairs number yourselves 1 and 2.

Take it in turns to suggest a way that everyone can help reduce the stigma around periods and menstrual health.

Discussion starters you could use:

- “One way everyone can help reduce stigma is by...”
- “We could help by not...”
- “A respectful thing to do would be...”
- “People could feel more comfortable if...”
- “One small change that could make a difference is...”



Take it in turns to complete one sentence starter. Listen respectfully and build on each other's ideas.

On a post-it note: write down something you didn't know about the menstrual cycle or periods that you know now.



Let's break the stigma ... for everyone!



Complete your EXIT
TICKET questions on
page

These link to the key
knowledge you need
to know for this block
of work