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

Call it what it is. Period #SAYPERIOD

