

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.

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**#SAYPERIOD**

