

PARENT &
TEACHER

guide

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That first conversation you have with a child about menstruation will greatly impact how they view periods.

It's important to not expose them to the same stigmas you might have faced when you were young. Let's end period stigma among the next generation before it starts.



End period
stigmas
before
they start.

It's time to teach children that periods are nothing to be ashamed of and they shouldn't be ridiculed.

There is no need to hide tampons or pads when going into a bathroom. Or to call a period by a silly name. Call it what it is – a period.

Teaching children to do these seemingly harmless things – hiding period products, using silly terms – is really teaching them to be ashamed of their periods.





Things to reassure girls about:

The average age of getting your period for the first time is between 8-14 years, but for some it may be younger or older. There are some indicators that you might notice before starting your period, like underarm hair growth, milky vaginal discharge, or cramping.

The amount of menstrual blood differs for each person. The flow at the beginning of a period is usually heavier and gradually lightens up until it's finished.

It might take some time to figure out what period product is right.

The colour of normal menstrual blood can be anything from bright red to dark brown.

It may take a few years after puberty for a regular cycle to emerge, so irregularity is common across the first few years.

Don't feel ashamed to ask for tampons or pads when you need them.



DISCUSSION pointers

Review each aspect of the menstrual cycle, but do so at a high level – general knowledge about menstruation will help prepare children.

Don't only focus on the negatives (like cramps). Focus on the positives – they are growing up!

Teach children that periods are nothing to be ashamed of. They aren't something we should ridicule, but we also shouldn't avoid talking about them. Periods are one reason why we are all here.

