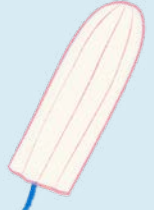
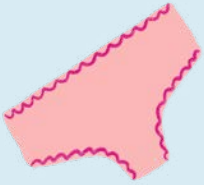




HOW TO BECOME A PERIOD PROUD PEER



For children and
equality for girls

IMPORTANT WORDS

Period- is the bleeding that occurs due to the shedding of the womb lining. It happens roughly every month (in the absence of pregnancy) between puberty and menopause.

Girls & young people with periods- We recognise that some people who have periods don't identify as girls, including trans boys and non-binary young people

Menstruation- the scientific word for a period.

Problem Based Learning- a student centred approach to learning. Students work in groups to find out answers to a problem or question they have identified together in response to a prompt or cue.

WELCOME

LOVE YOUR BODY

CELEBRATE CHOICE

GET THE FACTS

ASK FOR HELP

SMASH THE STIGMA

THE PLEDGE

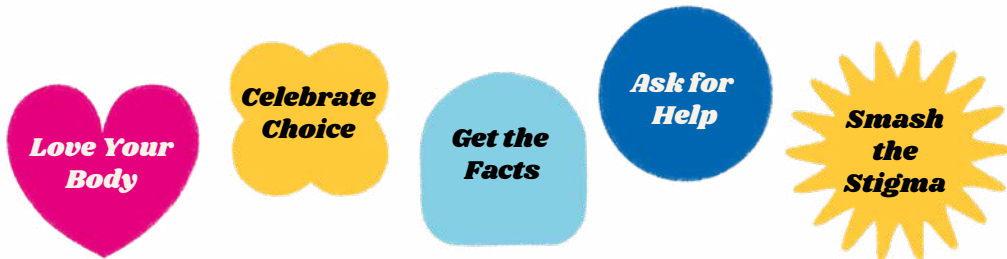


WELCOME

HELLO!

Welcome to How to be a Period Proud Peer. This guide is for any young person who wants to help their peers feel confident, happy and healthy during their period.

The guide covers five Period Powers:



Each of the five Powers has an introduction explaining why this power is important, information about the power you can share with your peers and a peer-led activity you can deliver.

THE MAKING OF THE GUIDE

This book has been designed by and for young people to help you and your friends feel free and confident during your period and all month long.

Girls and young people with periods were involved in every stage of developing this guide, from identifying the five Period Powers and peer-led activities to the design of the guide and its beautiful illustrations.

Quotes and stories from these Period Proud Peers are included throughout the guide.



HOW TO USE THE GUIDE

- 1. This guide is designed to be used by you with a group of your friends or wider peer group.** It could be in your school, at your youth group or in your community.
- 2. Read the guide thoroughly before you plan your sessions.** Make sure you take some time before you meet with your peers to collect the resources that you need for each peer-led activity. You can find information about the resources or equipment you need listed at the start of each activity.
- 3. Create a relaxed environment for the session.** You could bring snacks, sit somewhere comfortably and put on some background music. If possible, sit in a circle or even on the floor rather than behind desks. You could even encourage your friends and peers to come prepared for a period party by wearing something red and glittery.
- 4. Before you begin, do some simple introductions and make sure that everyone knows everyone else's name.** It can also be helpful to spend a couple of minutes making sure that everyone knows why they are there and what will happen during the time you are spending together. Some groups might want to agree some simple ground rules, such as agreeing to listen carefully to each other and to not gossip about what is discussed in the group.
- 5. You can then work through the Period Powers outlined in this guide together.** You may wish to plan one longer session and cover all the peer-led activities or schedule several sessions and work through the activities over a few days or weeks. This guide is designed to be flexible so you can adapt the ideas to fit the needs of your group.
- 6. And remember, if things don't go exactly as planned, no worries!** The priority is to have a good time, enjoy each other's company, and have open, shame-free chats about periods.

HOW TO BE A PERIOD PROUD PEER



- 1.** Peer-led support is a powerful way for you to develop your own skills and confidence whilst helping your friends and wider peer group.
- 2.** Many young people feel more comfortable opening-up to someone who is a similar age to them and who understands their experiences first hand. Peer-led support can create spaces where everyone feels more comfortable to share and learn together.
- 3.** As a Period Proud Peer, you're not expected to have all the answers or to teach everyone. Instead, you can help others feel more confident to share their concerns and find the help, information and support they need. Just by talking about periods openly and without shame you can help everyone feel more comfortable and confident.
- 4.** There are some qualities and behaviours that you and everyone involved in providing peer-led support can adopt to help make it a success.



POSITIVE ROLE MODELLING

Demonstrate the values and behaviours you talk about in your own day to day behaviour. For example, if you are talking about ending period shame try to speak openly about periods with your own friends and family.



ENCOURAGING OTHERS

Be approachable so that everyone feels comfortable sharing and asking questions. Be a good listener and find lots of ways to get everyone involved in the sessions.



EXPRESSING YOURSELF

Don't be afraid to be yourself! You can share your own worries and experiences with your peers and always ask for help when you need it.



RESPECTING EVERYONE

Be non-judgemental and enable everyone to share their views.

KNOWLEDGE IS POWER

Always remember, as a Period Proud Peer you are not expected or required to have all the knowledge. The Get the Facts section will help you and your peers develop the lifelong skills to find the information you need about your menstrual health when you need it.

LET YOUR PERIOD PROUD PEER JOURNEY BEGIN!

PERIOD POWER 1 - LOVE YOUR BODY

INTRO

“I used to be really negative about my body image [...] like when I started to see how much I talked negatively about my body, and I saw how much periods were tied into that. When you are younger you are quite sensitive to that anyway, and then if people are telling you to hide it, then you think this is clearly something to be shameful about [...] And I won’t embrace that, even though the fact it’s not talked about it means clearly it is something to be ashamed about. But even at my point now where I’m like: ‘Everyone be proud of it!’ I’m still kind of a bit like, there’s still notions in my head.”

Melanie, 15 (Plan International UK. (2018) Break the barriers: Girls’ experiences of menstruation in the UK)

Girls and young people with periods tell us they worry about whether they are normal during puberty and have heard negative things about periods that affect their body image and self-esteem.

INFO

As a Period Proud Peer, you can encourage others to be confident, positive and happy with their periods.

Remind your peers that everybody is different, and every person experiences their menstrual cycle differently. There is a very wide range of healthy experiences. Some periods last longer than others, some periods are heavier than others and some periods are more regular than others. The numbers that are often quoted in textbooks or leaflets are averages- this means that many women, girls and people with periods experience something different and are perfectly healthy. For example, very few people will have a 28 day cycle or bleed for exactly 5 days.

A lot of the worry and stress your peers are experiencing comes from harmful ideas in our societies or cultures about how our bodies should look and feel and embarrassment or shame speaking openly about these concerns.

You can help your friends and peers by being someone who is more interested in making sure everyone is happy and healthy than worrying about who is “normal.” Encourage your peers to accept themselves and their bodies the way they are. On a day-to-day basis you can put this into practice with your friends by noticing and celebrating the qualities that you love about them.

Some girls and young people will have a menstrual health issue and will need to see a doctor or nurse. If any of your peers are worried about their menstrual health, it is important to tell them to speak to a trusted adult. They don’t need to suffer in silence! It’s particularly important for young people to seek help if their menstrual cycle is stopping them completing their usual activities.

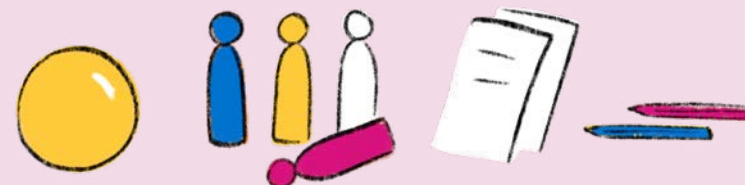
There are some signs everyone can look out for that mean it would be a good idea to see a doctor; very large blood clots or more blood clots than is usual for you, obviously lighter or heavier periods over several cycles, period pain that painkillers don’t help with and that is affecting your daily life or if your periods are irregular two years after having them or suddenly become irregular.

PEER LED ACTIVITY- BOWL AWAY YOUR BLUES

Equipment- Ball, skittles, paper and pens

This activity will help your peers identify and reject the ideas they have heard about periods.

1. Ask your peers to write down the harmful ideas about periods that are causing them stress or holding them back from being happy and confident on the skittles.
2. It’s time to go bowling! Take turns at smashing these harmful ideas with a ball.
3. Keep score if you want to or just have fun knocking down the negative thoughts and ideas.
4. You might want to end the game by brainstorming some positive thoughts or actions your peers will take next time these ideas start to get them down.

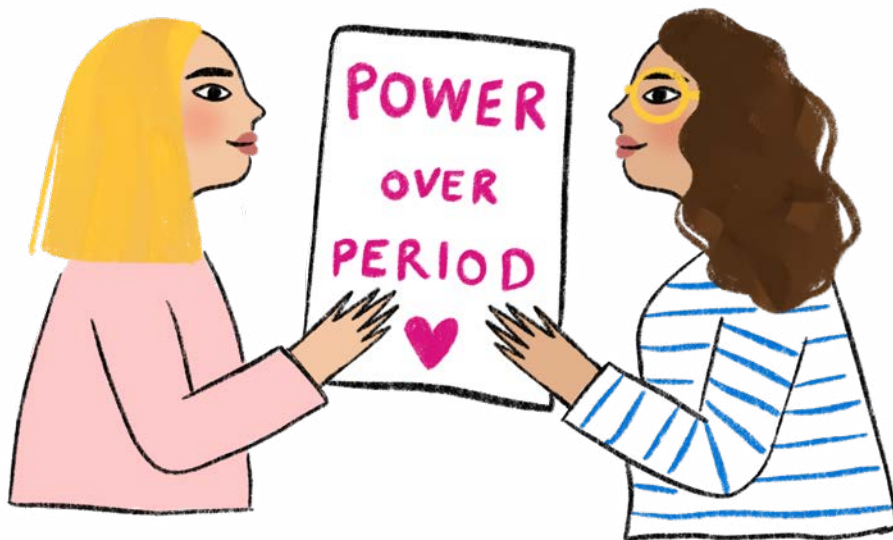


CAITLIN'S STORY

Caitlin and her friends started Power Over Periods when they were studying their A-levels together to dispel myths and harmful ideas about periods that were holding them and their peers back. They made funny TikTok videos together about their experiences of having their period to help others feel more comfortable seeking help and support. Their body positivity and acceptance of everyone has had a big impact in their own school and across the whole city where they live.

“Our main aim is to try and break that stigma, challenge the stereotypes and the misconceptions. The way that I personally do it is by using my social media platform. We also have been going into schools to actually talk to young people and get them involved and making sure that it doesn't feel like a gender issue or taboo subject and that everyone feels that they can talk about it.”

Caitlin, 18



PERIOD POWER 2 - CELEBRATE CHOICE

INTRO

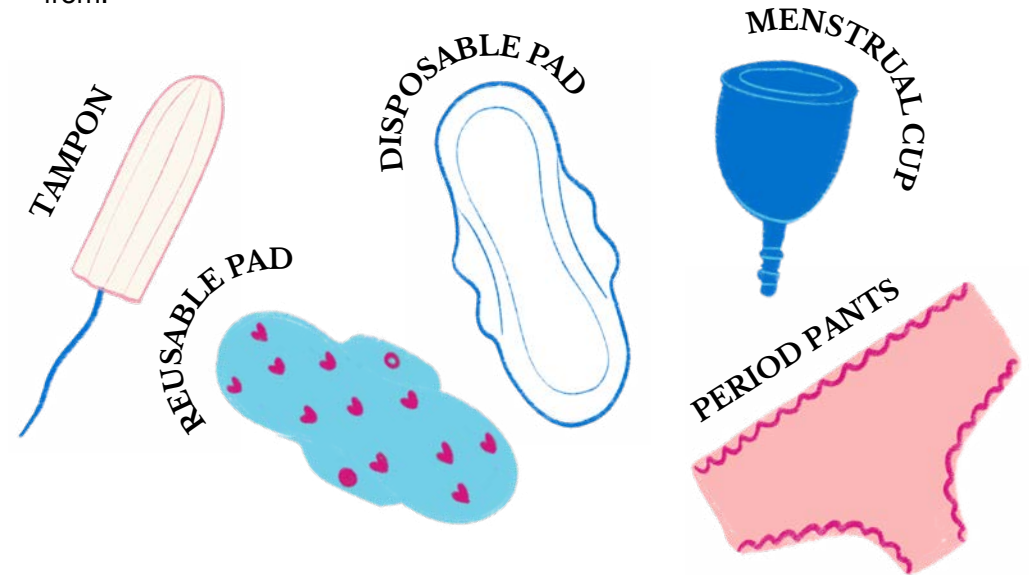
“No two periods are the same. And like with all other aspects of life, making an informed choice matters. We should have every right to use the product that best suits our personal period, body and situation.”

Molly, 21

Girls and young people say it's important to raise awareness of the range of period products out there to help everyone manage their period comfortably. Everyone's experience is different so different products work for different people.

INFO

There are lots of different period products you and your peers can choose from:



This Period Power is all about helping your peers make informed choices about how to manage their periods. Emphasise to your peers that each person has the right to choose the products that work for their body without judgement from others.

You can encourage your peers to take time to understand and try the different products that are available. This means that they can choose what makes them feel most comfortable during their period and then they'll be prepared for anything!

Here is some information you can share with your peers to help them consider which products are right for them:



Each product comes with instructions about how to use it that should be followed carefully. Generally, period products should be changed at least every eight hours.



Period pants can be particularly helpful for young people with autism, those with a physical disability or non-binary or trans young people.



Products that you insert into the vagina like tampons and menstrual cups can be worn when you go swimming. You can also buy specially made period swimwear if you want to swim during your period but prefer to use products that don't need to be inserted.



Some period products are considered better for the environment. For example, menstrual cups and period pants can be reused again and again and produce less environmentally damaging waste than some products that are only used once and then disposed of.



Some people use period tracking apps to help them understand their menstrual cycle and predict when their periods might start.

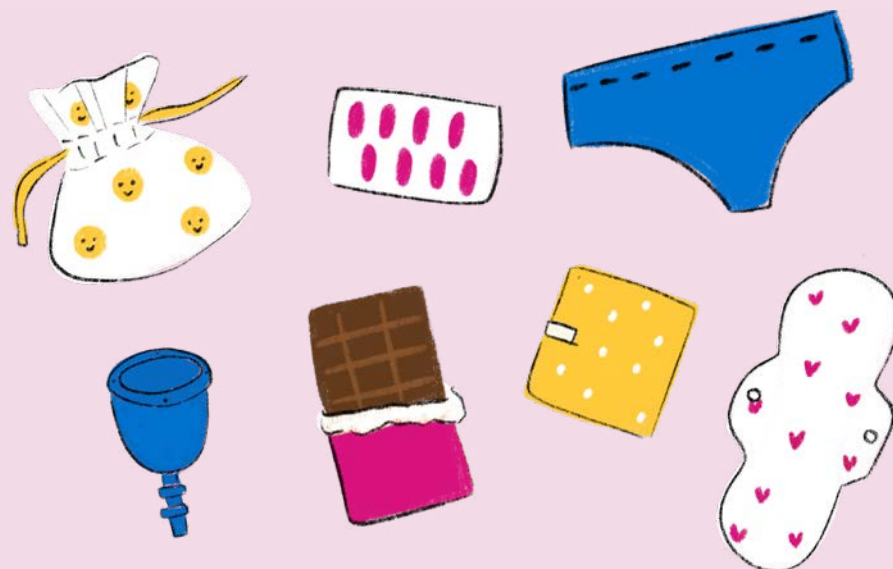


There are also lots of different ways to manage period pain including simple painkillers, a hot water bottle or light exercise.

PEER LED ACTIVITY- PERIOD SURVIVAL KIT

Equipment- bag or pouch, selection of period products including reusable and disposable options (e.g. reusable and disposable period pad, menstrual cup, period pants, tampon), painkillers, chocolate or sweets, glass of water and a tablespoon

1. Your kit should include a variety of different period products that your peers can look at and discuss together. Include other items that you might keep in your bag to help in a period emergency such as simple painkillers, spare underwear and your favourite chocolate.
2. Let your peers take a good look at the different period products and discuss what they think of them. Encourage them to fit the pads into the spare underwear so they can see how they fasten in place.
3. Put a tampon in a glass of water to show how it expands.
4. Pour some water on the Period Pants or on a reusable or disposable pad to show how they absorb fluid. Usually about 1-5 tablespoons of blood leaves your body during your period so you can even bring along a tablespoon and measure it out!
5. Ask your peers to discuss what they would include in the ideal Period Survival Kit to help themselves and others in a period emergency.



MELISSA AND CORINN'S STORY

Melissa and Corinn are an autistic mum and daughter trying to navigate periods together. Corinn started her period, age 11, just two days before she started secondary school. Corinn often masks or hides the things she's struggling with in front of strangers. She would never tell anyone at school that she was in pain or needed to change her pad. This led to her having lots of accidents where she leaked blood onto her uniform whilst she was in school. Corinn and her mum began to feel like no matter what they did, they were getting it wrong.

Then they heard about period pants and how helpful they can be for autistic people with sensory issues, like Corinn. They were desperate to find something that could work so they both decided to try period pants together. Corinn found she could wear her period pants throughout the school day without worrying about having to change at school. Mum and daughter finally felt comfortable and secure all month long.

"We feel its excellent that there's so many options, because we're all so incredibly different and what will work for one person will not work for another. Choice gives us the opportunity to be more empowered and free during our periods."

Melissa (mum) and Corinn, 14



PERIOD POWER 3 - GET THE FACTS

INTRO

"For those who will experience periods, safe, reassuring information is vital to avoid fear, panic, and harm through inappropriate responses (e.g. not knowing how to use period products). For those that don't experience periods, understanding what their peers are experiencing, and how to respect that, is vital. For both, it is also key that they understand the biology and fundamental facts, as it will go on to have a large impact on their lives."

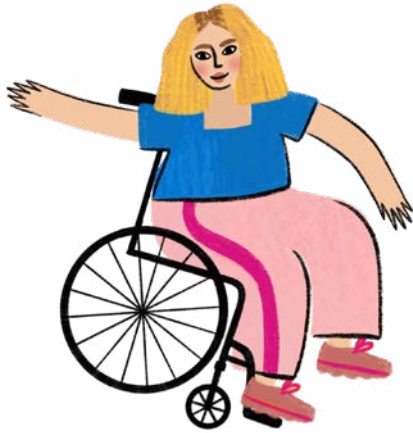
Chris, 17

Girls and young people have lots of different questions about their periods and menstrual health. They feel that knowledge is power and that understanding their body and menstrual cycle helps them know what is healthy, reduce anxiety and empower them to make informed choices about everything from what period product to use to when to ask for help. However, they feel it can often be difficult to get accurate information about periods. People can be embarrassed to speak openly about puberty and menstruation and often they won't have all the answers.

INFO

The questions your peers have will change as their menstrual health experiences and needs change- in fact they're likely to have questions about their menstrual cycles throughout their lives. Plus, information sometimes changes with time. Doctors may update their advice or research might give new insights. The most up to date answer to a particular question can change from one month to the next!

As a Period Proud Peer you can help your peers learn how to get the information they need about menstrual health from trusted and reliable sources. Instead of trying to answer all your peers' questions yourself, you can help them learn how to get the facts when they need them and check that their information is up to date. This is an essential lifelong skill that you can all develop together.



HERE ARE A FEW KEY POINTS TO SHARE WITH YOUR PEERS ABOUT HOW TO FIND ACCURATE INFORMATION:

TRUSTED SOURCES

Although social media can be a great way to learn about other people's experiences, it's important to get the facts from reliable and trusted sources.

EXPERT VOICES

Get information from sources created by experts who deal with these issues every day.

CROSSCHECK INFORMATION

Check more than one trusted source so you get as much information as possible. Explore any differences you notice between sources. One may be more up to date than the other or less credible and reliable than you thought.

CHECK THE DATE

Use up-to-date sources to answer your questions- websites and books will often list the date that they were published on the first page of the book or the footer of a website.

DOUBLE CHECK!

Check for up-to-date information if it's been a little while since you last researched a particular topic or question. If in doubt- double check!

Below is a list of some very reliable sources of information about puberty and periods you can encourage your peers to use to find answers to their questions:

Websites:

- The National Health Service website: www.nhs.uk
- Brook's Section on periods: www.brook.org.uk/your-life/periods/ This includes an LGBT+ section.
- Bloody Brilliant: <https://bloodybrilliant.wales/> This resource uses gender neutral language.
- The Clue App Encyclopaedia (available on Clue's website): <https://helloclue.com/articles>
- The Oky App Encyclopaedia (you need to download the app to access the encyclopaedia): <https://okyapp.info/> This is focused on girls aged 10-19.

Books:

- Own Your Period by Period Educator Chella Quint
- We Need to Talk About Vaginas: An important book about vulvas, periods, puberty and sex! By gynaecologist Dr Allison K Rogers

PEER LED ACTIVITY- PERIOD AGONY AUNT

Equipment- Shoe Box, slips of paper, pens, large sheets of paper, trusted period resources (print offs) or access to trusted period resources on phones or tablets.

This activity will help you and your peers answer some of your current questions through a problem-based learning approach. A problem-based learning approach is when a group of students work together to find the answer to a question they have agreed together. This approach helps to develop lifelong learning skills- rather than being given an answer to one question you and your peers learn how to find good answers to all your questions.



1. Use a shoe box to create an anonymous period question box.
2. Create a slit in the lid where you and your peers can post anonymous questions.
3. You can either give your peers a piece of paper when they first arrive and ask them to write a question they have about periods and post it in the box whilst they are waiting for the session to begin or do this at the start of the activity.
4. Your peers can either write questions based on their own experience, the experiences of people they know or make up a question they think it's important all young people know the answer to.
5. Once everyone has put a question into the box open it up and look at them. You might find that some of the questions are very similar and can be grouped together.
6. You and your peers are going to work as a team to answer one or more of the questions. Imagine you are the Agony Aunt team for a magazine and you need to research an answer to one of your subscribers questions!
7. Discuss as a group which question or group of questions you are going to answer and why you have chosen them.
8. Now it's time for some research. In preparation you can print off some period resources for your group to use or use your phones to research the answer using our recommended websites.
9. Spend some time looking for answers to the question you have chosen following the guidance on the previous page. You can do this individually or in pairs.
10. When the group is ready, each person or pair can feedback what they have learnt and discuss a strong answer to the chosen question.
11. If you are delivering peer education with support from a youth worker, teacher or other adult, you could also review your question, fact finding process and suggested answer with them.

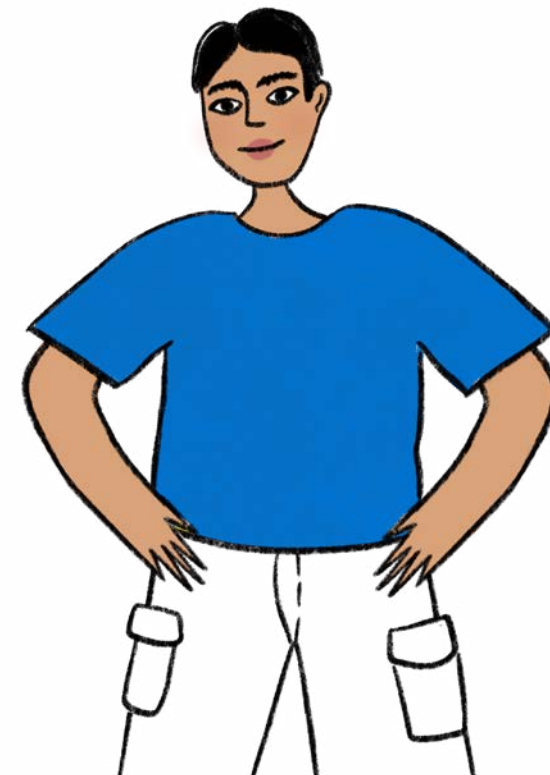
CHRIS'S STORY

When Chris started their period, they felt scared and uncomfortable.

"A lot of information is overly gendered. I'm lucky enough to be able to have comfortable and useful conversations with my mum, but when talking to others or looking things up online, I often feel misgendered by female terms, and (until recently) felt left out by some of the more sex-based things."

Chris got the information and support they needed through talking to their mum and using websites recommended by trusted people. They talked to their mum about most things but also found specific factual information very helpful, like a diagram of a labelled vulva they found on a trusted website.

"I felt a lot more knowledgeable, panicked less as I knew what was happening was normal, and felt safer in my body. Periods feel alien and scary to begin with, but with time and conversation, have become a natural sensation and part of my body."



PERIOD POWER 4 - ASK FOR HELP

INTRO

"It's really important to understand that every single person has a different experience that varies on your age, sexual orientation, religion and the society you're part of. We only understand those when we ask about them, when we talk about them openly."

Sabiha, 15

Girls and young people with periods feel that the shame and stigma surrounding periods can sometimes make it really hard for them to get the support they need. Their parents, care givers, teachers and other adults in their lives have often learnt to be embarrassed about periods so they struggle to know how to ask for help.

INFO

As a Period Proud Peer, you can help make everyone's right to experience their period with dignity a reality. Remind your peers and friends that they should have access to period products, a clean and safe toilet and the information they need to understand their body. This is their right. Acknowledge that it can be scary to ask for help but remind your peers that letting people know what you need can help to create positive change for everyone.

You can share these simple steps with your peers to help them ask for help:

- Accept that everyone needs help sometimes.
- Reframe asking for help as a strength and not a weakness. Facing our fears about asking for help takes courage.
- Think about who is the best person to talk to, perhaps a parent or carer, a friend, a teacher or another trusted adult.
- Prepare to ask for help by writing down your thoughts to guide you before you approach someone- think about what you need from the conversation with them.
- Reach out to the person to ask for a face-to-face meeting or if you prefer send a letter, a message or organise a phone call.

It's normal to feel nervous about asking for help and there's no right or wrong way to do it.

- Sometimes people don't respond or listen in the way you'd hoped. If they can't give you the support you need, it can be helpful to remind yourself that it's likely to be something to do with their own issues, rather than not wanting to support you.

- If you feel someone has dismissed what you've said and hasn't taken it seriously, this doesn't mean that it's not serious. Find someone else to talk to and keep speaking out!

-Remember there are also confidential, free services that provide advice and support for young people. You can always use these services and recommend them to others who need help and support:

o Childline- confidential listening, one-to-one chats and online message boards for under 19s. childline.org.uk, 0800 1111

o Muslim Youth Helpline- Faith and culturally sensitive confidential support by phone, live chat, WhatsApp or email for young Muslims in the UK. myh.org.uk

oThe Mix- Support and advice for under 25s, including a helpline, crisis messenger service and webchat. themix.org.uk



PEER LED ACTIVITY- THE CONFIDENCE CHALLENGE



Equipment- slips of paper, pens, a cloth bag or hat, a large bottle

This activity helps your peers build their confidence to talk about periods, making it easier for them to ask for help when they need it. Together, you will complete a series of period related challenges to build everyone's confidence.

Prepare for this activity by finding a hat or cloth bag and a large plastic bottle. Write down the challenges below on slips of paper and place them in the hat or cloth bag.

Challenges:

- Say the word vagina
- Shout the word period
- Say the word vulva
- Tell the group about your first period
- Share the worst thing about your period with the group
- Share the best thing about your period with the group
- Share one adjective to describe your period
- Share the first word that comes into your head when you think about periods

Sit in a circle and spin the bottle. Whoever the bottle points to picks out and completes a challenge from the cloth bag or hat. Players replace the challenge in the hat or cloth bag once they have completed it. Carry on until everyone has completed at least one challenge.

SABIHA'S STORY

Sabiha experienced challenges trying to get pads in her school when she needed them, even though period products were available for free. She was able to speak to her mum and the leader at a local community youth project about her experiences. Talking about her period with trusted people made her feel more confident to get the support she needed in school. She also realised that her friends and peers were experiencing the same issues.

"In our school, the period products are kept in the library. Some of my friends feel embarrassed or uncomfortable about going to get period products from the library, but I know it's nothing to be embarrassed about so I just fetch the pads for other pupils when they need them."

Sabiha was asked to do a presentation at school on any topic of her choosing and she decided to talk about periods and the challenges accessing period products, as well as suggesting changes the school could make. Sabiha's presentation was well received by her teacher and she was later invited to share her experiences and ideas with the UK government's Department for Education to help improve the free period product scheme for schools and colleges across England!



PERIOD POWER 5 - SMASH THE STIGMA

INTRO

“It’s important to smash period stigma because it’s one of the biggest challenges that menstruators face. Period poverty starts with the mind, when something is highly stigmatized, it also contributes to the absence or availability of products on the market because it’s not considered something serious... It’s also important because this is something natural that should be normalized because if we can’t love the functions of our bodies how does society expect us to love our bodies or ourselves.”

Sharitah, 25

Girls and young people with periods know that period stigma is the biggest barrier that they face to being confident and comfortable during their periods. Most of the other challenges young people face are rooted in stigma, from challenges asking for help, to encountering negative ideas and myths about periods.

INFO

One of the most important parts of your role as a Period Proud Peer is smashing period stigma so that everyone can talk about periods and the menstrual cycle without feeling embarrassed or ashamed. Periods are taboo in almost every country and community in the world. The stigma surrounding this healthy biological process creates so much unnecessary stress and suffering for everyone. Luckily the best way to smash stigma is to have fun, make jokes and be creative! This is where you turn up the music, get out the snacks and have a period party.

PEER LED ACTIVITIES- CRAFTIVISM AND PERIOD PARTY

All over the world, young people are holding period parties in their communities to help start important conversations about periods. Lots of them are using art and craft to build solidarity and share their messages. You and your peers can join the global movement to end period shame through completing these two craftivism activities:

PERIOD BRACELETS

Equipment- beads (at least 2 different colours), thread

- To make these bracelets you will need beads of at least two colours and string.
- Choose one colour of bead and thread a bead for everyday you usually bleed during your menstrual cycle. Choose a second colour of bead and thread a bead for every day that you don’t bleed.
- If you don’t have periods, you can still make a bracelet using the average menstrual cycle length of 28 days with 5 days of bleeding.

People all over the world make and wear these bracelets as a symbol of their commitment to ending period stigma. Politicians, charity leaders and celebrities have all worn them in support. Wear your bracelet proudly and keep an eye out for who else might have one.

PERIOD POWER POSTER

Equipment- glitter, paint, pens, paper, card

Period stigma affects our schools, communities and society in different ways. Take some time to discuss the following questions with your peers. You can even jot down everyone’s thoughts on a big piece of paper using colourful pens to create an illustration all about Period Stigma.

- What beliefs or ideas do people have about periods?
- How does this affect their behaviour?
- What are the effects or impacts of this behaviour?
- What would your school, community or country be like if Period Stigma didn’t exist?

Ask your peers to use the illustration as inspiration for a sign or poster with a slogan or message about why we should end period stigma. Encourage each person to use the pens, glitter and card to design their own Period Power Poster.

PERIOD PARTY

Holding a Period Party will help you and your peers smash period stigma. You can choose to invite siblings, other friends, parents, teachers or community leaders to your party if you want to. Remember you can make your Period Party as extravagant as you want. Some people have organised period parties where guests come in period themed costume with a prize for the best costume. Others have baked period themed snacks including vulva or period product themed cupcakes. Some have made Bloody Mary Mocktails, designed a Period Pub Quiz or organised henna and nail painting for everyone. This is your chance to take everything you and your peers have learned together and share it with your wider community.

AMY'S STORY

Amy organised a crafting event where people could make a felt uterus (or c uterus!). One member of the group led a tutorial and talked everyone through the activity, step by step. Many of young people taking part had never crafted before. The aim of the event was to have fun chatting and sewing.

The craft activity created a safe space for open discussion. The conversation ranged from the lack of education around the female anatomy to how to thread a needle. Participants began to share their own experiences and speak openly about menstruation.

“For me, tackling period stigma is crucial to breaking a menstrual silence. Menstruation should not be a shameful subject however people, including myself, live with the tension of opposing menstrual stigma yet continuing to conceal menstruation. This creates the notion that menstruation is a shameful process, which in turn prevents people from articulating their needs.”



SHARITAH'S STORY

Sharitah decided to start organising period parties in her town in Uganda to involve her community in smashing period stigma. Over the last few years Sharitah and her friends have organised an annual celebration. The parties help young people celebrate their bodies and have started to change harmful attitudes towards periods.

“At period parties we have a red-carpet moment where different people showcase their period costumes. We have different period performances like poetry, choreography, music, spoken words, live painting and different period games.”

Because of the parties, the community is more aware of challenges girls have managing their periods in local schools and have been able to offer more support.

“Period stigma has shuttered so many big dreams in Uganda and contributed to the high rates of anxiety, stress, depression, school dropouts and teenage pregnancies. These [young people] could be future policymakers but because of the period stigma we are missing out on these wonderful skills as a country, that's why it's very important to smash the stigma!”



THE PLEDGE

SUPERHERO PLEDGE

Period Proud Peers empower their friends and other young people through the 5 Period Powers- Love Your Body, Celebrate Choice, Get The Facts, Ask For Help and Smash the Stigma. YOU are helping to end period shame and ensure everyone who has a period feels comfortable and confident. You can print and complete this pledge, then stick it up in your bedroom, classroom or youth club to remind everyone that they have the power to end period stigma once and for all.

I/We _____ pledge to;

- 1 Love my body and help others to love theirs
- 2 Celebrate and encourage everyone's right to choose and use the period products that work for them
- 3 Get the facts about periods from trusted and reliable sources and help others to do the same
- 4 Build mine and other young people's confidence in talking about periods so that they can ask for help and support when they need it
- 5 Smash the stigma through talking openly about periods and making learning about them fun

Signed _____ Date _____



YOU CAN HELP MAKE THIS GUIDE EVEN BETTER!

After you deliver an activity, please share the QR code below and get young people's thoughts on the activities they took part in.





ACKNOWLEDGMENTS:

Thank you to all the young people and professionals who generously contributed their time and knowledge to this resource.



We would also like to thank Irise International for their expert knowledge and support for this project.



Plan International UK
Finsgate,
5-7 Cranwood St,
London EC1V 9LH

www.plan-uk.org
@PlanUK
T: 0300 777 9777

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