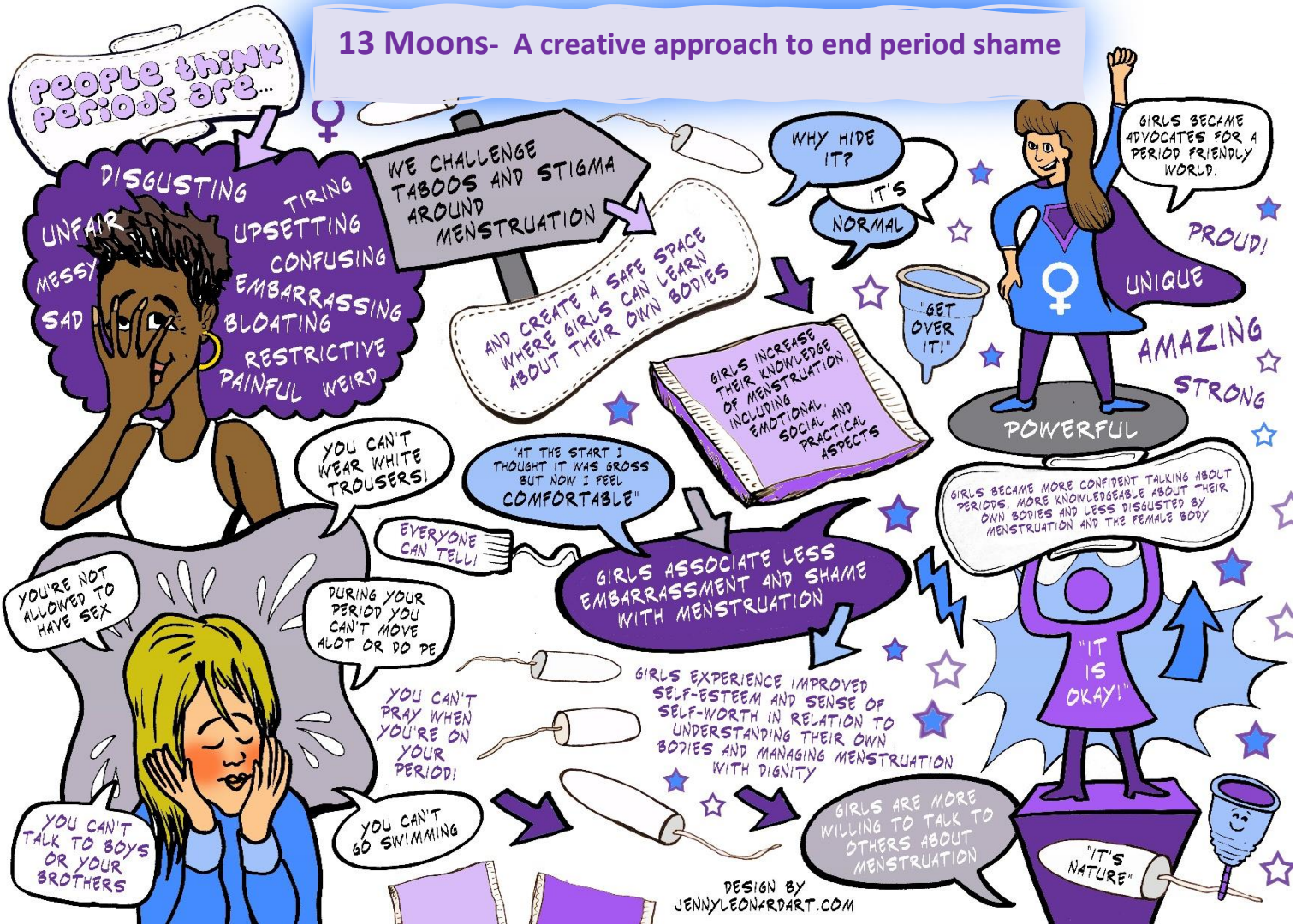Irise International

**Empowering People through Period Equality.**
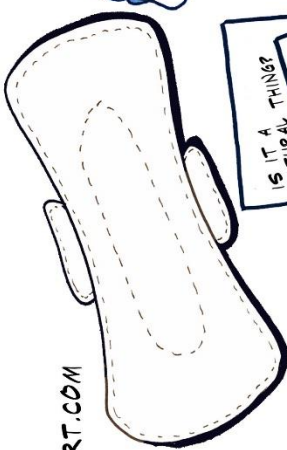
let's talk. period

**feedback** THEATRE

## 13 Moons-  A creative approach to end period shame



**Worksheets**

# HALF THE WORLD HAVE PERIODS!
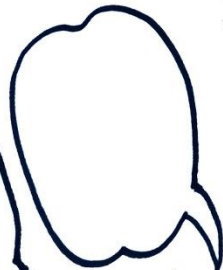
IRISE.ORG.UK
FEEDBACKTHEATRE.ORG
WORKSHEET BY JENNYLEONARDART.COM

WHAT DO YOU THINK HAVING A PERIOD FEELS LIKE?

HOW CAN YOU BE SUPPORTIVE?

IF THE WORD 'PERIOD' IS MENTIONED... DRAW YOUR EXPRESSION...

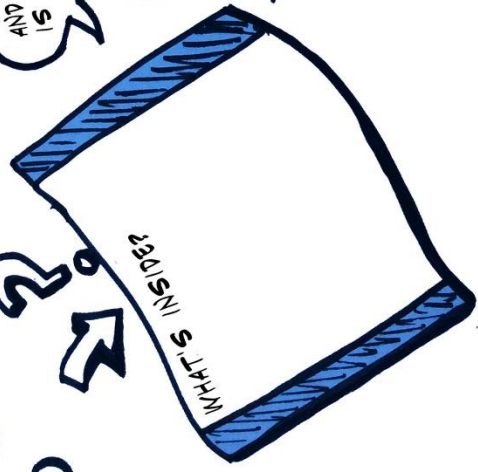DON'T MAKE THAT FACE!

WHAT ARE THE WORDS FOR 'IT'?

AND WHAT IS IS USED FOR?

WHAT'S INSIDE?

IS IT A NATURAL THING? YES NO

WHAT ARE YOUR THOUGHTS ABOUT PERIODS?

HOW DO YOU SPELL B-L-O-O-D?

B O O D

ARE YOU EMBARRASSED? AND _____

WHY? _____

# DISMANTLING MENSTRUAL STIGMA

WHY AM I HIDING?

COLOUR ME RED

HOW DOES THAT FEEL!?

MOONCUP

FILL ME UP!

STIGMA BIN

THROW AWAY TO GET RID OF THE WORDS!

POWER WORDS!

GIVE ME YOUR

?! WHY THEY ARE UNCOMFORTABLE?

I DON'T NEED TO HIDE.

WHY IS IT "NO BIGGY"?!?

WHAT ANTI SLOGAN SHOULD BE ON HERE?

WHAT ARE YOUR

RULES?
① ② ③ ④ ⑤ ⑥ ⑦

FOR YOUR PERIOD

MYTHS PINBOARD

THE FACTS.
HALF THE WORLD HAS THEM!

WRITE "PERIOD" HERE (AS BIG & BOLD AS YOU CAN!)