

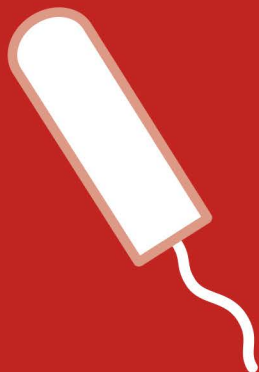


Periods Matter



Sample pack

To read more, please download the full
resource from our website



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www.sexedmatters.co.uk

More than biology

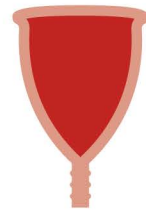
Periods are political. We're taught to feel embarrassed about periods and this stigma holds us all back on an everyday basis.

Did you know that...



52% of us would rather be bullied than talk to our parents about periods (girls, Bodyform '17).

More than **2 out of 3** girls feel uncomfortable discussing menstruation with their dad (girls, Bodyform '17).



10% of schoolgirls miss school each month because they can't afford period products.

70% of school girls have not bought period products (despite being able to afford them) because they're embarrassed to be seen in the period product aisle.

In **2021**, tampon tax will officially end, meaning period products were taxed as luxury items for 48 years!

43% of girls in Ireland didn't know what to do when they started their period.

49% of UK girls have missed school because they're embarrassed about their periods.

This needs to change. Here's why...



Period pain impacts the productivity of **40%** of our menstruating workforce (UK, British Medical Journal, 2019).

Yet, only **27%** of those with severe period pains have gone to see a doctor (UK, YouGov, 2017).

80% of people with period pain would rather suffer in silence than seek help from a doctor (UK, British Medical Journal, 2019).

Our ability to enjoy life, be productive and engage with the world is being negatively impacted by period shame. This all stops now, with you, reading this little period-taboo-busting leaflet.

Non marked stats are from the amazing Plan International UK.

The facts

What are periods?

Periods are a totally natural part of your menstrual cycle.

What is a menstrual cycle?

Your menstrual cycle is pretty amazing.

Every 21-40 days your body goes through a cycle of hormone changes. These changes trigger your uterus to build its lining (ready to support a fertilised egg) and then, if you're not pregnant, to shed it so that its lining can be rebuilt. Pretty amazing, right?

Your uterus cramps and bleeds when it needs to get rid of its lining. This is why people with a uterus will bleed for 2-7 days on average during what we call a 'period'.

Bleeding is natural. It's just the process of shedding the temporary walls of your uterus.

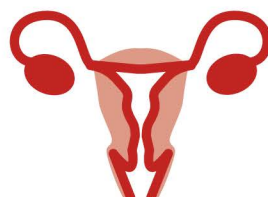
Most people with a uterus start to produce the hormones that trigger a menstrual cycle between 10 and 15 years old, however some start younger, in primary school.

Keyword explained: Hormone

A hormone is a chemical messenger that causes changes to happen within the body.

Who has a period?

This is a really interesting question! Essentially, most people with a uterus will usually experience a menstrual cycle and therefore, a wonderful period! But it's important to say that not all women have a uterus, and not everyone with a uterus is a woman. Periods depend on anatomy, not gender. That's why throughout this leaflet we'll refer to 'menstruators' meaning everyone who menstruates.



Uterus



Price
£££

95p - £3.50 =
1 pack of 12

(2020 pricing)

**Short
lasting**



Depending on the size
you should change
your tampon every
2-4 hours
(Max 8 hours).

suitable for...



...all activities including
swimming!

Tampons

**Ease
of use**



Fairly easy!

Different types of Tampons:

The same tampon with a different applicator to insert into the vagina

	Non applicator	Cardboard Applicator	Plastic Applicator
Product:			
Ease of application:	★	★★★	★★★★★
Period flow:	All types available in Lite to Super Plus	Lite 	Regular
		Super 	Super plus
		Very light	Medium
			Heavy
			Very heavy

Tampons could cause:

Toxic Shock Syndrome. A tampon that has been soaked in blood for a long time is the perfect place for bacteria to grow. This bacteria contains toxins which can enter the bloodstream through tiny tears in the vaginal walls which can occur when inserting tampons, particularly larger tampons (Super or Super Plus) that are used when they are not needed (when you have a light flow). This is easy to avoid, just make sure you change your tampon often.

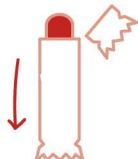
How to use a tampon

Step 1



Make sure
your hands
are clean

Step 2



Remove
wrapping

Step 3



If using an
applicator
your
fingers
should
touch your
body

Insert the tampon
into the vagina and
push the applicator

Step 4



Take the
applicator
out

Step 5



Pull on the string
to remove the
tampon

Step 6



Throw in the bin
(not in the loo!)

The Breakdown of a period pad

Layers of a tampon

Layers of a tampon	Materials they can consist of...	Its use
= Applicator	Plastic, cardboard, plant based plastic	Helps to insert the tampon more comfortably
= Thin cover	Cotton	Helps to remove the tampon smoothly
= Absorbant core	Cotton	absorbs and holds the liquid
= String	Cotton with polypropylene braid	Used to remove the tampon

**For
eco friendly
alternatives**



See page 6&7

Eco friendly

Menstrual cups are reusable and are usually vegan!



Menstrual cup



Price

£££

£8.95 - £38 =
1 menstrual cup
(2020 pricing)

Long lasting

One menstrual cup can last up to 10 years!
They need to be emptied around 2-4 times per day and should not be left in longer than 12 hours.

suitable for...



...All activities including swimming!

Watch out!

Menstrual cups can be messy and may take a few period cycles to get used to!

Different types of Menstrual cups

The same cup different sizes

Product:



Menstrual cup Size A
(Smaller size)



Menstrual cup Size B
(Larger size)

Designed for:

Those who:
1) Have not given birth vaginally
2) Are under 30 years old

Those who:
1) Have given birth vaginally
2) Have particularly heavy flows
3) Are over 30 years old

This size is also completely fine for anyone who has never used a menstrual cup before. It's also perfect for people who aren't sexually active as well as those who are.

Capacity:

usually holds 12-25ml

usually holds 20-35ml

Positives:

Menstrual cups give you freedom because you don't have to carry any extra period products with you while you're on your period!

Variety:

There is a huge variety of designs and softness! Some cups are even designed specifically to wear during sex! There's a menstrual cup out there just for you.

Menstrual cups could cause:

Irritation to the vagina. To avoid irritation wash your menstrual cup with boiling water only, or if you want to use soap use mild, unsented, oil free, water based soap to not disturb the PH balance of the vagina which is self cleaning.

Not suitable for...

...some manufacturers don't recommend using a menstrual cup if you have an intrauterine device (IUD) as it may dislodge it.

How to use a Menstrual cup

Step 1



Make sure your hands are clean

Step 2



Push the front and back together to flatten the cup

Step 3



Fold the right side over to the left

Step 4



Insert just like a tampon

Step 5



The cup should pop into place!

Step 6



Run your finger around the base of your cup to make sure it's all unfolded and ready to go!

Thank you for reading the free sample of our



resource

To read more, please download the full
resource from our website

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Take a selfie with me if you think...



Periods Matter



#SexEdMatters