

## PRIMARY LINKS

# MENSTRUAL WELLBEING



Parents/Carers may find these useful

**Note:** You should review these resources and links before use to check if they are appropriate for your pupils and in line with your school's ethos and RSE policy.

### BACKGROUND INFORMATION

#### [ActionAid – Periods and girls' education](#)

This page looks at how this international charity is helping girls manage their periods safely, so they can get the education they deserve.



#### [Bodyform – The female body: all the facts you need](#)

This page looks at myths and facts about periods, and includes FAQs on periods and the female body, along with advice for parents and carers on [Explaining Puberty to your Daughter](#).

#### [Endometriosis UK – Endometriosis information for teenage girls](#)

These pages include information on and support for endometriosis, including a leaflet on starting your period, what every girl needs to know about periods and what is normal.

#### [Freedom4Girls](#)

This UK charity challenges the stigmas, taboos and gender inequalities associated with menstruation through education, provision of menstrual health management solutions and campaigning against period poverty.

#### [KidsHealth – All About Periods](#)

Aimed at children, this page answers common questions that they might ask about periods.

#### [Lil-Lets Teens – The Ultimate Guide to Becoming a Teen](#)

Aimed at young girls, this booklet includes help and guidance on what to expect and the products that are available, and tips on managing the changes that they may be experiencing.

#### [NHS – Periods Overview](#)

This page covers what a period is, when periods start and stop, types of sanitary products, PMS, getting pregnant and changes in periods. See also the NHS pages on [Girls' bodies](#) and [Girls and puberty](#).

#### [Plan International UK – Break the Barriers](#)

This report documents girls' experiences of periods in the UK and reveals a culture of stigma and silence that has turned periods into a hidden public health issue – putting girls' physical, sexual and mental health at risk.

#### [Plan International UK – Let's Talk. Period](#)

This page looks at how Plan International UK worked with Brook to launch the Let's Talk. Period project to tackle period poverty in England.

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### [Royal College of Nursing – Promoting menstrual wellbeing](#)

This page features information on menstrual wellbeing and links to the Promoting Menstrual Wellbeing publication and evidence on the importance of exercise for reducing period pain.

### [Tampax – My First Period](#)

Aimed at young girls, this page includes advice and tips on starting their first period, advice on pads vs tampons, and information on menstrual cycle phases.

### [The Pad Project – Period. End of Sentence.](#)

This page is about the film *Period. End of Sentence.*, which follows the women of Kathikhera, a village outside of New Delhi, India, as they install a sanitary pad-making machine and sell their pads throughout their district.

### [Wellbeing of Women – What is a period?](#)

This page includes information on period symptoms, missing a period and when to talk to a GP.

## TEACHING RESOURCES

### [Able2learn – Health and Physical Education](#)

Particularly useful for pupils with special educational needs, these social stories cover topics like I have my period and puberty, with different versions for boys and girls.

### [Always – Primary Schools Puberty Teaching Resources](#)

The Changing Body resources on this page can help pupils learn about the female reproductive system, periods and available sanitary products.

### [BBC Bitesize – Reproduction in humans: Biology Year 7](#)

This page covers puberty, fertilisation, the menstrual cycle and fetal development, and features a quiz to test pupils' learning.

### [Betty Education](#)

This website features PSHE Association-accredited resources for 8–12-year-olds that encourage open, respectful and honest conversations about periods and the way they affect girls.

### [Beyond Words – Susan's Growing Up](#)

Suitable for pupils with special educational needs, this book (costing £10.00) focuses on what can happen to a girl when she starts her period and how parents/carers and teachers can support and reassure her.

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### [FPA - Periods: What you need to know](#)

Aimed at young girls, this booklet explains what a period is and what to do when periods start.



### [Hey Girls - Schools](#)

This website features educational materials for girls explaining periods, sections for boys and dads, and a primary school pack that includes lesson plans and tips on running a period poverty campaign and distributing period products in school.

### [Irise International - Resources](#)

This page features a Menstrual Health Education Toolkit that teachers can sign up for and download.

### [Lil-Lets - School Resources: Menstruation Education in Schools](#)

Lil-Lets has worked with Brook to create a free e-learning course that covers topics like body changes, reproduction and periods, and emotional and mental health.

### [Period Positive - Period Positive Menstruation Education Programme of Study](#)

Covering Key Stage 1 up to post-16, this programme of study is offered as a guide for menstrual literacy curriculum planning.

### [Twinkl - Sex and Relationships Education: Menstruation PowerPoint](#)

Suitable for Year 7 and pupils with special educational needs, this presentation helps to explain to girls what to expect when they start their periods and why they begin.

### [Twinkl - When I Get My Period Social Situation](#)

### [Twinkl - Changing My Pad Social Situation](#)

Teachers can edit these social stories to suit their pupils' individual needs.

### [WaterAid and Girl Guiding - Period Poverty](#)

This activity pack includes two 45-minute sessions aimed at ending period poverty and period stigma.

### [WUKA - The Autism-Friendly Guide to Periods](#)

This guide to periods that costs £12.99, written by autistic author Robyn Steward, helps readers aged 9-16 understand what periods look and feel like and how to manage hygiene and pain.

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