

POST-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.

[Bleedin' Saor – Let's Blether About Periods](#)

These personal stories cover the different period experiences of a range of people.



[Bodyform](#)

This website features a series of 'womb stories', looks at myths and facts about periods, and includes FAQs on periods and the female body, along with advice for parents and carers on talking to their child about periods.

[Brook – My Body](#)

Aimed at young people, this page includes advice on topics like puberty, periods and keeping clean.

[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.

[IAPMD – What is PMDD?](#)

This page explains premenstrual dysphoric disorder (PMDD), its symptoms and causes, and the personal impact on those who suffer from it.

[KidsHealth – All About Periods](#)

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



[Lil-Lets – Teens](#)

This page features separate advice sections for teenagers and parents/carers on puberty and periods.

[Lunette](#)

This website features information and advice on dealing with various period issues and includes a section aimed at teenagers who want to use menstrual cups.

Disclaimer: CCEA is not responsible for the content of linked websites. We do not necessarily endorse, recommend or approve of the content of these sites. We cannot guarantee that these links will work all the time, and we have no control over the availability of linked pages.

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[Mind – Premenstrual dysphoric disorder \(PMDD\)](#)

This page defines PMDD, explores issues around getting a diagnosis and includes information on self-care and treatment options.

[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](#).

[NHS – Endometriosis Overview](#)

This page defines endometriosis, looks at the symptoms and treatment options, and includes guidance on when to see a GP.

[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.

[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.

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TEACHING RESOURCES

[Always – Secondary Schools](#)

Featuring a teacher guide, lesson plans and activity sheets, these post-primary resources can help develop pupils' self-esteem and body confidence.

[BBC Bitesize – Reproduction in humans: Biology Year 9](#)

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.

[Endo What? – Educators: Endometriosis Affects Your Students](#)

Featuring a lesson plan, discussion guide and film, these resources aim to encourage open discussion and communication about endometriosis and girls' health.

[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 secondary school pack that includes lesson plans and tips on running a period poverty campaign and distributing period products in school.

[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.

[Menstrual Hygiene Day – #NoMoreLimits](#)

Teachers can use this game in the classroom to help pupils discuss period taboos and stigma.

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[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.

[TED-Ed – Why do women have periods?](#)

Suitable for older pupils, this video gives an overview of menstruation and why it happens, and provides questions and additional resources for a deeper study of the reason for menstruation.

[TES – Menstruation](#)

This page features various free and paid-for resources that cover topics like the menstrual cycle, changes in puberty and growing up, as well as resources for pupils with special educational needs.

[UNICEF – Period lesson plan: guide to menstruation for teachers](#)

Featuring information on 10 things girls need to know about menstruation and how to handle difficult situations in class, teachers can use this page to create lessons and resources.

[Water Aid 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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