

LIL-LETS **TALK** PERIODS



Identify this period product

Hint

Hide the answer at the bottom and reveal once everyone has answered.



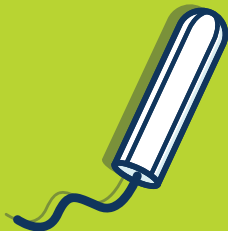
This is a **period pad**, sometimes called a sanitary pad.



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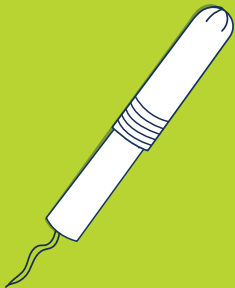
This is a non-applicator
tampon.



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This is an **applicator**
tampon.



Why do **period pads** have **wings**?

Most period pads come with extra bits on the sides. These are called wings, and they **help keep the pad in place.**

They have a sticky backing strip that once removed allows you to fold the wing over the edges of your underwear for greater security.



Can you **bath** when you have your period?

Yes! You can take a bath when you have your period! It's actually a great way to feel clean and relax while practicing good hygiene habits. Make sure to use a fresh tampon or pad after your bath.



Is it **sore** when blood comes out during your period?

It might feel like a **little trickle or a few drips**, but it usually isn't painful because it isn't a lot of blood. You may experience cramping as your uterus is shedding its lining. **Sometimes, you might not even notice it at all** because it happens slowly throughout the day.



How much **blood** **do you lose** during a period?

While it might seem like a lot, **it's**
only about 2 to 3 tablespoons on
average for the whole period!



At **what age** do girls get their period?

Girls usually experience their first period **between the ages of 8 and 16**. Since each person's body develops uniquely, the timing is different for everyone.



All my friends have started their period but I have not. **Should I be worried?**

Our bodies are all different and we go through puberty at different stages. **If a girl doesn't get her period by around 16 or 17, it may be a good idea to visit a doctor.**

Sometimes, the body just needs a little help figuring things out, and a doctor can check if everything is okay.



Why do girls and women **have** **periods?**

Periods happen when girls grow up because their bodies are maturing in preparation to have children some day. Each month, their body makes a soft lining in the uterus (a place inside their body where a baby grows). If there's no baby, the body lets go of the lining, and **that's what a period is!**



TRUE OR FALSE

Periods last
3 to 7 days.

True!

Most periods last **about 3 to 7 days**.
It's different for everyone, so don't
worry if your period is longer or
shorter than someone else's.



Why do you sometimes notice **drops of blood** in your underwear between your periods?

A little spotting (tiny drops of blood) between periods is usually nothing to worry about.

Sometimes, your body is still figuring things out, especially if you just started your period. If it happens a lot, you can talk to a trusted adult or doctor.



I started my
period but then
it went away for
a few months.
**What does that
mean?**

This can happen especially when you're young and your body is still adjusting to menstruation. Your period might be a little irregular at first, but it usually becomes more regular over time.



Can you **swim** when you have your period?

Yes, you can swim when you have your period! You might want to use a tampon or a menstrual cup to stay comfortable and prevent leaks while swimming.



Why do girls sometimes **get cramps** during their period?

Cramps happen **because your body is shedding the lining of your uterus**. It might feel like a bellyache, but you can manage the discomfort by using a hot water bottle on your belly, stretching or doing some light exercise.



Does having a
period mean
you're a **grown-up**
woman?

**No. Getting your period is a
sign your body is growing and
changing**, but it doesn't mean
you're a grown-up yet!



Are there **foods**
you **should avoid**
when you have
your period?

No. There's no food you must avoid,
but eating healthy foods like fruits,
vegetables, and drinking lots of
water can help you feel your best.



Are you **dirty** when you are menstruating?

No, you are not dirty when you have your period! It's a natural and healthy part of life. Keeping clean by changing pads or tampons regularly and taking baths or showers will help you feel fresh.



TRUE OR FALSE

You should **not**
exercise when you
are menstruating.

False!

You can exercise when you have your period. In fact, light exercise like walking or stretching can help with cramps and make you feel better.



TRUE OR FALSE

Menstruation
has to **be kept**
a secret from
boys and men,
including fathers
and brothers.

False!

Periods are a normal part of life,
and there's no need to keep them a
secret. It's okay to talk about them
with trusted people, including dads
and brothers.



TRUE OR FALSE

Having a period
means I **have to**
get married.

False!

Getting your period is just one part
of growing up and doesn't mean
you're ready to get married.



TRUE OR FALSE

Everybody
experiences their
periods
differently.

True!

Some people have light periods,
others have heavy ones. Some
feel cramps, and others don't.
Everyone's experience is different,
and that's okay!



Should I use a pantyliner every day?

No. You don't have to wear a pantyliner every day. But if you feel you prefer using them, they're safe to use every day. Just be sure to change them regularly as directed on the packaging.



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This is a **Menstrual Cup**.



Does having a period **make you smell bad?**

No, having your period doesn't make you smell bad. If you notice an odour, it's usually because the blood has been sitting in your pad or tampon for too long. Changing pads or tampons regularly and keeping clean will help reduce any possible odours.



How often should you change a period pad?

You should change your pad **every 4 to 6 hours**, or sooner if it's full. This helps prevent leaks and keeps you feeling clean and reduces odour.



How often should you change a tampon?

You should change a tampon **every 4 to 8 hours**. Never wear one for more than 8 hours. Always read the guidance leaflet in every pack of the tampons.



What happens if your **period** **starts in class** and you have **male** **teacher?**

If your period starts, don't panic!
**Ask your teacher if you can go
to the bathroom.** All teachers,
including male ones, understand
that periods are a normal part of
life.



What should you do if your **period starts and leaks** onto your uniform or clothes?

If this happens, **tie a jersey or jacket around your waist to cover the stain.** Ask to go to the bathroom and clean up. If you have a spare pad or tampon, use it. Try to stay calm, it's something that has happened to lots of people!



What is PMS?

PMS stands for **Premenstrual Syndrome**. It's when some people feel **mood changes, cramps, tiredness, or cravings** for snacks before their period starts. It happens because of hormonal changes in your body.



Do tampons break your virginity?

No, tampons don't affect your virginity. Virginity is about whether someone has had sexual activity, and using a tampon is simply a way to manage your period.



What is the **best way to deal** with period cramps?

To feel better, you can:

Use a **hot water bottle** on your belly.

Do **light exercises** like stretching or walking.

Take **pain medication**, if needed, after checking with a parent or guardian.

Get some rest.



Why can't you wear a pad in the swimming pool?

Pads don't work in water because they **absorb the pool water** and won't stay in place. Tampons or menstrual cups are better for swimming since they work inside your body.



What colour should my period blood be?

Period blood can be **red, or even dark red or brownish** because it's older blood that's taken longer to leave your body. This is normal and nothing to worry about.



TRUE OR FALSE

You must be **older than 16** to use a tampon.

False!

You can use a tampon whenever you feel ready. Age doesn't matter; it's about what's comfortable for you.



TRUE OR FALSE

Periods happen
every 28 days.

False!

While 28 days is an average cycle length, periods can happen **anywhere from 21 to 35 days**, and that's normal.



TRUE OR FALSE

Pads, tampons,
reusable panties
and menstrual
cups are **ways** in
which **you can**
manage your
period.

True!

These are all safe and helpful ways
to handle your period. You can
choose what works best for you.



TRUE OR FALSE

If you get your
period it means
you've been
sexually active.

False!

Getting your period has nothing
to do with being sexually active.
It's a natural sign that your body is
growing and changing.



TRUE OR FALSE

You get cramps
or **experience**
discomfort during
periods

True!

Some people get cramps, and others don't. Everyone's period experience is different, and that's completely normal.



Can you **urinate** (pee) when you are **using a** **tampon?**

Yes, you can pee while wearing a tampon. It won't get in the way. Just remember to wipe properly after using the toilet and always make sure to wash your hands before and after changing your tampon.



If I use a tampon,
should I also use a
pad or pantyliner
**to be safe from
leakage?**

No, only if you want / need to.
While you don't have to, you can
use pantyliners to catch any
potential leakage. However, if your
tampon leaks in less than 3 hours,
you should consider using a higher
absorbency.



What is **puberty**?

Puberty is a natural stage of life **when a child's body starts to grow and change into an adult body**. For girls, this usually begins between the ages of 8 and 13, but everyone's timeline is different.



Name 3
**symptoms/
changes** that you
can experience
during puberty:

During puberty, girls experience
several changes, including:

Breast Development
Growth Spurts
Body Hair
Skin Changes
Menstruation
Emotional Changes



How do I know **which product** to use for my flow?

Our packs make it easy to identify whether you're looking for a light flow, medium flow or heavy flow.

Look for the drops on the front of the pack. The filled in drops indicate the heaviness of the flow that the pads or tampons are designed for.



Can you have **sex** when you're on **your period**?

Yes, you can have sex while on your period, but it's totally up to you and your partner. Some people feel uncomfortable with it, while others don't mind.

Just keep in mind that there might be extra mess due to the blood, so you may want to be prepared for that.



Is having **sex** during your period a **form of** **birth control**?

**No, having sex during your period
is not a form of birth control.**

Even though it's less likely to get pregnant during your period, it's still possible. Sperm can live for a few days in the body, and if you have sex near the end of your period, it could lead to pregnancy. So, if you want to avoid pregnancy, you still need to use protection (like condoms) or other birth control methods. Please always discuss protection with a parent or guardian.



Can you use an
intimate wash
even if you have
never been
intimate?

Yes! Intimate feminine washes are designed to be used on your vulva, not inside your vagina.



How many pads/ tampons should you use in a day?

With a regular flow, you should change your tampons and pads every 4-8 hours. That means you should use **between 3 to 6 pads/tampons in a day.**



Can you **flush** your pads/ tampons **down** **the toilet?**

No. You should not flush your period products down the toilet. You should rather dispose of them safely in the bin.



How can I **make sure** that I don't experience **leakage overnight?**

Your pads and tampons are designed to manage your flow at all times of the day. If you notice that your flow becomes heavier overnight, you can **use a heavier absorbency**, and change if you wake up in the middle of the night.



What are the **different phases** of your **menstrual** **cycle?**

There are four phases of the
menstrual cycle.

Menstrual Phase
Follicular Phase
Ovulation Phase
Luteal Phase



OPTION 1

Small Group Version

Green, Orange, and Pink cards contain questions. Select the appropriate cards for the age group and shuffle.

Players sit in a circle, each dealt 5 cards. The rest go in the center.

The **youngest player** starts, and play goes clockwise. Each player reads a card aloud. The others raise their hands to answer. The first hand up gets to answer.

Correct answer:

The player keeps the card.

Incorrect answer:

The correct answer is read aloud, and the card goes to the discard pile.

The game ends when:

All cards are read, or the set time (e.g., 15 minutes) is up. The player with the most cards at the end wins.



OPTION 2

Class Version

Green, Orange, and Pink cards contain questions. Select the appropriate cards for the age group and shuffle.

The cards are dealt among the players. The caregiver/educator reads them aloud one by one.

Players raise their hands to answer. The first hand up gets to answer.

Correct answer:

The player keeps the card. The caregiver/educator may give extra details if needed.

Incorrect answer:

The correct answer is read aloud, and the card is placed aside.

The game ends when:

All cards are read, or the set time (e.g., 15 minutes) is up. The player with the most cards at the end wins.



ADDITIONAL NOTES

Time Limit

Set a time limit (e.g., 15 minutes) using a timer.

Scorekeeping

Players tally the number of cards they've collected. The player with the most cards wins.

Card Categories

Green cards are for younger players.

Orange and Pink cards are for older players.

Helpful Reminders

Players should wait for their turn to raise their hand and answer.

Top Tip

It will be beneficial to include a tampon, pad and menstrual cup as examples for the game.

