

period talk

A menstruation education program for schools

period
talk

presented by



LESSON

01

**Understanding
periods and
menstruation**

Together, we will:

**1. UNDERSTAND THE
NATURE OF THE
MENSTRUAL CYCLE**

**2. UNDERSTAND WHAT
HAPPENS WHEN YOU
HAVE A PERIOD**

**3. UNDERSTAND THE
HORMONES
INVOLVED**

**3. CLARIFY ANY
MISCONCEPTIONS**

In the next few lessons we are going to learn all about periods (or menstruation which is the scientific name) and the menstrual cycle.

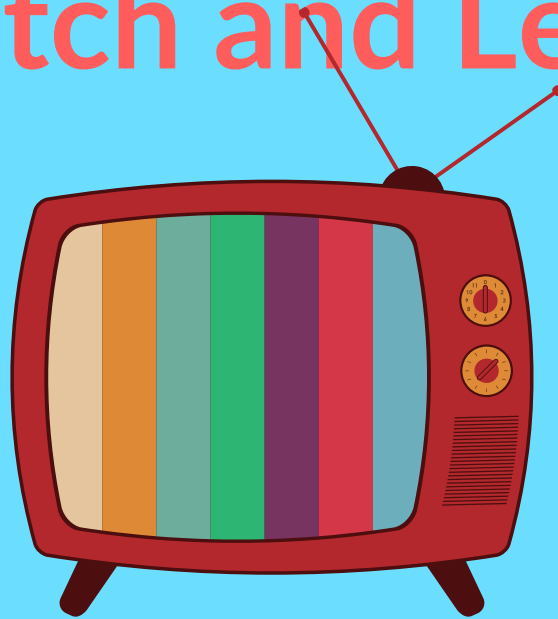
It is important that both boys and girls learn about this as it is something that we will all have some experience with at some time in our lives.

ACTIVITY




Group Relay Challenge

Watch and Learn

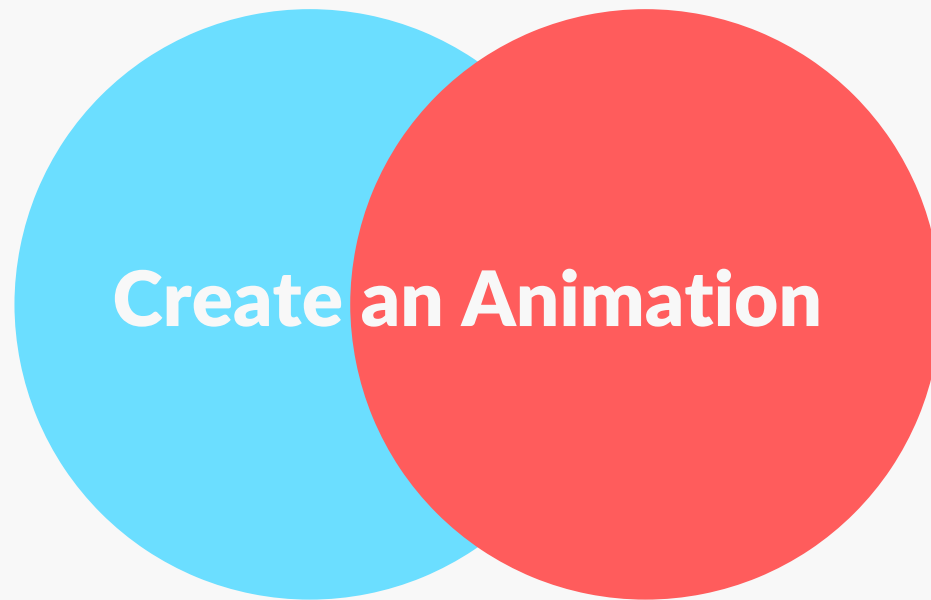


Animation



**the
female
hormone
cycle**

ACTIVITY



Create an Animation

Checklist

- What is the menstrual cycle?
- What happens when you have a period?
- Which hormones are involved?
- What are the common misconceptions of menstruation?

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thank you.

There's nothing wrong with talking about periods!

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