

period talk

A menstruation education program for schools

period
talk

presented by



Over the next few lessons we are going to be exploring how boys and girls change as they get older and move from childhood into adolescence.

LESSON

01

**What exactly is a
period anyway?**

Together, we will:

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

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

**3. CLARIFY ANY
MISCONCEPTIONS**



What's the word we use to describe the changes that happen as we move from children to adolescence?

PUBERTY

ACTIVITY



Group Relay Challenge

Watch and Learn



Video 1



**period
talk**

What is a period?

Video 2



**period
talk**

**When should you expect it
and what to do when it finally arrives?**

Observations

- What new information did you notice in the video and animation?
- Was there anything interesting or surprising?
- What did it make you wonder?



Can you think of ways that you could help support a friend or family member when they get their period?

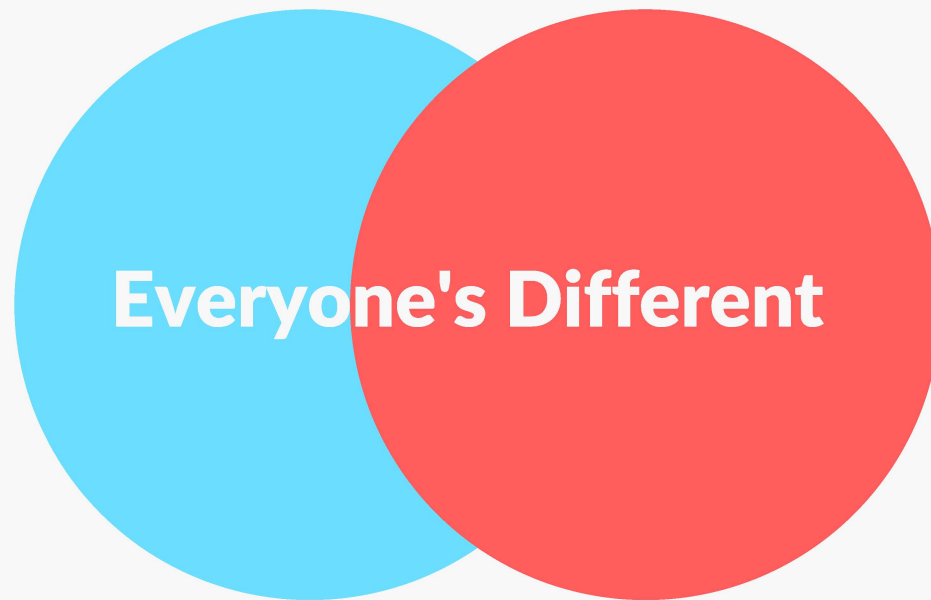
Other names used to describe a period

MENSTRUATION

?

?

ACTIVITY



Checklist

- What is the menstrual cycle?
- What happens when you have a period?
- What are the common misconceptions?