



**For parents +  
kids who can  
menstruate**

- **What can I do to make this time more comfortable?**
- **Do you feel like you have enough support?**
- **Do you talk to your friends about periods?**
- **Do you know what period products are available to you?**
- **How are you managing your pain?**
- **Do you know what toxic shock syndrome is?**
  - It is a illness caused by a particular type of bacteria that can exist in the vagina. Leaving a tampon in for a long period of time may encourage the bacteria to grow.
- **Do you know what a period is and what is happening when someone menstruates?**
  - The uterine lining sheds because there is no baby in the uterus! Therefore, the comfy bed the uterus has made for the baby needs to vacate the premises—resulting in a few days of bleeding.
- **Do you understand why you shouldn't blame someone's mood on their period?**
  - Even though hormone changes throughout the menstrual cycle can impact mood attributing someone's emotions to menstruation enforces assumptions that hold people back and invalidates their anger or sadness. Everyone experiences their period differently, and inferring that someone is in a bad mood due to their period undermines their feelings and causes shame and stigma.



A large, irregular red shape with white outlines, resembling a stylized drop or a splash, centered on a light pink background. The shape has several white curved lines along its perimeter, giving it a sense of movement or depth.

**For parents +  
kids who can  
not menstruate**

- **Do you know what a period is and what is happening when someone menstruates?**
  - The uterine lining sheds because there is no baby in the uterus! Therefore, the comfy bed the uterus has made for the baby needs to vacate the premises—resulting in a few days of bleeding.
- **Do you know what the symptoms of periods are?**
  - Nausea, abdominal cramps, back pain, headaches, fatigue, bowel issues, sore breasts and changes in mood.
- **What are some things you can do to make the people around you who menstruate feel comfortable?**
  - If you think it's appropriate ask them if they need any period products and or offer them a heat pack/pain medication
  - If you think it's appropriate talk to them openly about it! This will help to remove the shame they may feel.
- **Have you or would you ever make fun of someone for being on their period?**
- **Do you understand why you shouldn't blame someone's mood on their period?**
  - Even though hormone changes throughout the menstrual cycle can impact mood attributing someone's emotions to menstruation enforces assumptions that hold people back and invalidates their anger or sadness. Everyone experiences their period differently, and inferring that someone is in a bad mood due to their period undermines their feelings and causes shame and stigma.



A large, irregular red shape with white outlines, resembling a stylized drop or a speech bubble, centered on a light orange background. The shape has several curved white lines along its perimeter, suggesting a 3D effect or a shadow.

**For partners  
and friends**

- **How are you managing your pain?**
- **What can I do to make this time more comfortable?**
- **Do you feel like you have enough support?**
- **Have you ever been made to feel uncomfortable when you have tried to talk about your period?**
- **Do you understand why you shouldn't blame someone's mood on their period?**
  - Even though hormone changes throughout the menstrual cycle can impact mood attributing someone's emotions to menstruation enforces assumptions that hold people back and invalidates their anger or sadness. Everyone experiences their period differently, and inferring that someone is in a bad mood due to their period undermines their feelings and causes shame and stigma.
- **Do you know what a period is and what is happening when someone menstruates?**
  - The uterine lining sheds because there is no baby in the uterus! Therefore, the comfy bed the uterus has made for the baby needs to vacate the premises—resulting in a few days of bleeding.





**For people  
who don't  
menstruate**

- **Does talking about periods make you uncomfortable? Why do you think this is?**
- **Do the people who have periods that are close to you talk to you about their period?**
- **Have you or would you ever make fun of someone for being on their period? Why or why not?**
- **Why is it important to remove the shame and stigma around periods?**
- **What are some things you can do to make the people around you who menstruate feel comfortable?**
  - If you think it's appropriate ask them if they need any period products and or offer them a heat pack/pain medication
  - If you think it's appropriate talk to them openly about it! This will help to remove the shame they may feel.
- **Do you think you are knowledgeable about periods and the menstrual cycle? Do you wish you knew more?**
- **Do you understand why you shouldn't blame someone's mood on their period?**
  - Even though hormone changes throughout the menstrual cycle can impact mood attributing someone's emotions to menstruation enforces assumptions that hold people back and invalidates their anger or sadness. Everyone experiences their period differently, and inferring that someone is in a bad mood due to their period undermines their feelings and causes shame and stigma.
- **Do you know what a period is and what is happening when someone menstruates?**
  - The uterine lining sheds because there is no baby in the uterus! Therefore, the comfy bed the uterus has made for the baby needs to vacate the premises—resulting in a few days of bleeding.

