



Periods are *normal*

Learning about them should be too.



Explore Share the Dignity's free menstruation education hub to learn about all things periods.

Whether you're about to get your first period, are coaching a sports team, or are a dad wanting to support a child who menstruates - there is something for you!

Expand your period education today. **SCAN HERE!**



www.sharethedignity.org.au