

# Periods

**LET'S TALK**  
Helping young people thrive



# Who are Let's Talk?

We support young people to develop **knowledge, skills and confidence** to make **informed decisions** about their **health and wellbeing**

**Free, confidential, and non-judgemental** support and advice including about:

- Relationships
- Sexual Health
- Drugs and alcohol
- Understanding anger
- Health and wellbeing





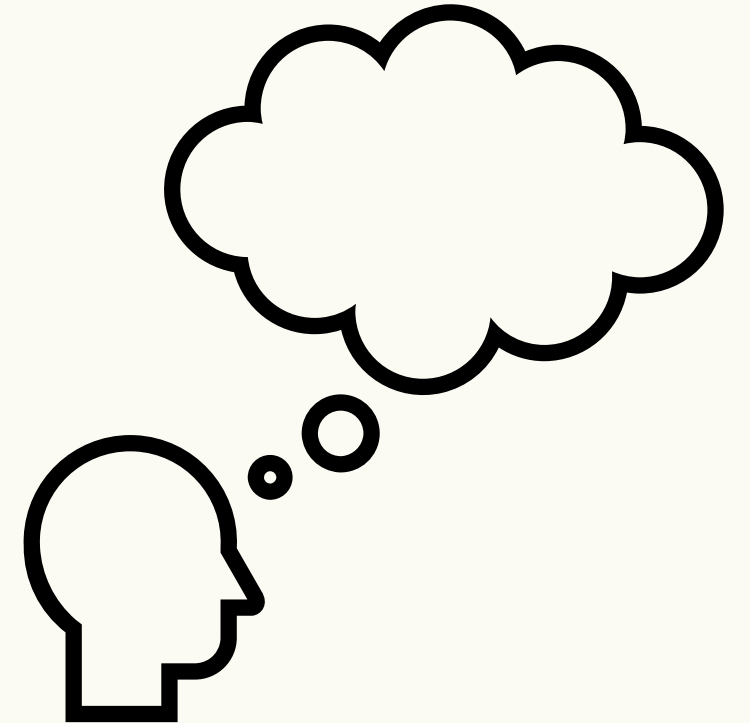
# Group Agreement

- Safe space for learning – no judgement
- Take part
- Ask questions – but nothing personal
- Listen – don't talk over
- Language
- Confidentiality
- Look after you!

# Learning Objectives

By the end of this lesson, you will be able to:

- Understand what periods and menstruation are
- Recognise normal symptoms and how to manage them
- Identify what is normal for you and when to see a doctor
- Consider the pros and cons of different period products
- Challenge common myths and stigma around periods
- Know where to go for help and support





# Who has a period?

Most people with a uterus (womb) will start their period during puberty.

This includes:

- Cisgender girls and women
- Transgender boys and men
- Non-binary people
- Intersex people

It's important to recognise that not all women and girls have periods, and not all people who have periods are women and girls.

# What is a period?

A period is when blood and other cells come out of the body via the vagina.

The blood and cells come from the lining of the uterus.

This is very normal.

# What is a period?

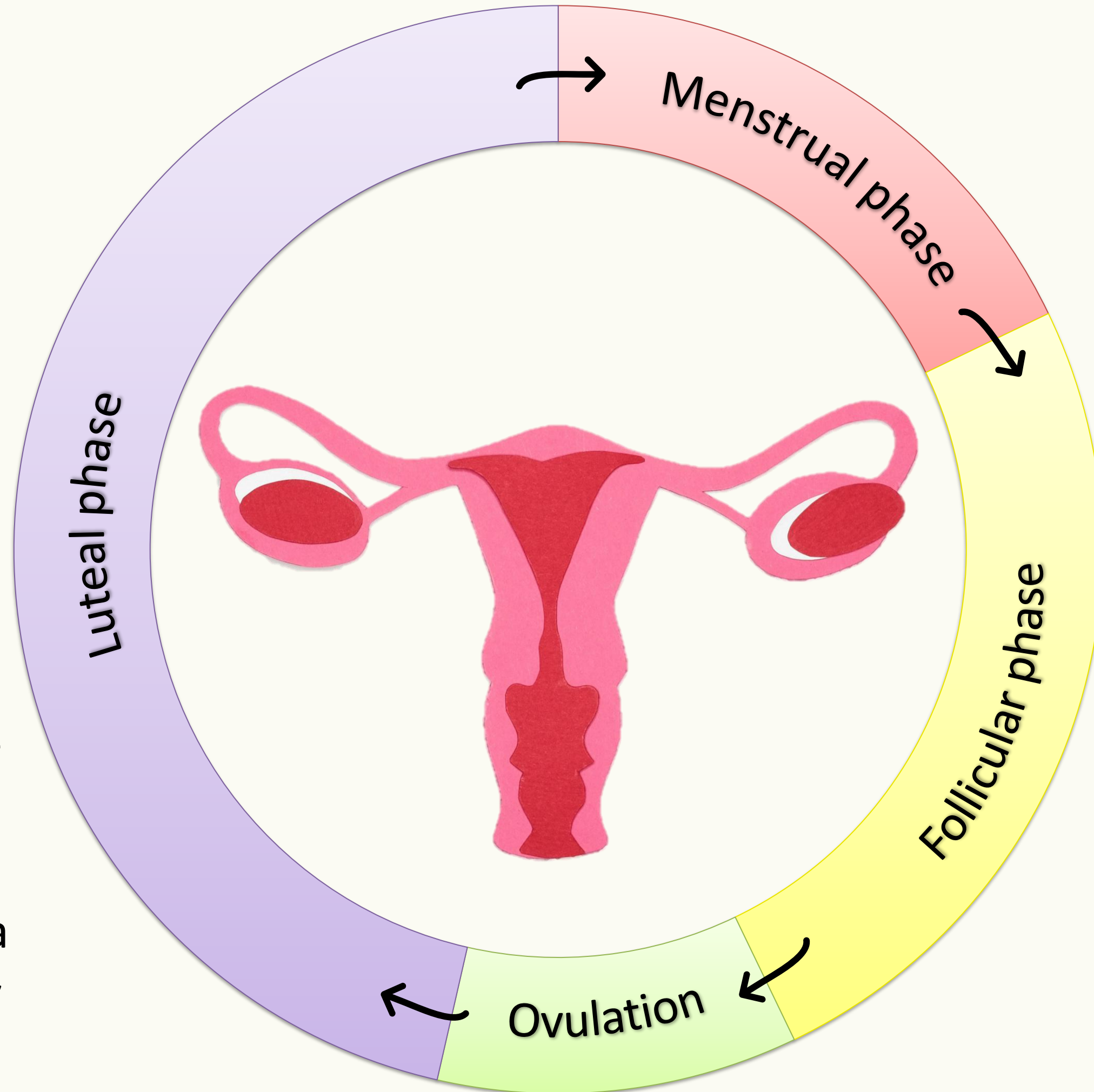
A period is part of the **menstrual cycle**.

Let's go through this cycle together with your diagrams!

#### 4. Luteal Phase:

After ovulation, the body prepares for a possible pregnancy. If the egg isn't fertilized, hormone levels drop, leading to the next menstrual phase.

**3. Ovulation:** About halfway through the cycle, one egg is released from the ovary. This is when a person is most likely to get pregnant.



#### 1. Menstrual Phase:

This is when bleeding happens, usually lasting 3 to 7 days. It marks the start of the cycle.

#### 2. Follicular Phase:

The body starts preparing an egg to be released. Hormones help the eggs grow in the ovaries.

**Quiz!**

# Teaching notes

## **RESOURCE: Periods Quiz**

Split learners into pairs or small groups to complete the quiz and then debrief with the answers.

Note: quiz has sex related questions in so use and remove at your discretion depending on the age of the class.

# What is 'normal'?

Cycles between 21-35 days are typically considered regular, and most people bleed between 2-7 days each cycle.

The colour of blood can range from pink to red to brown.

Most people start their period by age 16 and continue until menopause.

Periods are different for everyone, so it's about finding what's normal **for you**.



# What do periods feel like in the body?

Breast pain

Diarrhoea

Mood swings

Spots

Cramps

Upset tummy

Hard to sleep

Anxious

Might feel too hot

Tiredness

PERIOD

SELF

CARE



**amaze**

# What can help with a period?

Hot water bottle

Medicine

Movement

Talk about it

Sleep

Have a bath

Drinking  
water

Self massage

Is there anything else that helps you?

# Teaching notes

## What can help with a period?

Ensure learners are aware that medicine should be taken with adult supervision.

Movement can feel difficult on your period, but even lying in bed and stretching your legs up and down can help.



## See a doctor if...

- Pain is severe or affecting your daily life
- You need to change your pad, tampon or period pants more than every 2 hours, or empty your cup more often than recommended
- You notice large clots bigger than 2.5cm
- You haven't started your period by age 16



# See a doctor if...

- Your periods become irregular
- You bleed for more than 7 days
- Your PMS feels severe
- You miss a period
- **Anything changes that is not normal for you**

# **Pitch Your Product**

# Teaching notes

## **RESOURCE: Pitch Your Product.**

Split learners into groups and give them each a period product from the 'pitch your product' sheet. It can be helpful to also have the physical items for them to look at.

Ask learners to 'pitch their product', writing a mini speech for why someone should use their product.

Ask each group to feed back to the whole class describing their item – ensure any missing information is added for the benefit of the class.

# Where can I learn more?



**Let's Talk** website has information for young people on topics like periods, puberty, relationships, consent and more.



**Health services in schools** have youth workers who can offer 121 support around any concerns or support you may need. Ask your teacher to learn how to chat to them.

# We're on Instagram!

Follow us [@lets\\_talk\\_wirral](https://www.instagram.com/lets_talk_wirral) for advice, updates and fun facts on everything from sexual health to drugs, LGBTQIA+, digital wellbeing and so much more!



# ourPlace

**ourPlace** is a free, confidential and non-judgemental service for young people aged 19 and under living in Wirral.

Our friendly team provide advice, support and treatment in a discreet and young person friendly clinic area.

Services and support:

- Contraception
- Emergency contraception
- Condoms
- STI testing
- Psychosexual support
- LGBTQ+ support





# Visiting ourPlace

**Monday to Thursday - 3.00pm to 7.00pm**

**Friday - 3.00pm to 6.00pm**

**Saturday - 1.30pm to 3.30pm**

For appointments, please call:  
**0300 123 5474**

Location:

ourPlace, 1st floor, St Catherine's Health Centre,  
Derby Road, Birkenhead CH42 0LQ