

# LESSON 6: SUPPORTING PEOPLE WITH PERIODS

**Overview:** Pupils think through different experiences of menstruation

**Great For:** Fostering empathy around menstrual experiences

**Resources Needed:**

Challenging situations statements, one page per group (see pages 3 & 4 below). My Period cards.

**Prep Time Needed:**

10 mins

**Works best in:**

Classroom

**Number of participants:**

Number of participants: Full Class divided into groups for activities

**Time Needed:**

50 minutes

**Set Up:**

Print and cut 'Do you think they have periods' photographs and a set of statements for each group (pages 3 & 4 below)

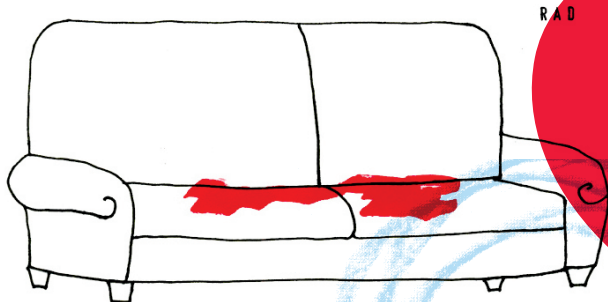
Age 15+

**Learning Outcomes:**

Pupils understand that many factors related to menstruation can be detrimental to mental health and how to challenge these (including gender identity, period poverty, culture, religion, ability).

Pupils continue to develop self-care and empathy around menstrual experiences.

**Who is this for:** *This lesson assumes knowledge of puberty, periods and some awareness of the issues that menstruators can face. You may need to be mindful of particular students in the class as some of these issues may be affecting them. Use your judgement to choose which statements to give which group, and whether you want to think of alternatives.*



Don't be

SCARED OF  
LEAKS?

# LESSON 6: SUPPORTING PEOPLE WITH PERIODS

**Introduction** Introduce the topic to the class  
5 minutes Establish ground rules (see Teachers' Guide)  
Remind the class that periods can be a sensitive topic  
Explain that we are going to consider some different challenging situations people might encounter to do with menstruation and think about how we might help, advise or support this person

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**Starter Activity** Select a starter activity for your class. Activity 4, 'Do you think they have periods' may  
15 minutes work particularly well for this lesson – see separate PDF

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**Main Activity** Hand out one worksheet to each group (see below)  
20 minutes Ask groups to consider their challenges and what their help, advice or support they would recommend  
Encourage the students to think outside of the box, to encourage seeking support, to put themselves in the shoes of the person and to provide feasible ways to cope  
Tell the class they can use the My Period cards to look up further information if they want to  
[If time] rotate the statements so groups discuss all statements  
Ask each group to report back about one of their challenges and what help, advice or support they recommended  
For each example, ask the class if they agree and/or if they would suggest anything more or different

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**Plenary** Remind the class that everyone's experience of periods and the menstrual cycle is unique.  
5 minutes Explain that there are support services available – if possible, provide a list for pupils to take home with them. This could include local organisations as well as national bodies like Scope – support for menstruators with disabilities; MIND – mental health helpline; Mermaids – support for trans\* young people; Endometriosis UK – support for people with endometriosis

# REMEMBER

## EVERYONE'S PERIOD IS DIFFERENT



## LESSON 6: WORKSHEET 1

### CHALLENGING SITUATION STATEMENTS

Our family  
won't talk  
to us about  
periods

I AM THE FIRST  
PERSON IN MY SCHOOL  
TO GET MY PERIOD AND  
SOME PEOPLE HAVE BEEN  
TEASING ME

We don't have  
any menstrual  
products at  
home & we can't  
pay for any

My partner won't  
have sex with me.  
when I'm on my  
period, they think  
it's gross

MY PERIODS ARE  
EXTREMELY PAINFUL,  
MORE PAINFUL THAN  
EVERYONE ELSE  
SEEMS TO GET

## LESSON 6: WORKSHEET 2

### CHALLENGING SITUATION STATEMENTS

My period is very heavy and I leak through my clothes every time

EVERYONE ELSE IN MY YEAR HAS THEIR PERIOD AND I DON'T YET I THINK THERE'S SOMETHING WRONG WITH ME

I AM IN A WHEELCHAIR AND CANNOT STAND UP TO CHANGE MY MENSTRUAL PRODUCTS

My dad says periods are dirty and I shouldn't go near him when I have it

I DON'T IDENTIFY AS FEMALE BUT I'VE JUST STARTED MY PERIODS AND NEED TO GO AND BUY PRODUCTS AT THE SUPERMARKET - I'M DREADING IT