

OVERVIEW OF ACTIVITIES & LESSONS

To be integrated across your Secondary School as you see fit – we advise covering periods at least annually. Younger pupils would benefit from at least two lessons per year.

	OVERVIEW	GREAT FOR	AGE
ACTIVITIES: c10-20MINS			
1: True or False	Teacher calls out a series of statements and students must decide whether they are true	Revising menstruation; covering a wide range of topics; breaking down misconception and myths	ALL
2: Period Bingo*	Using the My Period cards, pupils play bingo, discussing periods along the way	Revising menstruation; covering a wide range of topics; having fun	ALL
3: What is Normal?	Students sort through statements to decide what is a normal experience of periods	Starting a conversation about menstrual health; encouraging pupils to recognise potential problems; boosting body confidence	ALL
4: Do you think they have periods?	Pupils decide whether someone is likely to have periods based on an image	Getting pupils to think about menstruation across the life cycle	13+
5: Reusable Period Products	Pupils are introduced to reusable period products (abbreviated version of Lesson 3)	Thinking about the costs associated with different period products	13+
LESSONS: c50MINS			
1: What have you heard?*	Pupils explore hearsay about periods, building on their learning from Primary School	Unpacking myths and misconceptions; covering the basics of menstruation	11+
2: The Menstrual Cycle	Using handouts, pupils learn about the menstrual cycle and female anatomy	Covering the basic biology of menstruation	11+
3: Period Product Testing	Pupils experiment with all types of period product, comparing the pros and cons of each	Increasing familiarity with products; thinking about the costs associated with period products; getting your hands dirty!	ALL
4: Messages in the Media	Pupils interrogate advertising for period products	Exploring how different media contribute to cultures of shame & taboo	13+
5: Living with a Menstrual Cycle	Pupils revise the menstrual cycle in more detail, and consider different experiences	Revealing how experiences of periods can differ; signposting pupils to support services if needed	13+
6: Supporting People with Periods	Pupils think through different experiences of menstruation	Fostering empathy around menstrual experiences	15+
7: Planning Peer-Led Learning*	Pupils plan a peer learning session for younger students, revising periods as they go	Starting a conversation; revising periods; boosting confidence	15+

*My Period cards are required for these lessons – for other lessons they are a useful bonus