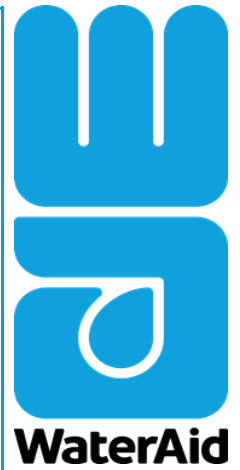


What if...? Being prepared for your period

Background:

WaterAid is an international not-for-profit organisation, determined to make clean water, decent toilets and good hygiene normal for everyone, everywhere within a generation. Every month, 1.8 billion people across the world have a period – but millions have to manage theirs without essential clean water, decent toilets and good hygiene knowledge. Not having access to these is both humiliating and unsafe – and can have far-reaching impacts for people menstruate, acting as a disadvantage to their lives as they are forced to stay home every month, missing vital chances to go to school, earn a living, and to take control of their futures.



Time needed:

15 minutes

Learning Objective:

To be able to ensure that students are always ready for unexpected periods. Ensure that everyone is prepared for their period and have access to what is needed.

Find out what you can do to help those that don't have access to the products they need.

Materials:

"What would you do if...?" statements printed or written onto separate pieces of paper.

A letter to parents/carers asking them to donate period products.

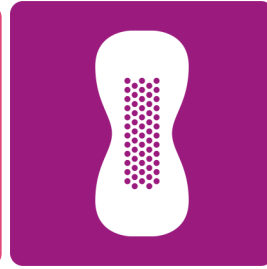
Aim:

To allow discussion on how to deal with emergency period situations. To help students to be prepared for their period.

What to do:

1. Students will be thinking about what they would do in certain period scenarios. Split the group into five groups.
2. Give each group a problem statement. Groups have 2 minutes to think of a solution. They should then devise a short sketch to act out their problem and solution.
3. In turns groups act out their solution to the rest of the group.
4. Explain to students that as a group they could start a collection of period products. Anyone will be able access these if needed, even if you start your period unexpectedly, or don't have money to buy period products, you can get them.
5. Students could organise a collection to donate period products to local foodbanks to tackle period poverty locally. If they would like to do this remind them to bring products in.
6. Co-ordinate with parents/carers. You may wish to send a letter home about this, asking for donations of products to be brought in.

What would you do if...? Statements



What would you do if....

You (or a friends) period leaks onto your underwear or clothes and you are not at home?

What would you do if....

You (or a friend) start your period when you're at camp and don't have any period products?

What would you do if....

You (or a friend) start your period when you are out?

What would you do if....

You (or a friend) unexpectedly starts their period and does not have the money to buy period products?

What would you do if....

You have questions about periods that you don't know the answer to?