

What do we know about period products?

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 can be both embarrassing and unsafe – and can have far-reaching impacts for women and girls, acting as a disadvantage in 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

Aim

To ensure that everyone in the group has a shared understanding of periods.

To build up knowledge about periods and how to manage them.

Materials:

Period product cards

Pens and paper for small groups

Lesson Objective:

The opportunity to share knowledge about periods and period products and learn from others about things they may not already know.

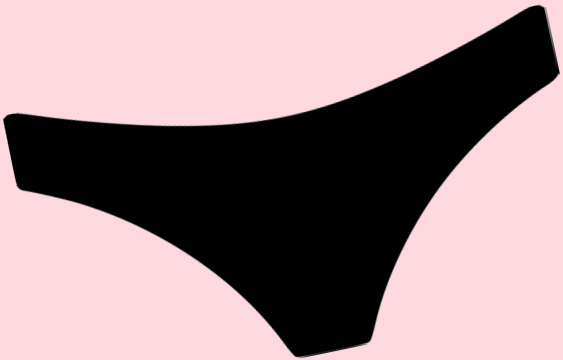
What to do:

1. Split students into small groups. Each group has one period product and accompanying fact card. Give groups 5mins to create a short 1min presentation explaining the period product to an alien or someone who wouldn't know a thing about it.
2. The following questions can inspire what they'll need to cover:
 - What is the item?
 - Where can it be found?
 - What might it be used for?
 - How is it used?
 - Have they seen it before?
 - Where have they seen it before?
3. Give the groups one minute each to present their presentation to the group.
4. Ask students if they have any questions they can ask the presenting group or the group as a whole. (These can be submitted anonymously if preferred).
5. Explain that by having as much knowledge as possible about period products, people can be prepared for their own periods, but also be able to help others who may have questions.

Period Product cards



Period Pants



Facts:

- Period pants were first patented in 1988.
- They are designed to absorb the blood, so there is no need for tampons or pads.
- They come in a range of styles and materials.
- Period pants can be re-worn, but should be washed like normal underwear.
- Being multi-use, they are a sustainable alternative

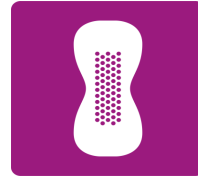


Questions to address:

What is the item? Where can it be found? What might it be used for?

How is it used? Have you seen it before? Where have you seen it before?

Period Product cards



Tampons



Facts:

- Tampons were invented in 1931.
- They are made from cotton and/or rayon.
- They are designed to be inserted into the vagina.
- Some have an applicator to make insertion easier.
- They are available in different sizes to suit different levels of blood flow.
- Tampons are single-use and should be thrown away (not



Questions to address:

What is the item? Where can it be found? What might it be used for?
How is it used? Have you seen it before? Where have you seen it before?

Sanitary Pads



Facts:

- Modern sanitary pads have been used since the 1970s.
- They are stuck to the underwear, not used inside the body.
- They come in a range of styles and thicknesses to accommodate differing levels of blood.
- Sanitary pads are single-use and should be thrown away (not flushed) after use.



Questions to address:

What is the item? Where can it be found? What might it be used for?
How is it used? Have you seen it before? Where have you seen it before?

Period Product cards



Menstrual Cup



Facts:

- Menstrual cups were invented in 1937.
- They are made from silicone or latex rubber.
- They are designed to be inserted into the vagina.
- The cups are re-usable and should be changed when full, every 2-8 hours, depending on the flow.
- Cups should be washed between uses, and ideally sterilised between periods.



Questions to address:

What is the item? Where can it be found? What might it be used for?
How is it used? Have you seen it before? Where have you seen it before?

Reusable Pads



Facts:

- Reusable pads have been used since the 1880s.
- They are made from cotton or cotton fleece and can easily be made at home.
- They are designed to be worn in the underwear, not internally.
- The pads are re-usable but need to be washed between uses.
- They are more sustainable than single use pads.



Questions to address:

What is the item? Where can it be found? What might it be used for?
How is it used? Have you seen it before? Where have you seen it before?