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## Menstrual wellbeing

KS3 Year 7 Lesson 2

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### Learning objective

- We are learning about menstrual (period) wellbeing

### Learning outcomes

- I can describe and evaluate a range of menstrual products
- I can give advice about managing menstrual wellbeing
- I can challenge assumptions and stereotypes about menstruation



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## Why do females menstruate?

Each month, the female body prepares for pregnancy; an egg is released, ready for fertilisation and implantation in the lining of the uterus (womb) which thickens ready for this process. If pregnancy does not occur during this time, the tissue that the body no-longer needs is lost through the vagina as period blood.



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## Menstrual products



What menstrual products are shown?

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## Menstrual product posters



Use the information posters to complete the table.

Try to think of pros and cons beyond those mentioned on the posters.

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## Menstruation wellbeing forum posts



What advice would you give to the young person?

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## Puberty reflections

"I went through puberty really early, when I was 11. It makes you feel weird... I think we all go through wanting to go back – you're not sure you're ready for that body."

*Jessica Alba*

"According to parents, we're too young to love, too old for fun, too smart to play dumb, and too immature for 'grown up' conversations."

*Anon*

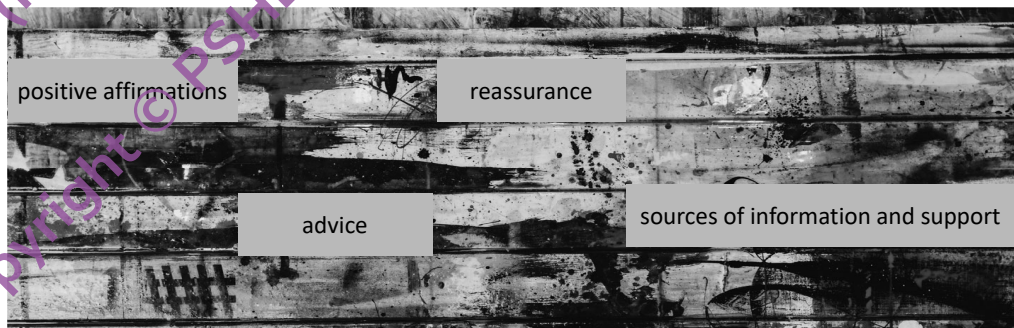
"I just think that knowing about your body at any age, whether it's educating yourself on fertility, getting mammograms, going through puberty - whatever it may be, is really important. I just really encourage women's empowerment and being comfortable talking about these issues."

*Khloe Kardashian*

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## Create a graffiti wall...

...on puberty, especially menstruation, and include:



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## Signposting support

If you would like further guidance or support:

- speak to a parent/carer, tutor, head of year, school nurse/counsellor or other trusted member of staff in the school

Visit:

- A Better Medway: [www.abettermedway.co.uk](http://www.abettermedway.co.uk)
- Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111



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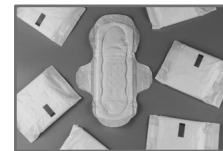
## More activities

### Period aware school

In groups, plan a campaign to make school more period friendly. This could include:

- posters
- collection points for menstrual product donations
- information for the newsletter or school website

Think about what would help make periods easier to manage at school and advice for students about managing menstruation and menstrual wellbeing.



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