



Profiling provision that supports the delivery of RSHP education

Hey Girls CIC

Title of programme: **My Period**

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About the programme:

My Period is a new period education programme for schools, including free lesson plans and activity ideas for use with pupils aged 8+. Lessons focus on the basic practicalities and biology of menstruation in the Primary School. Older pupils examine how messaging in the media can shape stigma and taboo, explore reusable period products, and learn about related medical conditions and when to seek help if something is wrong.

In the Secondary School, periods will likely affect half the pupil population every month, and yet we don't speak about them. With schools providing free period products, now is the time to start conversations with pupils about this taboo topic. Young people repeatedly say that only covering menstruation in one 'girl puberty' session at the end of Primary School (often with the boys sent out to play football or equivalent) is not enough. Schools need to do more to break down stigma. My Period can help them do just that.

Hey Girls supports the following key messages when having conversations about periods with people of all ages and genders:

- Being positive about menstruation
- Acknowledging a range of experiences
- Encouraging body confidence and body positivity
- Including everyone in the conversation (those who have periods and those who don't)
- Interrogating our attitudes towards periods
- Dismantling stigma and taboo
- Making period education fun!

To support learning, My Period includes a pack of 50 conversation starter cards covering everything from the biology of menstruation to stigma and taboo; from menopause to menstrual cups. During extensive consultation and testing with over 150 young people, Hey Girls found that the best way to teach about periods – a known taboo topic – was to get people talking and asking questions. The My Period cards are a flexible tool for anyone aged 8+. Appropriate for the classroom, form time, or an informal extra-curricular session, these resources will help get the conversations flowing!

Links to further information

You can check out all the Hey Girls resources and download free lesson plans and activity ideas here: <https://www.heygirls.co.uk/education/my-period-programme/>

Get in touch if you would like to organise teacher training: education@heygirls.co.uk