From period poverty to #periodpositive
Chella Quint

#periodpositive has been recognised by leading sexual health charities Brook and FPA for delivering innovative sex and relationships education to young people.

FPA Chief Executive Natika Hall said: “We hope that the programme being delivered by #periodpositive will be replicated across the country, so that all young people can benefit.”

Baseline Assessment

I know loads about periods!

Yeah, a bit, but I don’t have a lot of details.

I have no idea. Seriously. Talk to me.

A Great Hygienic Handicap that Your Daughter will be Spared

Under former conditions, the average woman spent almost one-third of her time in "menstrual activities," often in fear. Today the government says, "the most frequent of social illnesses, hold no terror for the modern woman." Almost 90% of all women in the better walks of life have adopted this scientific way. The women of tomorrow will never know that the most trying of hygienic conditions is other than an incident in their lives.
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More than half were self-conscious about saying ‘discharge’, while 60 per cent didn’t want to say ‘labia’. A quarter of young women avoided their doctor purely because they didn’t know what words to use, while 44 per cent did so out of a reluctance to discuss sexual health issues.

Managing Periods:

- You can use internal or external ways to manage your period
- You can also choose to use disposable products or reusable products

Internal:
- Goes in your vagina

External:
- Goes in your underwear

Disposable:
- Use once and throw away, £££

Reusable:
- Use, wash it, and use it again, £

It may not have happened yet, but it will one day. It will."
- Y9 girl about leaking, focus group, Sheffield 2013

"This can be helpful for girls. It becomes a fashion item that nearly everyone wants and it can become a trend. Girls will not be afraid anymore. It can help with self-esteem and confidence."
- Y9 girl, Sheffield, 2013

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"It's not a problem. It's just a normal thing that happens."
- Y9 girl about leaking, focus group, Sheffield 2013

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#periodpositive schools

Ending period poverty
challenge taboo attitudes
improve provision
leave out branding
include reusables

#periodpositive education:
Training + accurate lesson plans for teachers.
Free and UNBRANDED resources.
Talk about advertising, taboo + media literacy.
Example kits that include different types of products like cloth pads and menstrual cups.
Teach the boys (and men!) too!
Include trans/nonbinary menstruators.

#periodpositive
Partners Award and Schools Charter
www.periodpositive.com
Email chellaquint@gmail.com