

hardy henry

# DON'T BELIEVE EVERYTHING YOU HEAR

**MYTH:** Every girl has mood swings when they're on their period

**FACT:** Just because a girl is on her period, it doesn't mean she's moody or tired. This doesn't happen to every girl and doesn't happen every time either.

**MYTH:** Girls can't go swimming, or do sports and PE lessons

**FACT:** They can go swimming, do sports and take part in PE lessons. Exercise helps to relieve any pain.

PERIODS  
ARE  
NORMAL...  
LET'S GET THE FACTS RIGHT

# THE MYTHS AND THE FACTS ABOUT PERIODS

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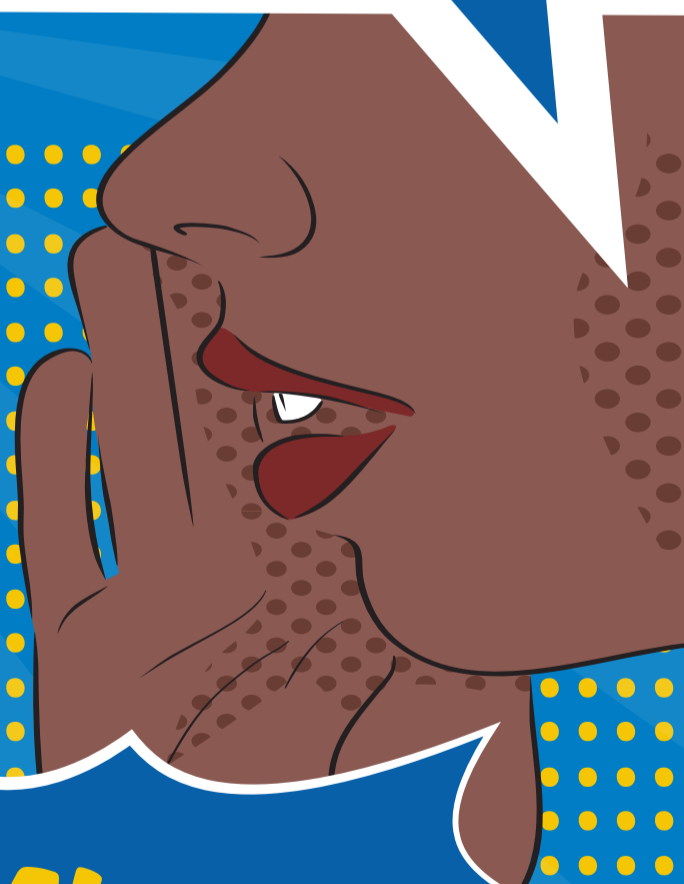


**MYTH:** You can't go swimming or do any form of exercise

**FACT:** You can go swimming, do sports and take part in PE lessons – exercise can help to relieve cramps. If you do go swimming, consider using tampons or menstrual cups and change them regularly.

**MYTH:** Everyone can tell when you're on your period.

**FACT:** No one can tell when you're on your period, unless you choose to tell them.



**PERIODS ARE NORMAL –  
LET'S GET THE FACTS RIGHT.**

# MILLIONS OF GIRLS MISS SCHOOL BECAUSE OF THEIR PERIODS

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GIRLS ARE EMBARRASSED TO TALK ABOUT PERIODS EVEN IN THIS DAY AND AGE. MANY WOULD RATHER USE IMPROPER OR UNSAFE SUBSTITUTES FOR SANITARY PROTECTION THAN ASK FOR HELP.

IN SOME CASES, GIRLS JUST DON'T KNOW WHAT'S AVAILABLE TO MAKE PERIODS MORE COMFORTABLE – WHETHER THAT'S PADS, TAMPONS, PAIN RELIEF OR, MORE IMPORTANTLY, PRACTICAL ADVICE TO MANAGE THEIR PERIODS SAFELY AND EFFECTIVELY.

BOYS SHOULD ALSO BE INCLUDED IN CONVERSATIONS ABOUT MENSTRUAL HYGIENE SO THAT A MORE SUPPORTIVE ENVIRONMENT FOR GIRLS CAN BE CREATED.

IT'S TIME TO TAKE ACTION FOR THIS YEAR'S **MENSTRUAL HYGIENE DAY ON 28TH MAY** AND EMPOWER THE NEXT GENERATION OF GIRLS AND BOYS SO LIVES DON'T STOP WHEN PERIODS START.

