

PERIOD TALK



PERIOD.
THE MENSTRUAL MOVEMENT

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MYOVANT
SCIENCES

Published:
April 8th 2019
Version 1.3



PERIOD is a global, youth-powered non-profit dedicated to serving menstruators in need and changing the conversation around menstruation. Since its founding in 2014, PERIOD has served over 450,000 periods and established over 300 chapters worldwide!

To learn more, [visit www.period.org](http://www.period.org), and follow @periodmovement on social media.



Myovant Sciences is a women's health company partnered with PERIOD to elevate the conversation around women's health because when she moves forward, we all move forward.

To learn more, [visit www.myovant.com](http://www.myovant.com), and follow @Myovant on Twitter.

PERIOD TALK MISSION

PERIOD TALK strives to facilitate conversations around periods and empower menstruators and non-menstruators to advocate for period health. By delving into period health, activism, and self-advocacy, this program will guide your first steps in becoming the best **PERIOD WARRIOR** you can be.

It aims to: **ENGAGE, EDUCATE, AND EMPOWER.**

Welcome to the PERIOD TALK program! We are so excited that you are going to be running this PERIOD TALK workshop! First things first, lets go over the basics of the program:

HOW

PERIOD Talk workshops can be done in your school or community and typically last ~30-60 minutes, but can be tailored to your own needs! As a facilitator and workshop leader, you'll foster community in a safe and supportive space and empower advocates through conversation. You do not have to be a medical expert to be the expert in your own experience.

WHEN

We do encourage you to run the PERIOD TALK workshop at least once a semester. It is a great idea to do it when you first start your chapter and during your chapter meeting as a refresher.

WHAT YOU'LL NEED

- A group of enthusiastic participants (max. 40)
- Slideshow (included)
- Post-it notes (if not using EveryPoll)
- Pens and blank paper for brainstorming
- Campus/Community Resources (blank template included)
- An open mind

INTRODUCTIONS (~10 MIN)

- Facilitator introduction and introduction of attendees (if applicable)
 - Hand Raising exercise
 - (OPTIONAL) Play the PERIOD TALK Introduction video
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PERIOD TALK PRESENTATION (~20 MIN)

- Period Health Basics
 - Period Advocacy Basics
 - Period Activist Basics
 - Introduction of the Addenda and the PERIOD VIDEOS
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ENGAGEMENT EXERCISE (OPTIONAL)

- PERIOD STORIES
 - In small groups: Share period experiences and discuss the presentation / videos. Why, how and when did you become interested in joining the menstrual movement? What shocked you? What did you learn? etc.
 - Addenda exercise: Additional exercise they can choose to do.
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QUESTIONS AND GOODBYES (~10 MIN)

- Additional questions, comments or chapter announcements and hand out resource list and other documents
- Post on social: #PeriodTalk #PeriodPower #PeriodProud #MenstrualMovement

INTRODUCTIONS AND ICEBREAKERS

For this part of the workshop, we want you to be able to set the scene, get people comfortable and break the ice.

1. Get the powerpoint ready (edit as needed)
2. Welcome everyone to your workshop!
3. Introduce yourself! Make sure to include:
 - You are **NOT** a medical professional. This workshop is meant to be a safe space to share period experiences, hopefully get some laughs at times (!), and highlight the relevant resources on campus in case you or someone you know would like to seek medical attention for your menstrual health.*
 - Participation is completely optional and anyone can leave at anytime
 - These workshops are not meant to be a substitute for a formal medical appointment, and should be treated as a gateway to receiving additional professional treatment/information if need be.
 - Any stories told in this space are confidential and we expect all participants to be respectful of one another.
 - This workshop includes some sexual content and may not be appropriate for younger audiences.
 - All participants' opinions expressed in this workshop are their own and not necessarily representative of either PERIOD's or Myovant's missions. They are meant to inspire conversation and not stand alone as fact.

*Throughout the workshop, questions from the participants will inevitably come up. This is natural and welcome! However, *you are not a medical expert*, and therefore cannot provide medical advice. It is completely fine to reiterate this fact, and also reiterate the mantra: *"If it negatively impacts you and how you go about your daily routine, you may consider consulting the resources I've provided."*

4. Depending on # people, go around room and have everyone introduce themselves
5. Raise your hand exercise (gets people engaged and feeling of community)
6. Play intro video
7. Make any additional comments you'd like to make about your chapter or the video or whatever you want
8. First word that comes to mind when you think PERIODS.
You can use EveryPoll, or you can use Post-it notes.

HOW DO I GET EVERYPOLL?

1. Create an account on EveryPoll (polleverywhere.com) and make an account
2. Download extension on Chrome (<https://chrome.google.com/webstore/detail/poll-everywhere-for-google/jeehndbml-hpkncbplipfalpjkhlkaa?hl=en-US>)



3. Add Everypoll slide (Click on Poll Everywhere > Log in > New > Activity > Word Cloud)
4. Have people text in!

PERIOD TALK PRESENTATION

After having introduced yourself, and having broken the ice a little bit with those introductory exercises, you can head straight into the presentation!

This presentation is going to help you and your chapter get familiarized with the Menstrual Movement, how to advocate for yourself and others, and menstrual health! This presentation will give you the tools to become the best PERIOD warrior you can be!

It will be divided into 5 sections:

- Introduction
- Period Health Basics
- Period Activist Basics
- Period Self-Advocacy Basics
- End of presentation and Introduction to Engagement Exercise (if applicable)

Where is the slideshow? You can find the slideshow with the rest of the PERIOD Talk materials on the Chapter Portal.

How do I go about doing this presentation? We have provided you with a word-by-word script. We recommend you read it over a couple of times before you do the actual presentation. We have also added some talking points if you feel comfortable going off script. Although please remember to stick to the outline.

PERIOD TALK PRESENTATION

And now, onto the engagement exercise! Once you have finalized the PERIOD WARRIOR 101 presentation, you can decide to do an engagement exercise. We definitely do encourage you to do this, since you and your chapter members probably have a lot of questions regarding the presentation and will probably want to talk about them!

GOAL

To open up the conversation surrounding periods by sharing experiences surrounding menstruation.

HOW

Make attendees get into small groups of 5-7 people and have them discuss for 15 minutes. It would be great if attendees could write down their ideas on post-it notes, a whiteboard, etc.

What questions should be discussed?

PERIOD STORIES

Menarche story, an embarrassing period story, how and when you were first taught about menstruation, misconceptions they had/have about menstruation, etc.

Why are you here? Another good topic to discuss is WHY are you here? Why, how and when did you become interested in joining the menstrual movement? What shocked you from the presentation? What did you learn?

DISCUSS

Once the 15 minutes have gone by, have the small groups discuss with the larger group and share their the broad strokes of their conversations.

FINAL QUESTIONS & HAPPY BLEEDING!

Once every group has shared, you can wrap up the workshop! Ask if anyone has any last thoughts to share or questions to ask.

Possible discussion topics:

1. Does anyone have tips for how they keep track of their periods (i.e. flow tracking apps)?
2. Does anyone have products that they feel work especially well for flow management? Experiences trying sustainable products?
3. Any positive experiences with periods or period health that you would like to share?
4. Does anyone know of any good resources for period health that they would like to share?

Finally, thank everyone for coming and helping elevate periods to a public health issue. Thank everyone for contributing to a safe space to talk about periods!!

FINAL TASK

Remember to take some pictures throughout the workshop and post them on social media! You should tag @periodmovement and #PERIODTALK #PeriodTalk #PeriodPower #PeriodProud #MenstrualMovement

PREPARING TO TALK ABOUT YOUR PERIOD

It can be uncomfortable to speak up about your symptoms - especially when you don't know if what you are experiencing warrants a visit to your health care provider! The best way to get the most out of your appointment is to spend a little time reflecting and preparing.

BEFORE: Make a list of issues you want to cover, bring a list of medications you are currently taking, ask someone to come with you (patient/peer advocate)

DURING: Get there early, be assertive, ask questions, listen to yourself and your body, communicate concerns and wishes, TAKE NOTES, ask for copies of your results

AFTER: Go over your notes, if you got a diagnosis: let it sink in, don't believe everything you read online, know that you did your best

ASK YOURSELF

- What would I rate my pain on a scale of 1 to 10?
- Do I have pain during my period, in-between periods, or both?
- How long have I been living with pain? Has it gotten worse over time?
- Do I have pain during sex?
- How many tampons or pads do I go through during one period?
- Does my period inhibit me from going about my daily routine?
- What is my "gut feeling" telling me? Listen to yourself!

Be honest with yourself and your doctor--they are there to help! And remember, there's no harm in checking in on something if it doesn't feel "right" in your body. Even if it ends up being benign, it will still feel better to know.

Also, you may have to prepare yourself to be your own advocate. You might not get a diagnosis the first, second, or even third time you visit a doctor! Because there is so little known about period health, quick diagnoses for your individual problem might be hard to come by. Don't give up and don't despair, there are more and more resources available to menstruators like you. It's also a reason why workshops like PERIOD Talk are so vital.