



Period Talk

Engage, Empower & Educate your
Community on Period Health and
Menstrual Equity



PERIOD.
THE MENSTRUAL MOVEMENT

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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 menstrual equity activist you can be.

It aims to: **ENGAGE, EMPOWER & EDUCATE**

How

Period Talk workshops can be done in your school or community and typically lasts between 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

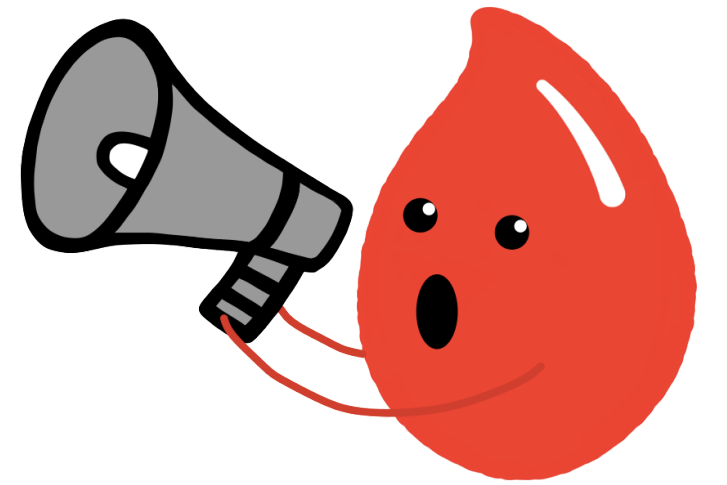
We do encourage you to run the Period Talk workshop at least once a year. It is a great idea to do it when you first start your chapter and during your chapter meeting as a refresher.

What you'll need

- Participants (max. 40)
- Slideshow (included)
- Post-it notes (if not using EveryPoll)
- Pens and blank paper for brainstorming
- Campus/Community Resources (blank template included)

Introductions (10 min)

- Facilitator introduction
 - If you have an intimate gathering, have everyone quickly introduce themselves!
- Hand Raising exercise
- (OPTIONAL) Play the "What is a Period?" Video



Period Talk Presentation (15 min)

Feel free to pick and chose what parts of the workshop you would like to cover. You can focus on as much or as little as you want!

- **Period Health Basics**
- **Period Advocacy Basics**
- **Period Activist Basics**

TIP! Divide the workshop into its 3 parts, and hold 3 workshops throughout the year!

Engagement Exercise (20 min)

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- In small groups: Share period experiences and discuss the presentation / videos.
 - Why, how and when did you become interested in menstrual equity? What shocked you? What did you learn? etc.

Questions & Goodbyes (10 min)

- Additional questions, comments or chapter announcements and hand out resource list and other documents
- Take a picture of the whole team!
- Post on social: #PeriodTalk #Periods #MenstrualEquity #YouthActivism #MenstrualMovement

Introductions & Icebreakers

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

- **Get the powerpoint ready** (edit as needed)
- **Welcome everyone to your workshop!**
- **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 PERIOD's mission. They are meant to inspire conversation and not stand alone as fact.

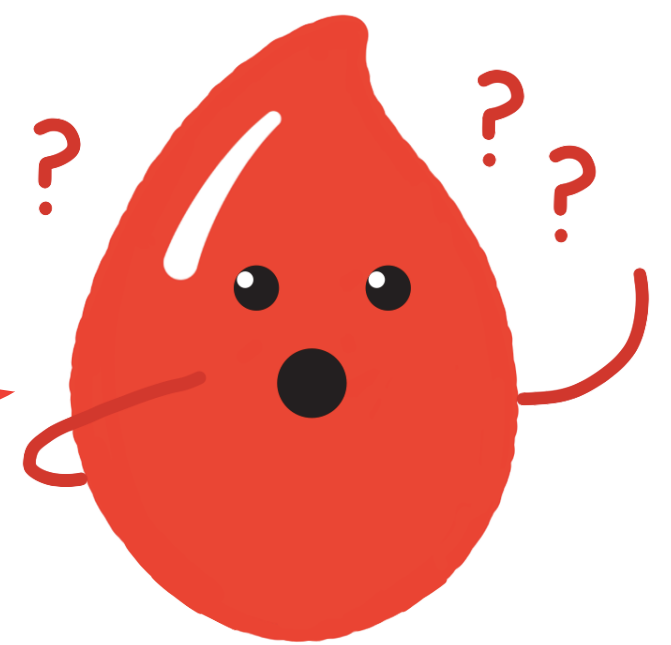
***Throughout the workshop, questions from the participants will inevitably come up. This is natural and welcome! However, you are not a medical expert, and therefore cannot provide medical advice. It is completely fine to reiterate this fact, and also reiterate the mantra:**

"If it negatively impacts you and how you go about your daily life, you may consider consulting the resources I've provided, and go talk to a medical professional."

Introductions & Icebreakers

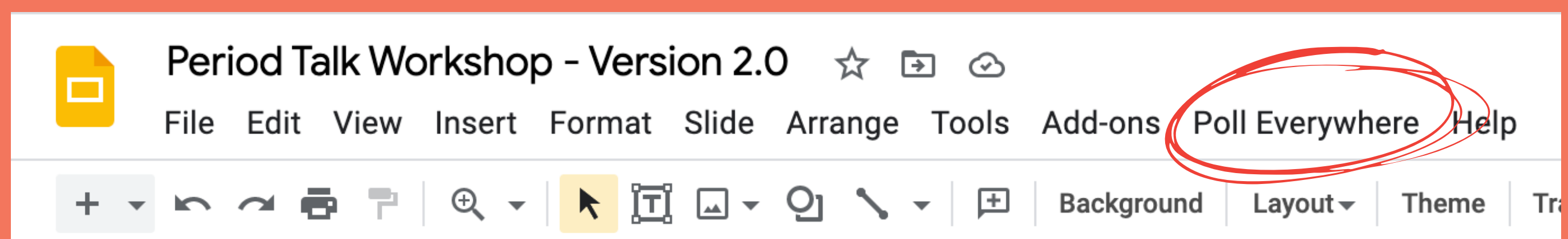
1. Depending on how many participants you have in your workshop, go around room and **have everyone introduce themselves**
 - a. *For example:* Name, Pronouns, When you got your first period, Something fun about yourself!
2. **Raise your hand exercise** (gets people engaged and feeling of community)
3. Make any **additional comments** you'd like to make before getting started.
4. **Have everyone say the** first word that comes to mind when they think "menstruation". You can use a website such as [PollEverywhere](#), or you can use Post-it notes.

What is the first word that comes to mind when you think of "menstruation"?



How do I use [PollEverywhere](#)?

- Create an account on [polleverywhere.com](#)
- Download the Google Chrome extension
 - Click [here](#) or search "PollEverywhere" in the Chrome Web Store



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

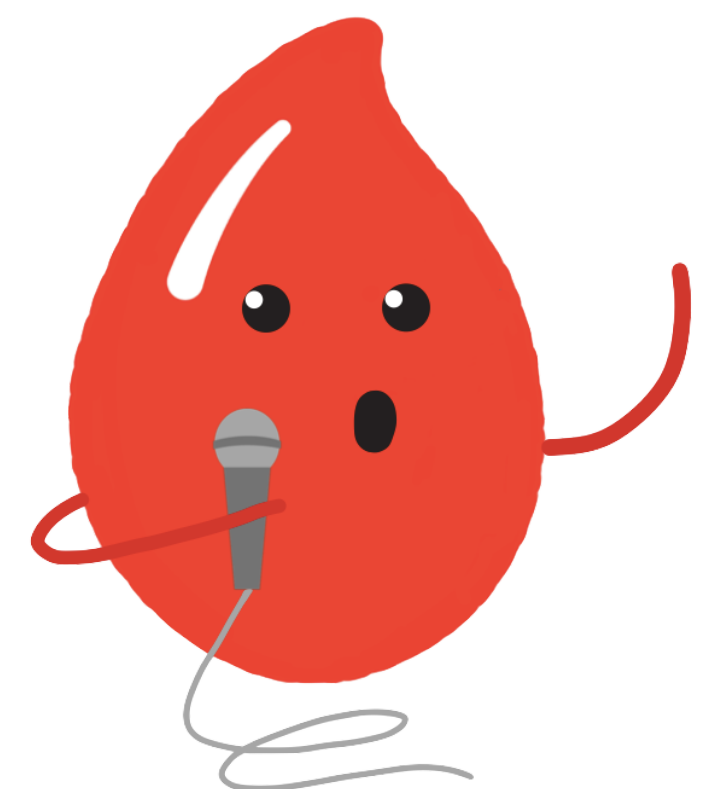
Period Talk Presentation

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 menstrual equity, how to advocate for yourself and others, and menstrual health! This presentation will give you the tools to become the best activist you can be!

It will be divided into 5 sections:

1. **Introduction**
2. **Period Health Basics**
3. **Period Activist Basics**
4. **Period Self-Advocacy Basics**
5. **End of presentation**
6. **Engagement Exercise** (if applicable)



Where is the slideshow? You can find the slideshow with the rest of the Period Talk materials on the [Launchpad](https://period-action.org) (period-action.org).

How do I go about doing this presentation? We have provided you with a script to help you. We recommend you read it over a couple of times before you do the actual presentation, and figure out what section(s) you want to focus on. We have also added some talking points if you feel comfortable going off script.

Engagement Exercise

Once you have finalized the Period Talk presentation, you can decide to do an **engagement exercise**. We definitely do encourage you to do this, since you and your team probably have a lot of questions regarding the presentation and will probably want to talk about them! Open up the conversation around periods by sharing experiences!

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.

Topics to discuss

Here are a list of topics you can discuss during this exercise:

- **Talk about your menarche (first period) story!**
- **How and when where you taught about menstruation?**
- **What are some misconceptions you had (or have) around periods?**
- **Why are you interested in menstrual equity?**
- **What shocked you from the presentation? What did you learn?**
- **Does anyone have tips for how they keep track of their periods?**
- **Does anyone have products that they feel work especially well for flow management? Experiences trying sustainable products?**
- **Any positive experiences with periods or period health that you would like to share?**
- **Does anyone know of any good resources for period health that they would like to share?**

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

Finally, thank everyone for coming and helping elevate periods to a public health issue, and share any additional resources you might have.

Don't forget to thank everyone for contributing to a safe space to talk about periods!

Take some pictures!

It's always a good idea to take some pictures throughout as well as at the end of the workshop and post them on social media! If you'd like, please tag @periodmovement and #PeriodTalk #Periods #YouthActivism #MenstrualEquity #Period Health



Photo Credit: Chloe Belangia



Photo Credit: Grace Lin