



Women's Health Talks

Periods are still one of the most taboo topics in schools, yet they affect half the population, every single month. Our Women's Health Talks give young people accurate information, practical knowledge, and the confidence to talk openly about their bodies, without shame. We offer three tailored sessions: Younger Girls (ages 9-12), Teen Girls (ages 13-17), and All Genders; so the conversation is always age-appropriate, relevant, and inclusive of the room.

Aims:

- To break down taboo and stigma around periods and menstrual health
- To give young people accurate, age-appropriate knowledge about their bodies
- To build confidence in talking openly about periods
- To promote empathy, inclusivity, and a supportive school culture around menstruation, increasing period dignity locally

Objectives

By the end of the sessions, young people will:

- Understand what periods are, why they happen, and how the menstrual cycle works
- Recognise the signs of puberty and feel reassured that bodies develop differently and at their own pace
- Know how to manage periods safely and confidently, including product options and everyday period care
- Be able to identify when period symptoms may need medical advice, and know how to advocate for their health
- Understand period positivity and inclusive language, recognising that menstruation affects people of all genders
- Feel more confident challenging myths, stigma, and period shaming, and supporting others around them