

Menstrual Health Day

What is Menstrual Cycle?

The menstrual cycle is a regularly occurring cycle within the body, where hormones cause the reproductive organs to prepare for reproduction. The cycle starts on the first day of a person's period, and finishes the day before the next period starts.

Dr Danielle Jones, an ObGyn, has a great video explaining what happens during the menstrual cycle. Within the video, they also highlight when you should speak to your doctor about your periods. <https://www.youtube.com/watch?v=Qkjd6DzqeXQ>

Managing periods

There are many different options when it comes to managing periods. It's important for everyone to explore any options they're interested in to see which product is right for them. Some options include:

- Pads (disposable and reusable)
- Tampons
- Menstrual cups (available in a wide range of styles)
- Menstrual disks
- Period pants

Within these options, there are a wide variety of shapes, sizes, styles and applications. It is important to research any product you are interested in trying to check for correct usage and so you are aware of any safety information. Some products, such as sponges, are unsuitable and dangerous, so should be avoided.

Here is an awesome video by Just Sharon where they discuss some of the different options available. <https://www.youtube.com/watch?v=T7ZQAAUxFLE>

If you are concerned about your period or it is impacting your ability to enjoy your life, it is important that you speak with your doctor. Some areas have specialist sexual/reproductive health clinics that you can attend for help and advice.

Period poverty

Plan International has explored period poverty and has identified 3 reasons why period poverty exists within our society:

1. Costs of sanitary products
2. Lack of education about periods
3. Shame, stigma and taboo

<https://plan-uk.org/blogs/fighting-period-povertys-toxic-trio>

Although often kept quiet, their research shows how prevalent period poverty is within society and the significant impacts that it can have on any person who experiences it.

Girlguiding has an amazing period poverty challenge pack that you can take part in with your units, or on your own, to learn more.

<https://www.girlguiding.org.uk/periodpoverty/>