

### Managing Periods:

- You can use **internal** or **external** ways to manage your period
- You can also choose to use **disposable** products or **reusable** products
- Internal: goes in your vagina
- External: goes in your underwear
- Disposable: use once and throw away, £££
- Reusable: use, wash it, and use it again, £

### The Menstrual Product Mambo!

**"Internal!"**  
Make an 'm' shape at chest level.

**"External!"**  
Fling out both arms expansively.

**"Disposable!"**  
Step back and fling right arm behind.

**"Reusable!"**  
Step forward and roll arms at chest.  
Repeat all steps!

*For this dance, #perioddances recommends the Cabbage Menstrual by Ann Eganplast and his Orchestra.*

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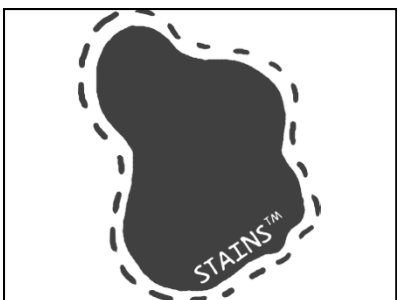
### ABOUT menstruation, in and out of school

% feeling quite/very anxious about:	In school		Out of school
	3rd/5th	3rd years only	5th/6th
staining clothes	22%	45%	45%
exercise/sport	41%	45%	14%
swims	40%	38%	21%
seeking help	35%	47%	18%
carrying supplies	32%	36%	17%
missing activities	30%	(N/A)	21%
grooming	27%	(N/A)	18%
teasing	26%	32%	12%

*n=432*

-This is the Time to Grow Up: Girls' Experiences of Menstruation in School  
Shirley Prendergast, 1992

It may not have happened yet, but it will one day. It will."  
-Y9 girl about leaking, focus group, Sheffield 2013



**Le stain™**

Reclaim fashion. **EMPOWERET!**


**period & proud.**

Go For It... **Bloody-Brilliant!!!**


**I'M NOT AFRAID.**

*"This can be helpful for girls because a fashion item is what nearly everyone wants and it can become a trend. Girls will not be afraid anymore. It can help with self-esteem and confidence."*  
-Y9 girl, Sheffield, 2013






#periodpositive  
Partners Award and Schools Charter  
www.periodpositive.com  
Email [chellaquint@gmail.com](mailto:chellaquint@gmail.com)




#periodpositive schools:  
Ending period poverty  
challenge taboo attitudes  
improve provision  
leave out branding  
include reusables




#periodpositive:  
long-term solutions to period poverty

- #periodpositive schools charter pilot with primary and secondary schools
- Sheffield: first #periodpositive city



#periodpositive schools:  
The Charter will support schools to evidence that:

- the school environment supports young people to manage menstruation easily in order to maximise learning time, attendance and focus
- young people understand the biology, management, media and myths around menstruation
- staff feel more confident and knowledgeable about supporting pupils' menstruation education, both formally and in teachable moments
- subject specialists and pastoral staff are prepared for upcoming National Curriculum guidelines for RSE



Sheffield aims to become the first #periodpositive city!

Sheffield Council, with education leader and former head of The Chella Quint in leading local primary and secondary schools, will be launching a new pilot project to end period poverty in 2018. The pilot will be a first for the city and will be the first of its kind in the UK.


The free information session is on Monday 14 October from 9.30am to 11.30am at SHEFFIELD, South Works, Gateway Road, Sheffield S1 2AG. There will be a drop-in from 10.30am to 11.30am and school presentations and Q&A for interested schools from 1pm.

Please email [chellaquint@gmail.com](mailto:chellaquint@gmail.com) if you would like to attend the session or email with any queries or to register your interest in the pilot by Thursday 12 October.

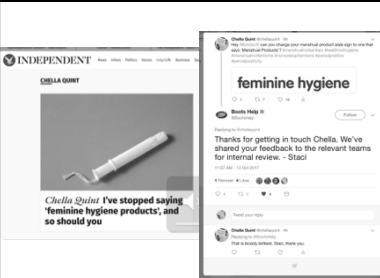
Can you imagine a school where you can ask any teacher for a spare tampon, the head can guarantee a good period-making kit and you have reusable menstrual pads in 2018? Well, that's what the new #periodpositive Schools Charter pilot project is proposing, and it can change the way young people think about periods.

Sheffield-based comedian, author, education specialist and former head of The Chella Quint is leading a lot of primary and secondary schools to an effort for resources to be provided for the pilot project from September, supported by specialist and qualified staff.

She is aiming to turn Sheffield into Britain's first #periodpositive city through a new school charter to support and ensure the first place in the UK to formally declare a war on inadequate menstrual



#periodpositive education:  
Training + accurate lesson plans for teachers.  
Free and UNBRANDED resources.  
Talk about advertising, taboo + media literacy.  
Example kits that include different types of products like cloth pads and menstrual cups.  
Teach the boys (and men!) too!  
Include trans/nonbinary menstruators.



Chella Quint (@chellaquint) · 2017  
feminine hygiene  
Thanks for getting in touch Chella. We've shared your feedback to the relevant teams for internal review. - Staci  
Chella Quint: I've stopped saying 'feminine hygiene products', and so should you



END PERIOD POVERTY

Period Poverty: A Bloody Injustice

Government urged to end 'period poverty' in schools amid concern girls forced to use socks as sanitary products

Period poverty in the UK: can the Mooncup help?

We're campaigning to end period poverty



#periodpositive  
Partners Award and Schools Charter  
www.periodpositive.com  
Email [chellaquint@gmail.com](mailto:chellaquint@gmail.com)