

Talking periods without awkward pauses

A guide for parents to normalize
menstrual health



**“Too early
to talk”**



**Kids are
curious.
Answer early
& honestly.**

By age 7-9, children hear about periods. If they don't learn from you, they'll learn from myths!



**“It’s only
for girls”**



**Teach boys
too!**

Menstrual health is everyone’s business. Boys who understand periods grow up to be supportive friends, partners & colleagues.



**“Whisper, don’t
say the P-word”**



**Use correct
terms**

It’s not “that time”. Call it menstruation, period
or cycle. Normal words for a normal body
function!



**“Stay away
from temples,
kitchens...”**



**Bust the
myths**

Periods are not impure. They are not dirty.
Teach your child science, not stigma.



**“Just use
pads, that’s it”**



**Talk about all
options**

Pads, tampons, cups - your child should know their choices so they can decide what works best for them.

Talk early, talk honestly, talk to all kids

Let's raise a generation
that isn't ashamed of a natural process!



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