



KidsCān

Giving all Kiwi kids
a fair start

Period Care Education Teaching Resources for Schools

(Lesson plans included)

June 2021



Overview of teaching resource

This resource has been developed in collaboration with Nest Consulting and Waste Free with Kate, with the objective to equip and empower school staff to self-lead and facilitate the basic information about period care education to their students. It is designed to be delivered alongside the KidsCan period education video series for teaching multi-year groups about the period basics, with particular focus on period products, options available, use, care and disposal, and the dispelling of myths.

It is essential that this teaching resource and the full video series is reviewed by staff prior to any lesson delivery and that the most appropriate teacher (preferably health educator) is assigned to lead the facilitation to students.

The KidsCan period education video series:

You have been provided with online access to seven videos which total approximately 50 minutes of media content. They are intended to be viewed in the order in which they have been numbered.

The seven videos and their titles are:

- Video 1 "A guide to getting your period"
- Video 2 "What are my options when I have my period?"
- Video 3 "Your options: Pads – disposable and reusable"
- Video 4 "Your options: Period underwear"
- Video 5 "Your options: Tampons"
- Video 6 "Your options: Menstrual cups"
- Video 7 "Common questions about periods"

Age suitability:

This resource is suitable for all students as per topic level in the school curriculum. Some age specific discussions may be required throughout the video series such as tampons and menstrual cups which are not commonly used by young student menstruators. Please refer to the Ministry of Education's Relationship and Sexuality Education (RSE) guidelines or school policies for clarification.

Expected learning outcomes:

1. Achieve a basic understanding of periods
2. Understand and recognise the various period product options available
3. Understand the specific differences between internal and external period products
4. Understand any associated product-use risk and personal care precautions to minimise these risks
5. Understand how to use and manage each period product type
6. Make period talk normalised and understand how to eradicate period stigma - involving all members of class (all genders)
7. Ability to make informed choices about period products and period management

Support materials for each lesson:

- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resources for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions (any questions not addressed throughout the lessons should be discussed on completion of the full video series)
- Paper and pens (for students to write questions)
- Period product samples for students to view

Setting the tone of discussion:

For many years, discussion of periods has been quite a taboo subject. It is the hope this resource will encourage students to understand that having a period is normal and empower them to be more open with their peers about their experiences. By encouraging open conversation and the provision of information, stigma can be challenged, and periods normalised.

Throughout the video series we would suggest encouraging the class to have open teacher-led discussions around the various product options, whilst being inclusive of all students and their different cultural beliefs. We acknowledge that for some, this is still a sensitive topic. It may be that those who have periods wish to discuss in groups separately from those who do not get periods, however we would emphasise that for period stigma to end, all genders require information about periods.

We believe there is great value in encouraging the students to share their culture, as well as explore the reasons behind why they do what they do, so that this can be an inclusive discussion amongst the class. This is an opportunity for students to understand that we are all different and that is something to celebrate not discriminate. You may like to consider including some storytelling highlighting the meaning of periods in Māori culture or other diverse cultures (see helpful resources on final page).

Suggestions for teacher:

It is essential that you watch the video series in full before delivering each lesson to the class. The video series is made to flow from one video to the next, with the final video covering common questions about periods.

This final video is produced in a discussion style featuring students asking each other different questions about having a period, their expectations, and some product knowledge from student to student. There is also student to adult conversation highlighting that it is ok to ask someone older if they are worried about anything to do with getting, having, and managing a period.

You may find that some of the questions that the students will ask through the question box, will be answered throughout the video series.

Support materials for each lesson:

- Container with 60mls of red liquid to show the average measure of blood lost each period
- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resource for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions
- Paper and pens (for students to write questions)

Before watching the video:

It is recommended that each student is provided with their student booklets which can be ordered through KidsCan

Video content overview:

- Introduction of Kate Meads (your video presenter)
- Discussion about the normalisation of period talk
- Basic puberty changes indicating arrival of first period
- Symptoms that may occur prior to subsequent periods
- Length and flow of each period
- Length of menstrual cycle
- Managing periods at school (and when they arrive unexpectedly)
- Options for swimming with a period
- Feelings before and during a period (PMS or premenstrual syndrome)
- Being prepared for each period

Recommendations for post video discussion:

- Review content
- Expand on topic by utilising the information in the student booklet
- Inform students who the school contact is if their experience of their period is outside of the range of norms
- Provide a confidential and safe space for any student who wants to convey their experience
- Discuss your school's provision of and access to period products
- Encourage students to discuss further with whānau or someone they are comfortable with
- Discuss school policy on swimming - how to inform swim teacher if not swimming due to a period (and not utilising period togs or internal products)
- Discuss how to track a menstrual cycle (use guide in booklet)
- Discuss online apps that are freely accessible to help with your period
- Advise students there is more detailed information in the booklets provided

Support materials for each lesson:

- Period product samples for students to view
- If available period products from prior generations (e.g. sea sponge or belt or pictures of these)
- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resource for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions
- Paper and pens (for students to write questions)

Before watching the video:

Review previous video

Ask if students know what the options are to manage their period

Video content overview:

- Period management in the past
- The creation of pads and tampons
- All modern period product options
- Internal and external products
- Placement and use of internal products
- Product choices - decision making
- Choice - there is no right or wrong
- External products overview
 - Pads - disposable
 - Pads - reusable
 - Period underwear
- Internal products overview
 - Tampons
 - Menstrual cups

Recommendations for post video discussion:

- Review content
- Expand on topic by utilising the information in the student booklet
- Encourage thoughts on past products and today's product choices
- Provide cultural context to the period options introduced
- Emphasise there's no right or wrong choice
- Emphasise their choice of product may change throughout their lifetime
- Explain cost prohibitors – what do students think having a period costs
- Inform students who the school contact is if their experience of their period is outside of the range of norms
- Provide a confidential and safe space for any student who wants to convey their experience
- Discuss your school's provision of and access to period products
- Encourage students to discuss further with whānau or someone they trust

Support materials for each lesson:

- Period product samples - disposable and reusable pads (multiple sizes)
- Red liquid for demonstration of how a pad works
- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resource for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions
- Paper and pens (for students to write questions)

Before watching the video:

Review previous video

Remind students this is just one option and that other options will be covered in the next lesson

Video content overview:

- Pads are an external product
- There are two options - disposable and reusable
- There are lots of different sizes of pads available depending on period flow
 - Light days
 - Medium days
 - Heavy days & overnight
- How do pads work - waterproof, absorbency and stay dry layers
- Securing a pad to your underwear
- How often a person needs to change their pad and how to do it
- How to dispose of a pad
- How to wash a reusable pad
- How many pads a person could expect to go through each day

Recommendations for post video discussion:

- Review content
- Expand on topic by utilising the information in the student booklet
- A great visual for the class is showing how the red liquid absorbs into the pad but does not leak through to the bottom. This gives students the assurance that blood cannot leak through from the pad to their underwear.

Support materials for each lesson:

- Period product samples – period underwear (multiple sizes)
- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resource for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions
- Paper and pens (for students to write questions)

Before watching the video:

Review previous video

Remind students this is just one option and that other options will be covered in the next lesson

Video content overview:

- Period underwear are an external product
- Some brands do period proof togs
- There are lots of different shapes and sizes available just like normal underwear
- We are all different shapes and sizes
- How period underwear works - waterproof, absorbency and stay dry layers
- How often you need to change your period underwear
- How many pairs you will need
- The different absorbency levels
- How to change your period underwear at school
- How to wash your period underwear

Recommendations for post video discussion:

- Review content
- Expand on topic by utilising the information in the student booklet
- Have a few brand samples on hand to show the students what they look and feel like

Support materials for each lesson:

- Period product samples – applicator and non-applicator tampons (multiple sizes)
- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resource for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions
- Paper and pens (for students to write questions)

Before watching the video:

Review previous video

Remind students this is just one option and that other options will be covered in the next lesson

Video content overview:

- Tampons are an internal product used to absorb the blood internally
- There are two different types of tampons – non-applicator tampon and applicator tampons
- How to use and insert a non-applicator tampon
- How to use and insert an applicator tampon
- How often you should change your tampon
- The different sizes of tampons and which one do you choose
- Absorbency of tampons
- What tampons are made from
- Where a tampon should sit in your body and how you know if you did it right
- How to remove a tampon and dispose of it correctly
- Cervical mucus or vaginal discharge is normal
- Do not use a tampon when you do not have your period
- TSS or toxic shock syndrome
- Basic thrush or infection signs

Please Note:

Do not demonstrate a tampon by putting it in a glass of water. Some students may misinterpret this and take away incorrect and potentially worrying information, thinking it will expand in this way within their body.

Recommendations for post video discussion:

- Review content
- Expand on topic by utilising the information in the student booklet
- Show the students what an applicator and non-applicator tampon look and feel like
- Discuss the risks of using internal products, hand hygiene and clarify the importance of making sure the students understand that outside of having your period you should never use a tampon.

Support materials for each lesson:

- Period product samples – menstrual cups (multiple sizes)
- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resource for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions
- Paper and pens (for students to write questions)

Before watching the video:

Review previous video

Remind students this is just one option and that other options have been explained in previous lessons

Video content overview:

- Menstrual cups are an internal product that collects the blood
- Menstrual cups are a reusable period product that is shaped a bit like a funnel
- There are lots of different brands of cups that are all different shapes and sizes
- How long a cup will last
- What cups are made from
- How often a cup needs to be emptied
- How to empty a cup
- How do cups work
- Where it sits in your body
- How to empty a cup at school or when using a public toilet
- Sterilizing your cup at the end of a period
- Storage of your cup between periods
- TSS or toxic shock syndrome

Recommendations for post video discussion:

- Review content
- Expand on topic by utilising the information in the student booklet
- Have a few brand samples of cups on hand to show the students what they look and feel like
- Discuss the risks of using internal products and the importance of hand hygiene

Support materials for each lesson:

- Access to period education video link
- Video streaming and sound device
- Hard copy of 'Teaching resource for schools'
- Additional teacher support for large groups
- Student booklets 'Your guide to Puberty, Periods and Products' (enough for one per student)
- A question box for students to anonymously place their questions
- Paper and pens (for students to write questions)

Before watching the video:

Review previous video

Review questions from the question box and prepare answers

Ask if students can think of any myths around periods - make a note of them and revisit after video

Video content overview:

- What things can I do when I have my period?
- Can I go swimming when I have my period?
- Can I have a bath or a shower when I have my period?
- What should I do if my period starts in school?
- Can I use different products when I have my period?
- Do I have to use a tampon?
- Can a cup or a tampon fall out of my body?
- Can you feel a tampon or cup? / Does it hurt when you sit down if you are using internal products?
- Is menstrual blood different to normal blood? / Will I bleed to death?
- Can you wash your hair when you have your period?
- Will other people know when I have got my period?
- Does a period smell - can other people smell it?
- Can you feel your period coming out when you're using a pad or undies?
- How do I know if my period is normal or if I should see the nurse/GP?
- I'm 14 and haven't got my period yet - is that normal?
- Will I get my first period at the same age as my Mum or older sibling got their first period?

Recommendations for post video discussion:

- Discuss any unanswered questions from the question box or from students
- Discuss the idea of integrating period ambassadors or peer mentors within school and how to banish stigma
- Discuss the provision of period products in your school and where to get help
- Run a class with specialist educators (external providers who provide professional development for staff)

Helpful Resources

We are providing this list for the purpose of connecting students and teachers to other known resources. Please be aware that these resources are independently controlled and managed and are subject to change. It is highly recommended that teachers and caregivers review any content prior to encouraging students to engage with any online videos and/or reading any material.



External education providers:

Nest Consulting - Positive Puberty Plus[®] & Cycle Smarter[®] in school education programmes
www.nestconsulting.nz



Specialist programmes:

1. All About Me[®] programme - Endometriosis
www.nzendo.org.nz/education-in-schools/
2. Waste Free Period Education - Kate Meads
www.katemeads.co.nz



Online resources:

Family Planning Sexuality Education:
www.familyplanning.org.nz/catalog/resources



Teaching Tools:

1. Understanding the menstrual cycle:
sites.google.com/site/manesactivitiess/menstrual-cycle
2. Free anatomy printouts of the reproductive system:
sites.google.com/a/tuhsd.k12.az.us/mrs-miller-website/anatomy-handouts



Videos on sexuality education (including periods):

1. Broad range of animations including period information: www.amaze.org
2. Documentary on puberty: www.youtube.com/watch?v=FCONLC8E4zQ
3. Empowering video short film: My Time on Vimeo



Social influencers / bloggers:

Brianna - Teen blogger on period products:
www.youtube.com/c/preciousstarspads1/featured



Books:

www.nestconsulting.nz/books-products/book-to-purchase/