

Do Now

What do we need to know about periods (menstruation)?

Patsi does not feel like going to school today. She has pains in her lower abdomen, and on top of that, her brother is irritating her far more than normal. A cat rehoming charity advert came on the telly and Patsi cried non-stop for five minutes at the cute, abandoned kittens. Patsi doesn't usually cry at adverts!

Discuss: Why might Patsi not feel like her usual self today? Is this normal?

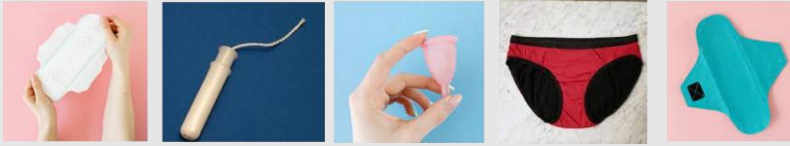


Explain briefly why we have periods and why you think some people find it embarrassing to talk about?

We have periods because...

I think some people find it

embarrassing to talk about because...



Learning outcomes:

Correctly identify the different ways periods and the menstrual cycle affect us, what exactly happens and how we can manage our periods.

Describe the different hygiene products, how the menstrual cycle impacts on our emotional health and how we can best manage our periods.

PMS – Pre-Menstrual Syndrome, the name given to the collection of emotional and physical symptoms biological females encounter on the days leading to their periods.

Period – when the lining of the uterus breaks down and sheds through a female's vagina. It usually happens around once a month if a female is fertile but is not pregnant.

The menstrual cycle – the monthly process of eggs being released (ovulation), having a chance to be fertilized and then being discarded with uterus lining if not fertilized.

Periods and the menstrual cycle



https://www.youtube.com/watch?v=vXrQ_FhZmos

How many days does the typical menstrual cycle last?

Where are eggs released from?

What is the uterus?

What happens to the lining of the uterus as the egg travels down the fallopian tubes?

When in the menstrual cycle is an egg released from the ovary?

What is the name given to the process of an egg being released from the ovary?

Why does the uterus thicken as the egg travels down the fallopian tubes?

What are some of the factors that could affect the frequency of somebody's period? List as many as you can think of.

What are the problems of using the word 'woman' to refer to a person with a uterus?

Watch the clips and complete your questions in your booklet.

Periods and the menstrual cycle

https://www.youtube.com/watch?v=vXrQ_FhZmos

How many days does the typical menstrual cycle last?

About 28 days

Where are eggs released from?

The ovaries

What is the uterus?

The part in which a baby would grow if a woman was pregnant

What happens to the lining of the uterus as the egg travels down the fallopian tubes?

It gets thicker

When in the menstrual cycle is an egg released from the ovary?

In the middle of the cycle

What is the name given to the process of an egg being released from the ovary?

Ovulation

Why does the uterus thicken as the egg travels down the fallopian tubes?

To support the development of a fertilised egg

What are the problems of using the word 'woman' to refer to a person with a uterus?

Not all women have a uterus and conversely, transmen do.



Common hygiene products match-up

With your partner, match up the common period products together with the correct image and descriptions.



Tampon

Sanitary Pad

Re-usable
sanitary pad

Menstrual cup

Period pants

Reusable,
cheaper in
long-term,
longer
wearing time.

Reusable,
eco-friendly,
easy to use.
Needs to be
washed
regularly.

Easy to use,
great for
beginners, not
so eco-
friendly
though.

Great for
swimming, not
reusable, a bit
more fiddly at
first.

Comfortable,
eco-friendly,
can be worn
with other
products for
extra
protection
against leaks.

Common hygiene products match-up



Sanitary Pad

Easy to use, great for beginners, not so eco-friendly though.



Tampon

Great for swimming, not reusable, a bit more fiddly at first.



Menstrual cup

Reusable, cheaper in long-term, longer wearing time.



Period pants

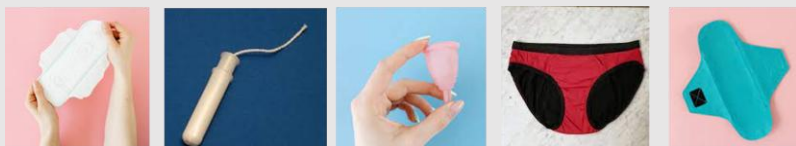
Comfortable, eco-friendly, can be worn with other products for extra protection against leaks.



Re-usable sanitary pad

Reusable, eco-friendly, easy to use. Needs to be washed regularly.

What do we need to know about periods (menstruation)?



Useful helplines and charities

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.youngwomenstrust.org/get-support/additional-support/> Women's advice and support site

<https://www.brook.org.uk/your-life/puberty/> A great information site for teens going through puberty

https://www.betterliveshealthyfuturesbw.nhs.uk/learning_resource/puberty/

Information and help site run by the NHS

Reporting a Concern at Thornden School

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people)

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>