**Destigmatising Periods Session Plan**

So, the young people have chosen to learn more about Destigmatising Periods as part of their EmpowHER journey. Here is a session plan with discussion points, activities and resources that you can use to deliver this session to the young people. Feel free to adapt the session plan and resources to suit the ages and interests of the young people.

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| Title: | Destigmatising Periods | Age: | Tailor to match your group |
| Brief description of session or activities: | This session will consist of discussions to get the YW&Gs’ opinions on issues around how periods are perceived in society, and what can be done to destigmatise periods. The YW&Gs will come up with their own strategies for how they can contribute to the current movements that aim to destigmatise periods and reduce period poverty. | | |
| Objectives (by the end of this session, participants will): | * Understand what period poverty is. * Explore ways to destigmatise periods by looking at the actions of current role models and campaigners. * Discuss ways in which they can contribute to creating safe spaces for YW&Gs to discuss the issues around periods. | | |

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| Method | | |
| Time | Activity, task, description, etc. | Resources |
| 5 - 10  minutes | Introduction  Ground Rules   * Purpose: to create a safe space so young people feel able to ask questions. * Acknowledge differences in knowledge/comfort levels. * Check whether group has a set of ground rules already. * If not, ask group to create a set of ground rules (if quiet, they can talk in pairs for 1 minute before feeding back). * Write on flipchart paper – include: challenge the statement, not the person / one at a time / no mobile phones / no such thing as a silly question. * Ask group to agree to ground rules.   Ice Breakers  Choose an icebreaker activity of your choice | Flipchart paper and  Marker |
| 15- 20  minutes | What is period poverty?   * Ask the young girls about issues they may have faced relating to periods. * Show current news articles/videos relating to period poverty, and explain the role of destigmatizing periods to combat those issues. | Flip chart  Pens  Post it notes  Additional Resources documents |
| 20 minutes | Destigmatising periods   * Now the young people know the importance of having open conversations about periods, and the issues women face, show examples of female role models and campaigners who are actively trying to destigmatize periods. * Ask the young people what their thoughts are on the current movements and campaigns, and whether they think more needs to be done. | Additional Resources documents |
| 20 minutes | Time to reflect  Activity   * Get the YW&Gs to come up with 3 things they will do to help destigmatise periods. * Review what the young people come up with. How did they find it to talk about periods in this way? Did they draw upon their own experiences? |  |
| 5 minutes | Wrap up and final points   * Here is a chance for the young people to give their final opinions, or to ask any unanswered questions. * Reminders for the next session. * Provide the young people with relevant books that they can read (You can utilise  the recommended reading list for this). |  |

Please refer to the ‘Topics Discussion Points’ document for guidance on how to tailor the focus of this session for the different journey stages.

**Here are a few Destigmatizing Period resources that can help whilst planning and delivering this topic to the young people.**

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| Type | Theme | Resource information | Link / Document location |
| Content + Additional Resources (videos) | Empowerment  Resilience  Individual Rights | Periods: Free sanitary products in primary schools aiming to tackle 'period poverty'  “Pupils will soon be able to get free sanitary products in all primary schools in England, Wales and Scotland. The government says the change will happen in England from 2020. Campaigners argued that some girls find themselves missing school because they cannot afford to buy the items.” | Newsround  <https://www.bbc.co.uk/newsround/47949355> |
| Content + Additional Resources (article) | Resilience  Individual Rights | One in five girls and young women bullied about periods – study  “Of the 20% of 14- to 21-year-olds to tell pollsters they were targeted, nearly half (49%) said they had not spoken to anyone about the abuse. About 67% said abuse mainly happened at school, and 66% said they had missed classes because of their period. The study, based on a survey of 1,000 females, was published by Plan International UK on Tuesday to coincide with the women and equalities minister, Penny Mordaunt, announcing the charity as co-chair of the government’s period poverty taskforce.” | The Guardian  <https://www.theguardian.com/society/2019/may/28/one-in-five-girls-and-young-women-bullied-about-their-periods-study> |
| Content + Additional Resources (article) | Empowerment  Resilience  Individual Rights | ‘Period emoji’ would help women talk about menstruation, survey finds  “Half of women aged 18-34 believe a ‘period emoji’ would make it easier for them to talk about their periods with female friends and partners, a survey by girls’ rights charity Plan International UK has found.” | Plan international UK  <https://plan-uk.org/media-centre/period-emoji-would-help-women-talk-about-menstruation> |
| Additional Resources (article) | Empowerment  Resilience  Individual Rights | 4 Ways to Make Your Period-Positivity More Inclusive  “The period-positive movement aims to do that through discussion and education. It aims to encourage open discussion about periods and raise awareness around menstrual health issues and menstrual hygiene. The movement includes the development of eco-friendly, reusable menstrual products as alternatives for disposable pads and tampons. It usually aims to get people to see menstruation as normal, and even beautiful. The period-positive movement is incredibly important.” | Everyday Feminism Magazine  <https://everydayfeminism.com/2016/01/inclusive-period-positivity/> |
| Additional Resources (website) | Empowerment  Resilience  Individual Rights | Leading the Menstrual Movement  “We are a group of young activists across the U.S. united by the belief that menstrual care is a basic right. Nadya Okamoto and Vincent Forand co-founded PERIOD as high school students in 2014 after realizing that menstrual products are not reliably available to those who need them the most. PERIOD is a 501(c)(3) non-profit organization. Now we have a nationwide network of over 300 chapters who are serving their communities.” | Period. The menstrual Movement  <https://www.period.org/> |
| Additional Resources (website) | Empowerment  Resilience  Individual Rights | Period Poverty Taskforce - Minister announces next steps on Menstrual Hygiene Day  “Plan International UK, Procter and Gamble, and the Government Equalities Office (GEO) will work together with charities and businesses across a range of sectors to develop a comprehensive and sustainable response to period poverty in the UK.In recent months the government has announced that period products in schools, hospitals and police custody will be free for women and girls. Taskforce will build on this work, looking at where accessibility is an issue for women and girls, but also seeking to tackle the issue of stigma and education around periods.” | Gov.UK Website  <https://www.gov.uk/government/news/period-poverty-taskforce-minister-announces-next-steps-on-menstrual-hygiene-day> |
| Additional Resources (article) | Empowerment  Resilience  Individual Rights | Five reasons we need to talk about periods  “Periods can make us feel uncomfortable, but talking about them shouldn’t. Here are five reasons why we need to drop the shame and start talking more openly and honestly about menstruation.” | Plan international UK  <https://plan-uk.org/blogs/five-reasons-we-need-to-talk-about-periods> |
| Additional Resources (website) | Empowerment  Resilience  Individual Rights | Bloody Good Period  “We work to end period poverty on the ground by giving these products to those who can’t afford them, and providing long term menstrual education to those less likely to access it.” | Bloody Good Period website  <https://www.bloodygoodperiod.com/> |