

What Can us Do to End the Period Shaming?

1. Talk about the period openly
2. Learn more about menstruation
3. Ditch the euphemisms for having the period
4. Launch off leaks and other menstruation mishaps

TO PERIOD SHAMING!



Period shaming is a huge problem in our society. In order to end the stigma surrounding menstruation, we need to put a stop to period shaming and actively encourage period positivity.



Together we can!

End the Period Shaming

Sustain Your Health
For Today & Tomorrow

DKU Campus Health Clinic



What is Period?

Menstruation, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, your body prepares for pregnancy. If no pregnancy occurs, the uterus, or womb, sheds its lining. The menstrual blood is partly blood and partly tissue from inside the uterus.

When Do Girls Get the Period?

Most girls get their first period when they're around 12. But getting it any time between **age 10 and 15** is OK. Every girl's body has its own schedule. There are some clues that it will start soon:

- Most of the time, a girl gets her period about 2 years after her breasts start to develop.
- Another sign is vaginal discharge fluid (sort of like mucus) that a girl might see or feel on her underwear. This discharge usually begins about 6 months to a year before a girl gets her first period.



What is Period Shaming?

Even if you aren't familiar with the term period shaming, you're certainly familiar with this feeling: a trickle followed by a feeling of panic because our period is early and we aren't prepared. The flood of emotions that accompany an unexpected period is also no doubt familiar as well—embarrassment, shame, fear.

That's because even as adults, the idea of bleeding through our clothes in public is enough to give us butterflies in our stomachs, and we've been going through this for decades. But if you're an adolescent who menstruates, the pressure you put on yourself when it comes to your period isn't the only pressure you have to deal with.

Why Period Shaming is so Dangerous?

Girls are taught to hide their periods, speak of them in whispers like Voldemort, "that which must not be named." It's detrimental to their mental health, body image, and self-worth, and as in the case of Josephine Kwan, can have a long-lasting impact. In some cases, it can even be deadly.



The Worldwide Fight to End Menstrual Shaming

Menstrual hygiene and breaking the silence surrounding menstruation, matters. To prove that point, in honor of Menstrual Hygiene Day on May 28, women around the world turned up the volume by tweeting messages of solidarity and attending events to normalize the still all-too-often taboo subject of menstruation and period pain.

