

Busting the myths. PERIOD!

Have you considered the Global Goals in your period choices?

DID YOU KNOW?

- Every month, girls in the UK face period poverty: two fifths (40%) have had to use toilet roll because they can't afford proper sanitary products.
- There are campaigns to educate women about the alternatives to plastic period products.
- The average age for periods to begin is 12, but it can range from 8 to 17 as well.
- Cotton buds, wipes, dental floss and period products should always be put in the bin, and never flushed down the toilet.
- If you flush wipes and period products down the toilet, they will find their way into rivers, waterways and eventually the sea.
- Tampons, pads and panty liners generate more than 200,000 tonnes of waste per year, the majority of which contain plastic.



Myths & Taboos

What are the choices?

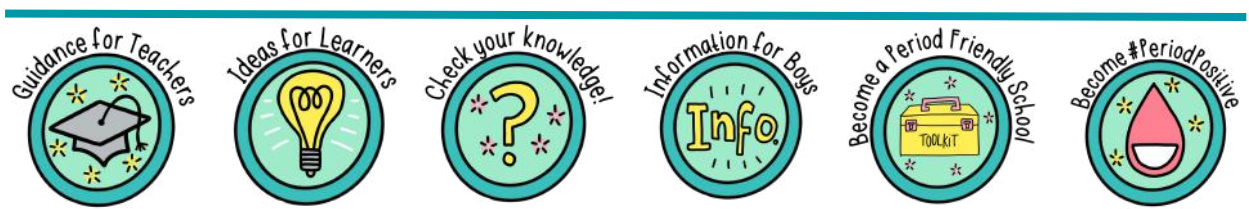
What about the waste?

Periods are a totally natural bodily process. They are absolutely nothing to be ashamed of. You can talk about them with your friends, family and teachers, but if you prefer to keep it private - that's ok too!

Let's bust some period myths!

There is no right or wrong choice. The best menstrual product is the one you are most comfortable using! With the right type of menstrual protection, you can do anything. Talk to a trusted adult, or use the internet to research different types of products.

Many conventional menstruation products contain plastic. Remember not to flush these products, as they can cause blockages. Did you know that there are many reusable menstruation products available, which can be better for you and the environment?



How to use this interactive PDF...

Some parts of the sketchnote are linked to videos and further information. Normally your cursor is a **small arrow** like this...



When you **hover your cursor** over linked aspects, it will change to a **little hand** like this...



The next page is a sneak peek, so you know where the interactive elements are...

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