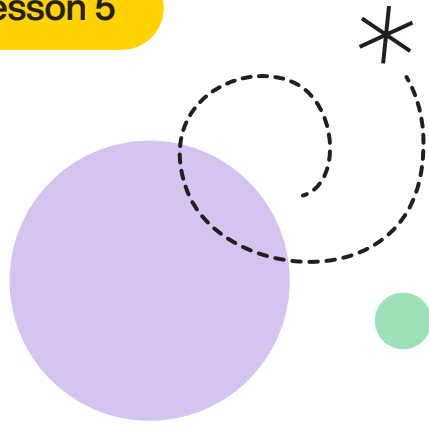
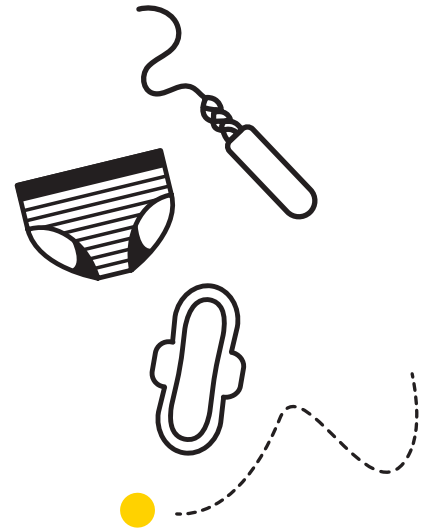




What you need to know. Period.

Period  products:
There's a lot to choose from



* *What you need to know. Period.* is for everybody: for people who get a period, people who will eventually get a period, and even people who will never get a period. Together, we can have open and honest conversations about **menstruation**.

Words you need to know. Period.

Menstruation is often called a period because it's the period of time each month when a person with a uterus bleeds. The uterus is a triangle-shaped area inside the body (below the belly button). This is where a baby can grow during pregnancy. Most periods last anywhere from 3-8 days and happen once a month.

There are a lot of period products out there to choose from. It can be tricky to know which ones to use and when. If you're not sure what will work for you, talk to other people who get their period about what kinds of period products they use and what works for them.

Here's a table that includes the period products out there today. In the table below, fill in the blank sections marked by a  for each period product. You can use the internet to research products that may be new to you.

Deciding which period products to use and when to use them is a very personal choice. And your preferences can change over time.

Some things to keep in mind when choosing period products and completing the table:

Comfort: What works for one person might not work well for someone else. A person's comfort can depend on the kinds of activities they do.

Cost: Period products can be expensive. Some products, like the reusable ones, are more expensive upfront, but can save you money over time.

Sustainability: The environmental impact of disposable period products.

Convenience: It can take time to learn how to use and care for period products properly. Some products may be more or less convenient for you and your life.

Access: How and where to find period products.



Let's talk. Period.

- What else might a person who gets a period want to keep in mind when choosing period products?
- Have you spoken to people in your life about what period products they use? If not, why not?
- Where could you go to learn more about different period products and how they work?

	 Reusable menstrual cups	 Disposable pads	 Disposable panty liners	 Reusable period underwear & pads	 Disposable tampons
What are they?	A small cup made of flexible material, like silicon. It catches blood to prevent leaks. Menstrual cups come in different sizes and shapes to fit different bodies. The cup has a small grip at the end to help take it out.	A piece of disposable material made of plastics with a cotton lining that absorbs blood. They come in different sizes and shapes for heavier or lighter flows.	A piece of disposable material made of plastics with a cotton lining that absorbs very light flows, like spotting. They come in different sizes and shapes, but are thinner than pads.	Period underwear: look and feel much like regular underwear, but they're made to soak up blood. Many brands offer different styles, including boxers. Reusable pads: look and work like disposable pads, but they're made of fabric, are washable, and are made to be used again and again.	A tube of fabric (usually cotton) made to absorb blood. They come in different sizes for different flows and bodies, and can be inserted with or without an applicator. A tampon has a string on one end to help take it out.

	 Reusable menstrual cups	 Disposable pads	 Disposable panty liners	 Reusable period underwear & pads	 Disposable tampons
How to use them	Wash the cup with unscented soap and water, bend the cup while still wet, insert it into the vagina and release so that it opens and doesn't have any folds in it. To take the cup out, find the grip at the bottom, gently squeeze the sides of the cup to break the seal and pull out, keeping the cup upright. Remove, empty, rinse, and reinsert the cup a few times a day so it doesn't overflow.	Unfold the pad from the packaging, peel back the strip on the underside of the pad, and place it sticky side down in underwear. Some pads have wings, or little tabs to fold under, and stick to underwear to help hold the pad in place. Change the pad every 3-4 hours.	Unfold the liner from the packaging, peel back the strip on the underside of the liner, and place it sticky side down in underwear. Some liners have wings, or little tabs to fold under and stick to underwear to help hold it in place. Change the liner every 3-4 hours.	Period underwear: wear just like normal underwear. For heavier flows, change underwear 1-2 times a day. Reusable pads: place in underwear, fold wings underneath, and snap together. Change every 3-4 hours.	Some tampons come with an applicator, which helps to insert the tampon into the vagina. Others don't and need to be inserted using a finger. Depending on the heaviness of the flow, change tampons every 4-6 hours. To take it out, pull gently on the string. It can be dangerous to leave a tampon in for more than 6 hours.
How much do they cost?	 \$	 \$	 \$	 \$	 \$
Where can I buy or find them?	 Here's where I know I can buy or find them:	 Here's where I know I can buy or find them:	 Here's where I know I can buy or find them:	 Here's where I know I can buy or find them:	 Here's where I know I can buy or find them:
When to use them	These are best to use on heavier flow days, but can be used anytime during a period, even while sleeping. Most cups can be worn for 10-12 hours before removing.	They come in different sizes for use on heavier or lighter days. Some are made specifically for overnight use while sleeping. Some people find pads uncomfortable when doing sports and they're not made for swimming.	On light days, like at the very end of a period. Some people get spotting before or between periods and liners can be a good option.	Period underwear: some are made for heavier days, some for lighter days. On very heavy days, some people wear a menstrual cup or tampon as well as period underwear to avoid leaks. Some brands make period underwear for activities like swimming, dancing, and other sports. Reusable pads: can be used just like disposable pads.	Some people use tampons all through their period. Some only use them when they're swimming, travelling, doing sports, or when their period is very heavy. You may want to avoid wearing a tampon to bed at night because you need to change them every 4-6 hours. It can be dangerous to leave a tampon in for more than 6 hours.



	 Reusable menstrual cups	 Disposable pads	 Disposable panty liners	 Reusable period underwear & pads	 Disposable tampons
How to care for / dispose of them	Wash with unscented soap and water before, after, and between each use. They're reusable - you don't need to throw them out. Some people sanitize their cup in boiling water between periods.	Roll up the disposable pad, wrap it in toilet paper, and put it in the garbage bin or special bin for period products.	Roll up the disposable liner, wrap it in toilet paper, and put it in the garbage bin or special bin for period products.	Rinse period underwear and reusable pads in cold water and wring out before putting in the washing machine. They can be washed along with other laundry as long as they've been rinsed in cold water first. Hang to dry.	Wrap the tampon in toilet paper and put it in the garbage bin or special bin for period products. Don't flush it down the toilet.
Pros					
Cons					



Let's think. Period.

Based on the table you completed, what period product came out on top as the best choice?
