

# Periods and the Menstrual Cycle



## LEARNING OUTCOMES

### Knowledge, Skills & Actions

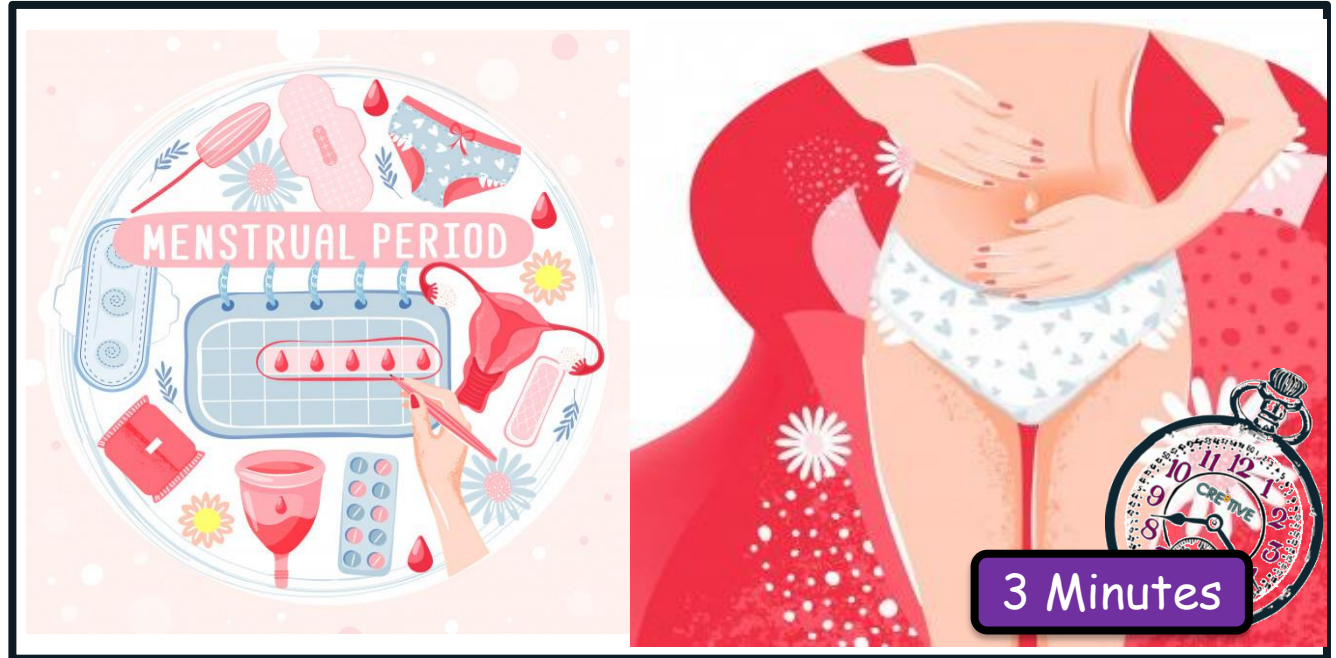
To understand the menstrual cycle and its role in human reproduction

To understand how and why feminine protection is so absorbent and effective.

To evaluate the role of hormones in the regulation of the body's functions.

### **New Vocabulary**

Oestrogen, luteal, follicular, ovulation, menstruation, tampon, TSS



## STARTER ACTIVITY

Identify 3 items that can help a girl with her menstrual cycle  
Describe the 28 day menstrual cycle

PAIR & SHARE  
THOUGHTS & FEELINGS

DID?

MIGHT?

COULD?

CAN? /  
WILL?

IS?  
DOES?

SECOND

HOW?

WHAT?

WHERE?

WHO?

WHY?

FIRST

MENSTRUAL CALENDAR

		1	2	3	4
5	6	7	8	9	10
11	12	13	14	15	16
17	18	19	20	21	22
23	24	25	26	27	28
29	30	31			



Using the grid above come up with three questions about the image

2 Minutes



CREATIVE CURRICULUM  
**EFFECTIVE GROUND RULES**

**Show respect**

- By listening
- Not interrupting
- Only 1 person talking at a time

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

It's OK to get things wrong

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

# PSHE

Be open and honest but **no personal comments** – Discussions will be about 'general situations'

*PSHE CLASSROOM RULES*  
**DEALING WITH SENSITIVE TOPICS**

**SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

CREATIVE CURRICULUM  
**EFFECTIVE GROUND RULES**

**Don't make assumptions** about people's values, attitudes, behaviours, life experiences or feelings

There are **no stupid questions**. A question box for anonymous Questions

Have a **non-judgemental approach**. No put downs and challenge the opinion not the person

Conversations stay in the room unless it is a **safeguarding issue**



# Periods and the Menstrual cycle

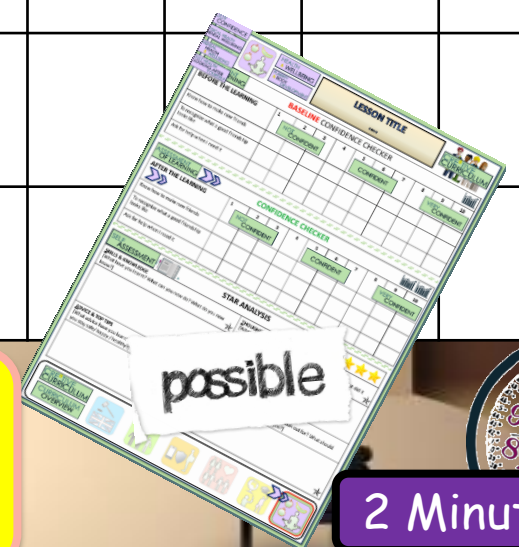


ASSESSMENT FOR LEARNING

## BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I understand how and why feminine protection is so absorbent and effective.										
I understand the menstrual cycle and its role in human reproduction										
I understand the role of hormones in the regulation of the body's functions.										



Complete a baseline assessment of where you think you are at for this lesson  
(Discussion or complete sheet)

2 Minutes



	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
--	--------------------------	--	-----------------------------	--	-----------	--	----------------	--	-----------------



# Menstruation Cycle



Play video



What thinking is needed? next steps? Where are we now

what is wrong? Is it safe? can it be done?

**What Is Periods? Simple Understanding Of Menstrual Cycle | Stages Of Periods**

**Task:** Pick one or two colours and answer all the related questions

THINKING

JUDGEMENT



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



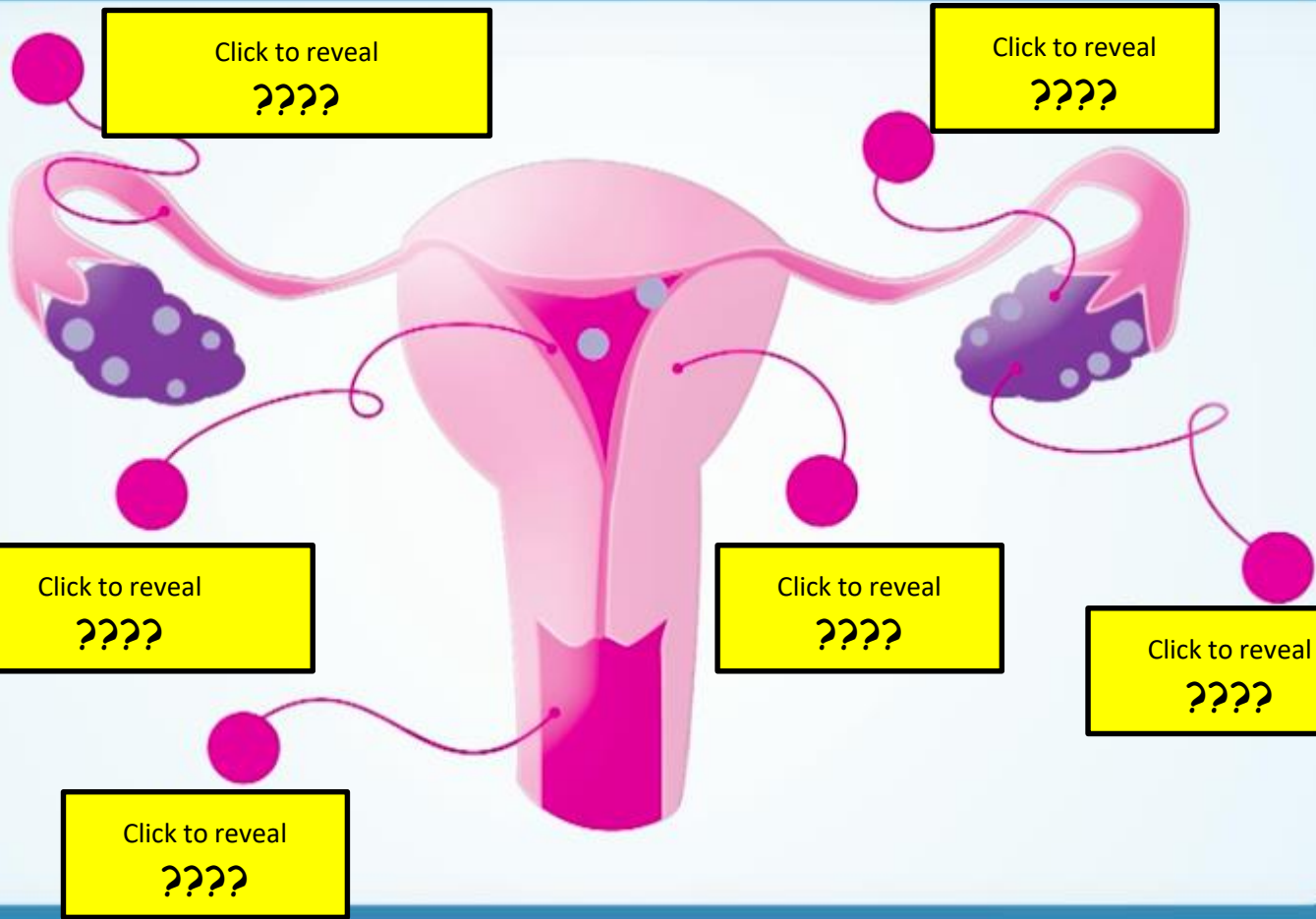
Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



5 Minutes

THINKING  
HATS



Endometrium

Eggs (Ova)

Fallopian Tube

Uterus

Ovary

Vagina

# MENSTRUAL CYCLE PHASES

This occurs each month when your reproductive system repeats a regular pattern of events, all controlled by hormones. There are four parts, or phases, that repeat.

## Menstrual Cycle Phase

*Ovarian Follicles each contain an egg that when stimulated by the FS Hormone grow*

## Luteal Phase

- The empty ovarian follicle produces oestrogen and progesterone which stimulates the uterus to prepare for a fertilised egg
- Pregnant = Egg will attach on to the lining of the uterus
- Not Pregnant = New Period starts (New Menstrual cycle starts)

- Official Start of the cycle
- Referred to as 'Period'
- Lining of the uterus is shed through the vaginal opening.
- Lasts between 3-7 days – Average is 5

## Follicular Phase

- Body is preparing for pregnancy and loss of blood stops (Day 5 – 14)
- Lining of uterus begins to thicken and 1 egg gets ready for fertilisation
- Oestrogen levels rise dramatically

## Ovulation Phase

- Usually happens on day 14 of your cycle
- The ovaries releases a mature egg and it travels down the fallopian tube over several days (3-4) down into the uterus.
- Will sit in the uterus for around 24 hours in hope of being fertilised before it start to degenerate

- *Changes on the inside*
- *Reproductive organs are on the inside of your body (Ovaries, uterus and Vagina are on the inside)*
- *Menstrual Cycle*
- *Left and Right ovaries take turns to release an egg (Ovum) this is called ovulation – happens every 28 days or so*
- *1 million eggs at birth (only 300,000 exist by puberty) 300-400 will be ovulated during a woman's lifetime*
- *Egg – Fallopian tube - Uterus (develops lining called endometrium) – A fertilised egg will settle and begin to grow a baby if the egg is not fertilised (No pregnancy) the egg breaks down and the lining breaks down and they leave the body through the vagina (Called menstrual flow made up of some blood and other body tissue – reddish and brown fluid) Leave in small amounts (drips) it's a big 28 day cycle (can range from 21 – 35 days)*
- *Average period lasts 5 days ( Range from 2- 7 Days)*
- *4-12 Teaspoons of fluid (50% is Blood). 90% is lost in first three days then become a lot lighter*
- *Periods can take up to 2 years to become regular (They can disappear for some months until your body settles into a regular cycle)*
- *Keep a menstrual calendar about dates and how you feel*
- *Remember every girl goes through this and its perfectly normal and not something to be embarrassed about*





Why is it important to keep a menstrual calendar?

How might a girl be more prepared if she keeps a menstrual calendar?

Why is it important that boys understand the menstrual cycle?

# MENSTRUAL PAIN

Create a leaflet about menstrual pain and how girls can alleviate it

## SYMPTOM



ABDOMINAL PAIN



MUSCLE PAIN



BACKACHE



HEADACHE

## TAKE CARE OF YOURSELF



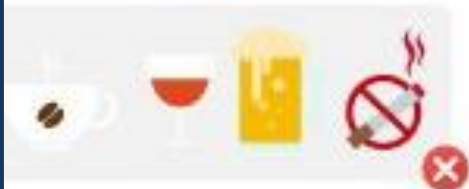
SLEEP



HOT WATER BOTTLE

## AVOID

## HEALTHY FOOD



HOT WATER BOTTLE



DRINK WARM WATER & HONEY AND LEMON TEA



WATER DRINK DRINK OFTEN



PAIN RELIEVERS

# Feminine Protection Products

PADS

PANTY LINERS

TAMPONS

Outside Your  
Body

Inside Your  
Body

Anytime

During Your  
Period

Outside Your  
Body

During your  
period

## Task

Each feminine protection product has two matching features. Match them up!

## Did you know?

*Menstrual Cups and Period Pants are other feminine protection products for those that are looking at being environmentally friendly when they are older*

# ***TOXIC SHOCK SYNDROME (TSS)***

- Tampons are associated with the extremely rare but serious illness called TSS. Rare but dangerous and life threatening.*
- TSS is caused by Toxins produced by bacteria in your body. IT can occur in men, women or children (50% are in women who are menstruating and associated with the use of Tampons)*

## ***Menstrual TSS can reoccur.***

*Symptoms to look out for (Similar to flu)*

- ✓ *Fever – feeling unwell*
- ✓ *Fainting*
- ✓ *Vomiting*
- ✓ *Diarrhoea*
- ✓ *A sunburn like rash*
- ✓ *Muscle aches*
- ✓ *Feeling dizzy*

## ***WHAT TO DO***

*Remove any tampon you are using immediately – Consult a doctor.*

## ***HOW TO REDUCE RISK OF TSS***

*Use a pad instead of a tampon at least once during your period*

*Always use a tampon with the lowest absorbance for your needs*

*Change your tampons regularly – don't use them for longer than recommended*



**Menstrual cups** are soft, flexible cups made of silicone or latex rubber, that you fold and then insert just like a tampon.

Instead of absorbing your blood, like a tampon or pad, the cup catches it and you can empty it down the toilet.

Menstrual cups hold more blood than your average tampon so you shouldn't need to empty it as regularly as you would change a tampon.

A menstrual cup should last you about 5 years and is perfect for travelling (who wants to carry boxes of tampons and pads around whilst on the move?).

## **Period Pants**

Period pants are absorbent underwear that you can wash and reuse again for up to 2 years.

Period pants come in a range of styles and absorbencies.

Some have inserts that you can remove and change as you would with a pad.

**Period pants** are essentially leakproof knickers, so you won't need to wear a pad, a tampon or menstrual cup if you wear them during your **period**





I'm getting spots and excessive oil in my hair and skin

I think I'm starting my period

I don't know how to use sanitary towels and tampons

Everyone else is developing breast tissue and I'm not

I'm having cramps

I'm feeling down about things



## Task

- 1) Who could you speak to for advice on each of these issues?
- 2) What advice would you give a young girl who is worrying about some of these things?



## **General Health Issues for Women**

**Hormones will be in overdrive** – This can impact your emotions (emotions may change at different times during your menstrual cycle (Called PMS)

**Pre Menstrual Syndrome** – Can make you feel Irritable moody or sad or feel generally down– Happen up to two weeks before Period

### **CRAMPS**

**Menstrual cramps** – Not everyone gets them. Caused by the uterus contracting to discard the menstrual flow (Aches and Cramps and sometimes backache)

Ways to deal with them

- ✓ Gentle exercise
- ✓ A nice warm bath or hot water bottle
- ✓ Using a hot pad

Can seek advice from other female adults

### **Vaginal Thrush and Cystitis**

**Vaginal Thrush** – Yeast infection caused by a natural fungus in the vagina  
– Symptoms can include itching and soreness and vaginal discharge (different from normal discharge E.G thicker or more watery (See doctor)

**Cystitis** – Inflammation of the bladder – makes you feel like you need to pass urine all the while, pain in bladder and feel uncomfortable to go loo – Very common and lots of women experience it (See doctor)



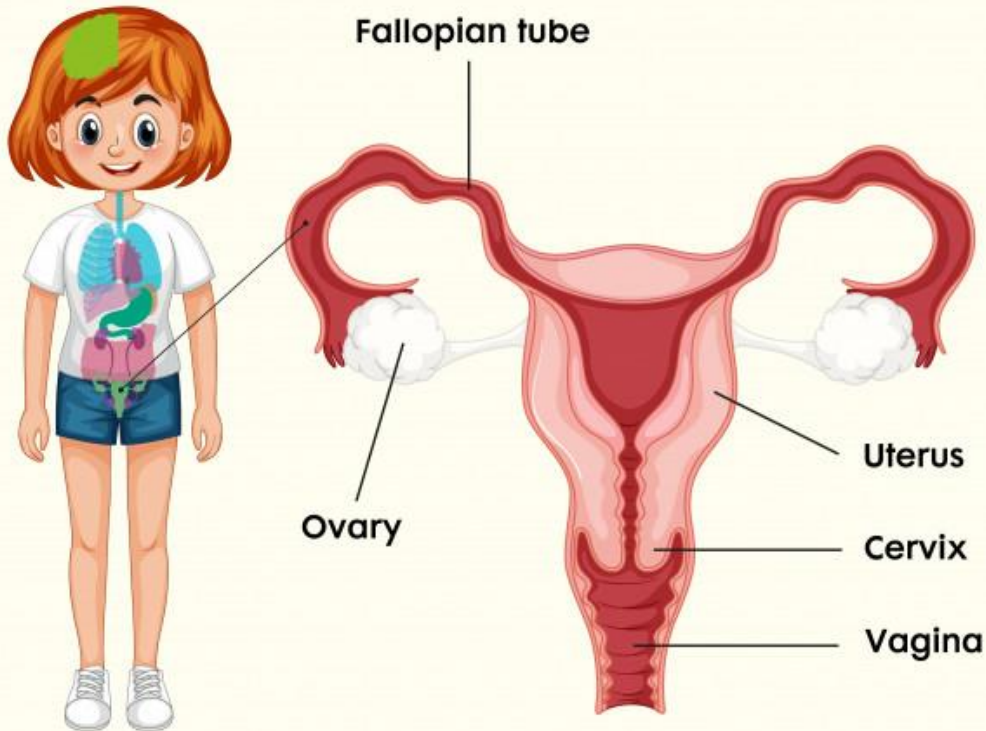
**Female**



**Male**



## FEMALE REPRODUCTIVE SYSTEM



## Did you know?

*On average you only lose between 2 and 8 table spoons of menstrual fluid during your period*

*Girls usually start their periods between 11 and 13*

*Periods usually last between 3 – 7 days*

*A period is made up of blood and body tissue*

*Signs that your body maybe getting ready to start periods include:*

*Breast tissue begins growing*

*Pubic hair may start to grow*

*Produce a discharge from the vagina*







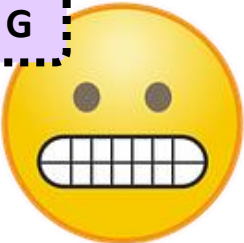









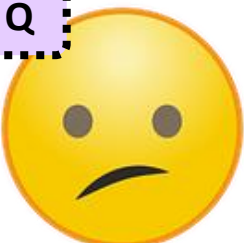

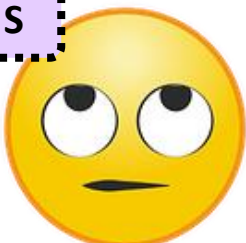



## Task

Did anything surprise them about the cycle and how long each stage is?

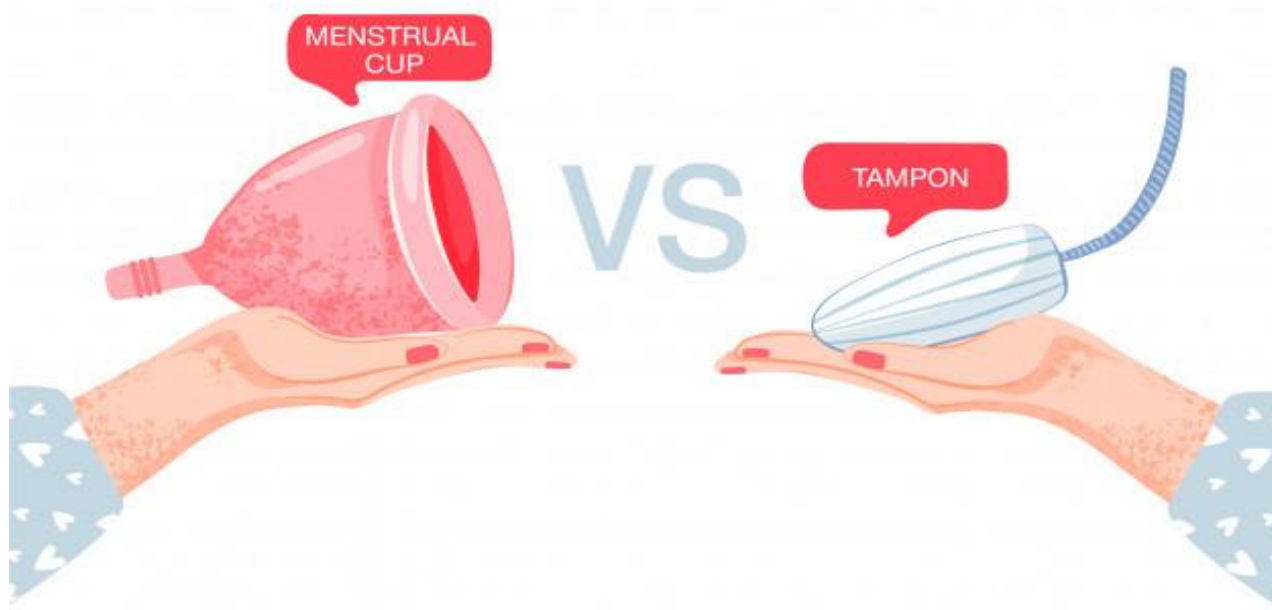
Why do you think women have a menstrual cycle and men do not?

Why is the word 'cycle' used to describe the process?

# WHAT EMOTION DO YOU ASSOCIATE WITH EACH EMOJI...

<b>A</b> 	<b>B</b> 	<b>C</b> 	<b>D</b> 	<b>E</b> 	<b>F</b> 
<b>G</b> 	<b>H</b> 	<b>I</b> 	<b>J</b> 	<b>K</b> 	<b>L</b> 
<b>Task</b> Which of these emoji's do you think girls most associate with periods					
<b>M</b> 	<b>N</b> 	<b>O</b> 	<b>P</b> 		
<b>Q</b> 	<b>R</b> 	<b>S</b> 	<b>T</b> 	<b>U</b> 	<b>V</b> 





## Talking points

- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because
- Building on what ...
- An alternate way of looking at this is...
- I sort of agree, however....
- In my view...
- I would challenge what... said because ...

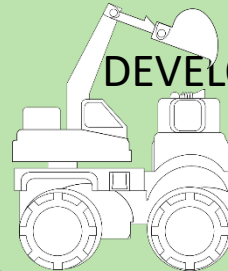
AGREE



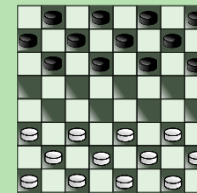
DISAGREE



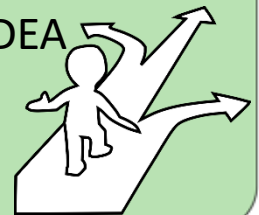
DEVELOP



CHALLENGE



ALTERNATE IDEA





# SPLAT – TEAM CHALLENGE

1. The class is split in two – Nominate a player
2. Teacher will read out a definition or ask a question
3. The first nominated player to fly-swat / 'splat' the correct answer on the board gets the point. (hold it over the splat)
4. Teams may help their players

Bloating

Cramps

Ovary

Fallopian tube

Discharge

Pantyliner

Menstrual Cycle

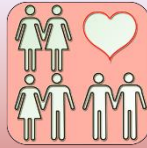
Tampon

Ovulation

28 days

PMS (Pre-Menstrual Syndrome) Uterus

# LEARNING OUTCOMES



# STOP!



Let us review our learning outcomes for this lesson  
**Knowledge, Skills & Actions**

PAIR &  
 SHARE

ASSESSMENT  
 FOR LEARNING

## Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I understand how and why feminine protection is so absorbent and effective.										
I understand the menstrual cycle and its role in human reproduction										
I understand the role of hormones in the regulation of the body's functions										



Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident

IMPORTANT INFORMATION

# SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support

IMPORTANT INFORMATION



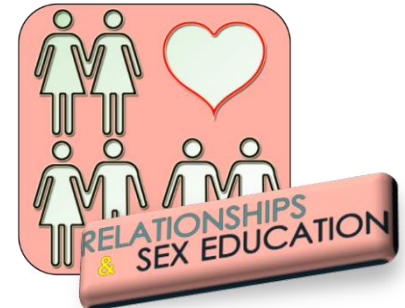
FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

SUBMIT ANNONYMOUS QUESTION TO <https://riseabove.org.uk/wall/>  
VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> NHS
- <https://www.childline.org.uk> Has support for Puberty - Boys & Girls
- <https://kidshealth.org/#cattake-care> Information on a variety of topics
- <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people



2 Minutes



SIGNPOSTING SUPPORT

HELP & SUPPORT SERVICES

FURTHER INFORMATION



# REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

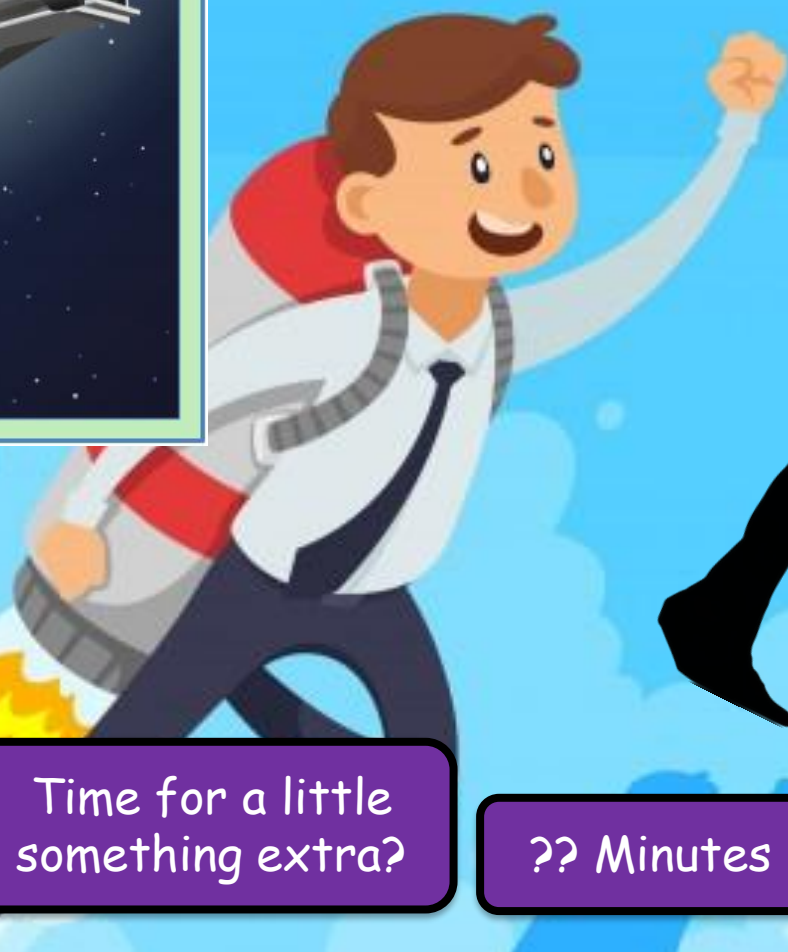
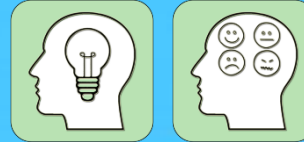
A problem I overcame today was...

2 Minutes



**REFER TO MINDFULNESS**

**➤➤➤ POWERPOINT**



Time for a little something extra?

?? Minutes

