



Talking About Your Period

- Talking about your period is healthy and normal but there are some social rules.
- Talking about periods can be a taboo subject. This means that many people do not want to hear you talk about your period. It can still be OK to talk about your period but it is usually best to have a good reason. If you want to talk about your periods it is usually best to speak to a close friend, trusted adult or other people who can help you.
- When you need help because of your period it is important to talk to someone straight away. It is often best to speak in a quiet voice so that other people do not hear.
- When you want to chat about your period it is often best to wait until you can have a private conversation.
- Talking about your period is sometimes OK and sometimes not OK. It is always OK if you need help. It is also usually OK to talk about your period to a friend or trusted adult in a quiet and private place.

