



PERIOD TALK

Let's not beat around the bush!

*Conversation Guide and Top Tips
to Talk About Periods*

Period Talk: Let's Not Beat Around the Bush!

Talking about periods can sometimes feel awkward or embarrassing, but it doesn't have to be. Our Bloody Conversation Guide is here to help you start comfortable, open discussions about menstruation in a variety of settings. Whether it's chatting with friends, family, partners, colleagues, or teachers, we've got conversation starters and our top practical tips to make it easier to break the period silence.

"My children are too young to really understand periods, but when they can, I will talk to my boys the same way as the girls. It is important that everyone learns"

Pat
Community Ambassador

How to talk about periods to children

If your children see you talking about periods with older siblings, partners, friends and family, they are far more likely to feel more comfortable talking about them in their own peer groups, especially as they grow older.

Conversation Starters

- "Could you help with the housework? I'm on my period and have bad cramps today."
- "What do you already know about periods?"
- "Has anyone at your school started their period yet?"
- "Do you talk to your friends about periods at school? What do they say about them?"

How to talk about periods with parents

We know talking about periods with parents and family members can be awkward. Perhaps you're not close to your family or periods are a taboo in your culture, so you avoid the topic altogether. In this case, no need to rush into it with "I'm on my period mum!!!" at the dinner table. Take things slowly and gradually bring up the topic. Remember that even if people aren't as receptive to your openness, there's always people out there who will be!



Why not try these conversation starters?

- "I learnt about X in school. Did you know about this?"
- "My periods are painful, is this normal? Do you experience this?"
- "All my friends have started their period and I haven't yet. When did you start yours?"
- "Dad, I've started my period and I need pads. Could you buy some for me, please?"

"I start by sharing my own experience. For example, I may say 'I am on my period, it is so heavy but I am so happy that I am now using the right products. How is yours?'"

How to talk about periods with partners

Normalise period talk in relationships - whether it's about intimacy, support, or just how you're feeling. Perhaps when you're out shopping together, you could educate your partner on the products you're using and why they work for you.

“My partner knows my menstrual cycle which means they know when I might be feeling more emotional and are able to support me accordingly. This is particularly important as I have PMDD so I can feel extra low in the run up to my period.”

Scarlett
Bloody Good Period

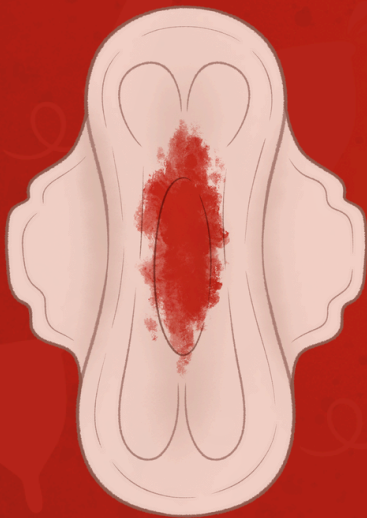
How are these for conversation starters?

- **“My period is due in a few days, I may need some extra support this week”**
- **“Would you like to sync with my period tracking app? It might help you understand how I'm feeling throughout the month.”**
- **“Could you get my pads/tampons for me? They're just in my bag!”**



How to talk about periods with friends

Talking about periods with friends can be a great way to break the silence and help each other feel more comfortable about menstruation. Whether you're sharing experiences, advice, or just venting about cramps, it helps create a supportive environment.



Here's some conversation starters!

- "I've been trying new period products, have you found anything that works well for you?"
- "My periods have been really irregular lately - do you experience that too?"
- "I feel so tired when I'm on my period, do you have any tips for dealing with that?"

"Once I started talking openly about my periods with friends, I realised how much we could support each other. It feels great to know we're not alone, and it makes period talk feel so much more normal for everyone."

Jo
Bloody Good Period

Top Tips

Tips for talking to your doctor

1. Track your symptoms:

Keep note of all your symptoms and bring this information to your doctor's appointment. Period-tracking apps, such as Glue are helpful tools to remember everything!

2. Bring a support person:

Having a trusted friend or family member come with you to your appointment can ease your worries, provide support, and help communicate your concerns.

3. Change doctors if needed:

It's important that you feel safe and comfortable. If you're unhappy with your doctor's advice or treatment, you have the right to ask for a different doctor and to seek a second opinion. You can also request a doctor of a specific gender.

Tips for students at school

1. Start Small:

Not sure how to begin talking about your period at school? A simple, "I've got my period today" or "My period just ended! When does yours start?" are perfect conversation starters!

2. Be Honest:

Need to go for a bathroom break? Say it plainly: "I need to change my tampon". No need for code words.

3. Flip the Script:

If someone seems uncomfortable when talking about periods, ask them why. We aren't all taught to be open about periods at home, so approach this with awareness and empathy. Challenge the silence - but approach with care!



Tips for teachers

1. Stop the bans on loo breaks!

Menstrual flows vary and some students may need to change period products more frequently. If they ask to use the toilet, let them go!

2. Stay updated with policy

Schools can receive free period products through the UK government's period product scheme. Make sure your school participates and keeps up with any changes.

3. Include everyone!

Period education should be for everyone to encourage empathy and understanding - boys, girls, trans and non-binary students alike. Share resources like our [Mind Your Bloody Language guide](#) to promote inclusivity and challenge period stigma. Bye-bye shame!

Tips for talking about periods at work

Noticed your workplace lacks period products or menstrual health support? Our team at [Bloody Good Employers](#) have shared their top tips for making your workplace an inclusive environment.

1. Be open!

Don't hide your pad/tampon up your sleeve when going to the toilet.

2. Call it what it is!

It's not that "time of the month" - it's a period!

3. Challenge Inclusion

Ask your employer to include menstrual health as a standing agenda item in Equality, Diversity & Inclusion (EDI) meetings.

"We spend over a third of our lives in the workplace, so ensuring that people who menstruate are well cared for in these spaces is vital to ensure staff satisfaction and retention. It can also increase your pool of candidates at the recruitment stage"

- Talycia, Bloody Good Employers Programme Manager

