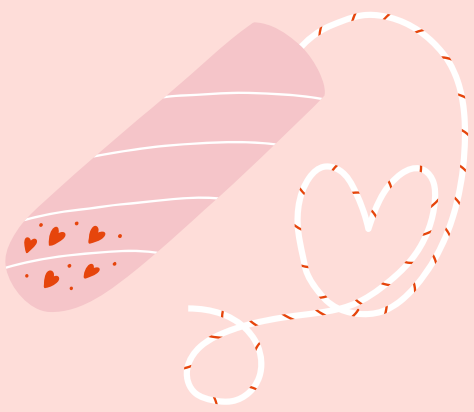
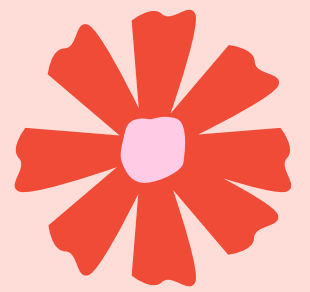


How to Approach Menstruation: A Guide for

Moms & DADS



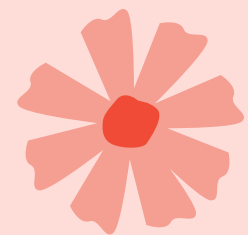
TIP 1:



Menstruation usually begins when these pubertal signs appear: body odor, body hair and acne.



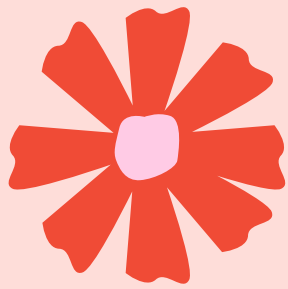
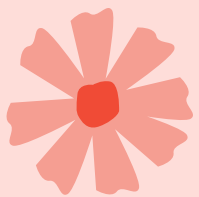
TIP 2:



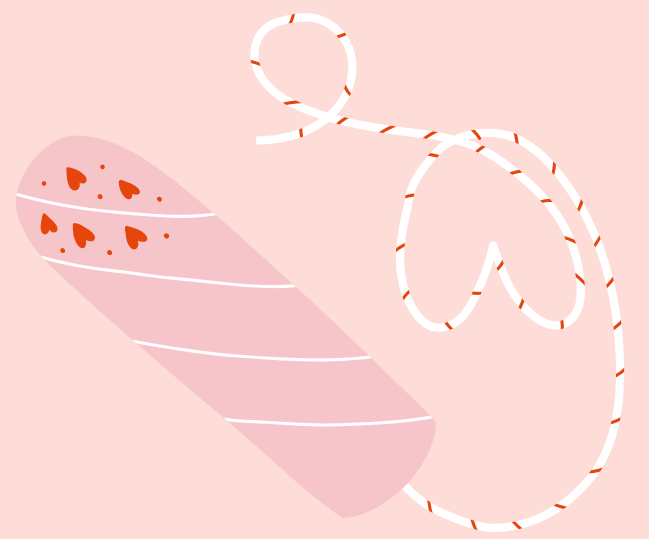
Have a discussion with your teen **BEFORE** menstruation begins. Tailor discussions to the child's maturity level and understanding.



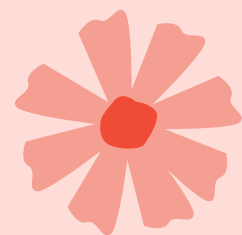
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TIP 3:

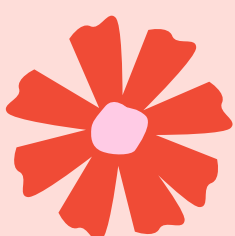


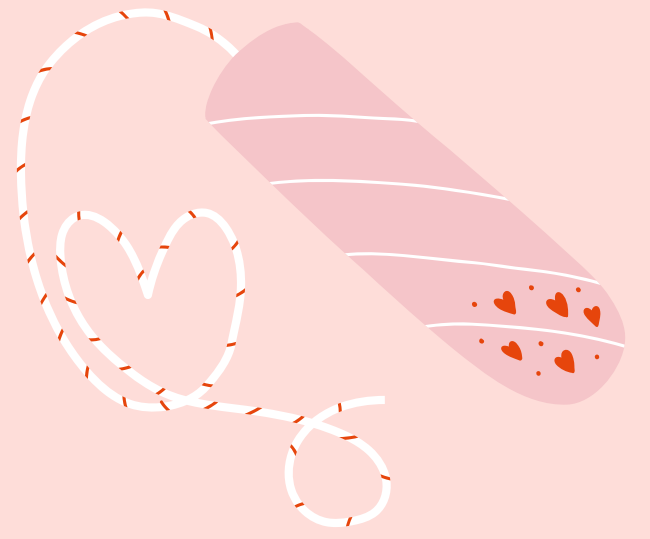
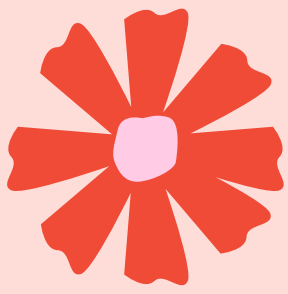
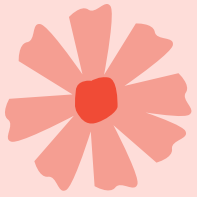
Along with body basics, discussing body changes, like reproductive hygiene and consent (granting permission before anyone touches them) are the most essential aspects for teaching children and teens autonomy and respect regarding their own bodies.



TIP 4:

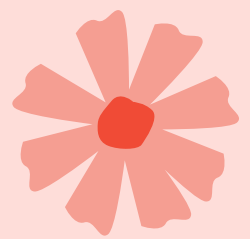
Learn about the different period products that are available. Most teens start off using pads, but some teens may show interest in tampons if they are in sports, swimming, dance, or other athletics. Try having a variety of products available so your teen can learn what works best for them!





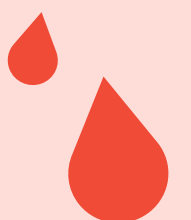
TIP 5:

Learn about period symptoms that may include period pain and cramping, fatigue, and mood changes. Having ibuprofen or Midol on hand can be helpful if your teen experiences period symptoms.



TIP 6:

If you have a gender nonconforming or transgender teen, menstruation can cause or heighten gender dysphoria. Discuss with your teen options like period underwear or period boxer/briefs.



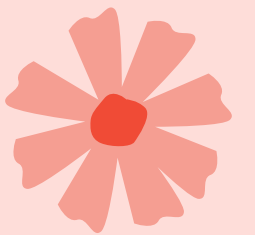


TIP 7:

A TIP just for DADS

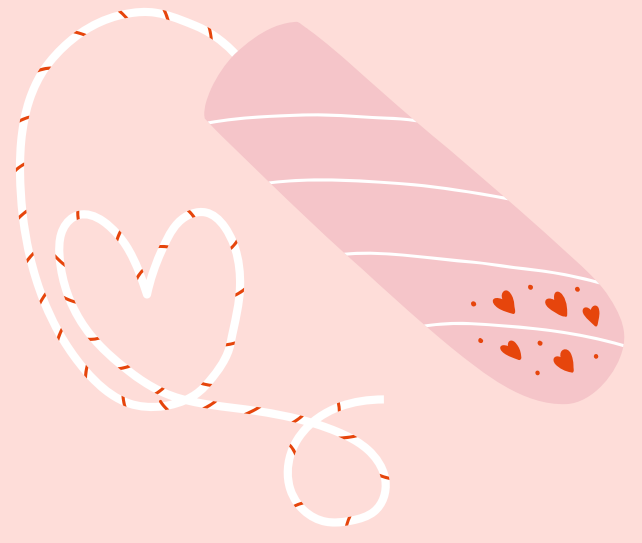
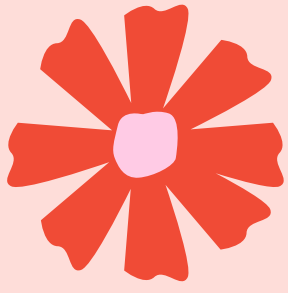
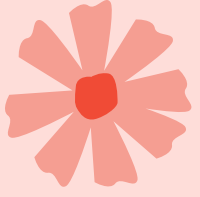
Dads willing and able to talk about periods do so much to improve kids' body image and relationships!

When it's taboo for dads to talk about periods, many kids blame themselves and their bodies for this silence. Talking reduces shame about this natural and necessary biological occurrence. Your openness helps change the world your daughter is growing up in.



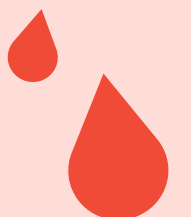
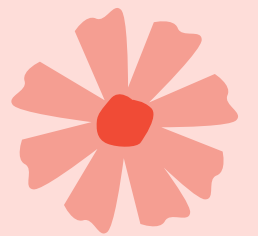
When you can talk about periods and the other physical changes your daughter experiences, you help her grow up feeling confident, strong and loved exactly as she is.





TIP 8:

Have a First Period Kit ready. Have a few size ONE pads, panty liners, and period wipes ready to go in a small bag that your teen can carry to school and daily activities. Someone's period can come as a surprise. Having products available is always helpful.





Program Overview

Fayetteville Menstrual Dignity Program

The Fayetteville Menstrual Dignity Program (FMDP) is an effort to address period poverty and menstrual dignity in our public schools. Period poverty refers to the social, economic, and cultural barriers to menstrual products, education, and hygiene. Menstrual Dignity for students means that all menstruating students, regardless of gender, age, ability, or socioeconomic status have the opportunity for safe, dignified self-care. This program and the community education and advocacy we provide offer an antidote to the common narratives that say menstruation is something deserving of embarrassment and shame.

Program Goals

Privacy Creates safe, private spaces where students can access menstrual products. This means students self-determine when they need access to products without having to ask an adult. Gatekeeping products leads to shame. FMDP wants students to have autonomy and maintain dignity around normal, human bodily functions. In participating public school classrooms, FMDP places bins filled with a variety of menstrual products. Students are instructed by teachers to take as much as they need, whenever they need it.

Inclusivity Encompasses all people, arming them with quality information, and honoring differences in how communities gather knowledge and make decisions about health. Gender-inclusive language is also essential when referring to menstruating students.

Accessibility Makes products available for all students. All students must have access, regardless of disability or language of origin. Too many students lack basic access to period products to manage their monthly flows. Lack of access can lead to missing school every month. For some, it can mean choosing between food on the table or managing a period with suitable products.

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Make a DONATION to Fayetteville Menstrual Dignity from our [Wishlist](#).

Contact the FMDP Team via email:

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