

Let's Talk About...

Period Products

A Guide to Help You Understand What to Use on your Period!

Common Terms!

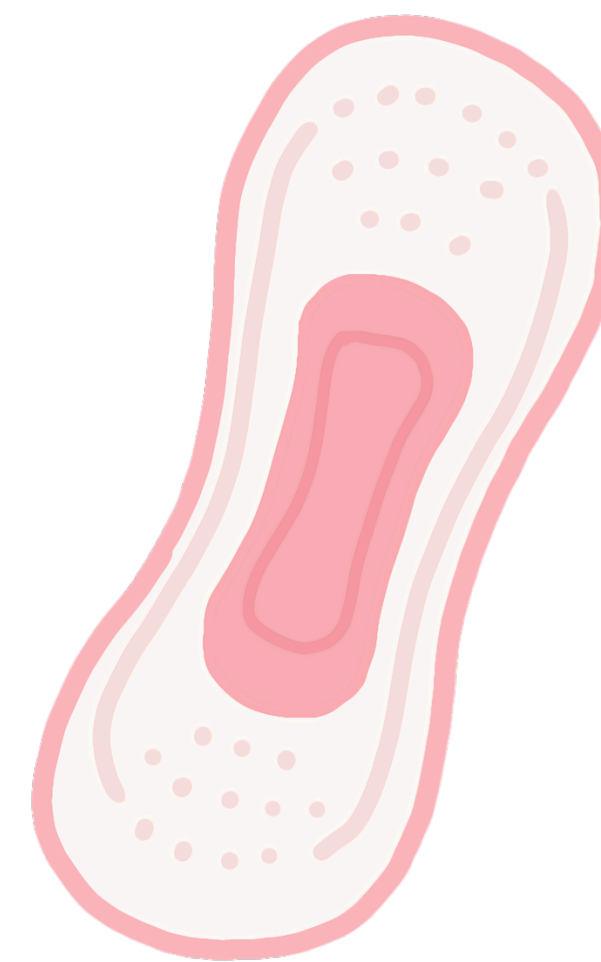
Flow

Heavy Flow

To Leak

Light Flow

What Are Period Products?

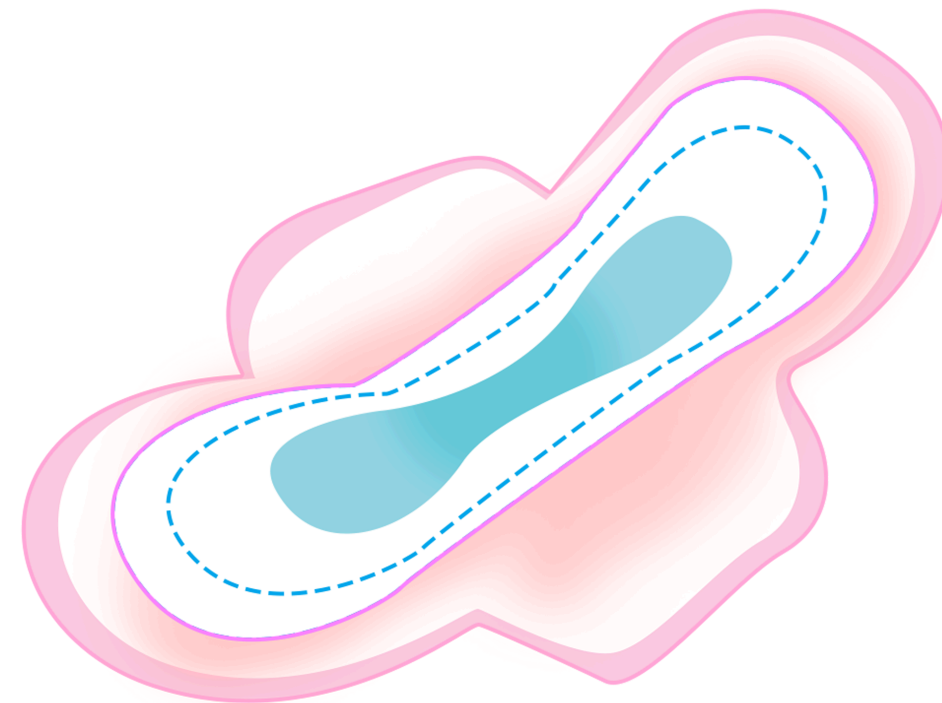


Common Terms Used to Describe Period Products

The feeling of not understanding any terms they use on the period product packaging or boxes is completely understandable. Hopefully, some of these terms will clarify what the menstrual product boxes are trying to say!

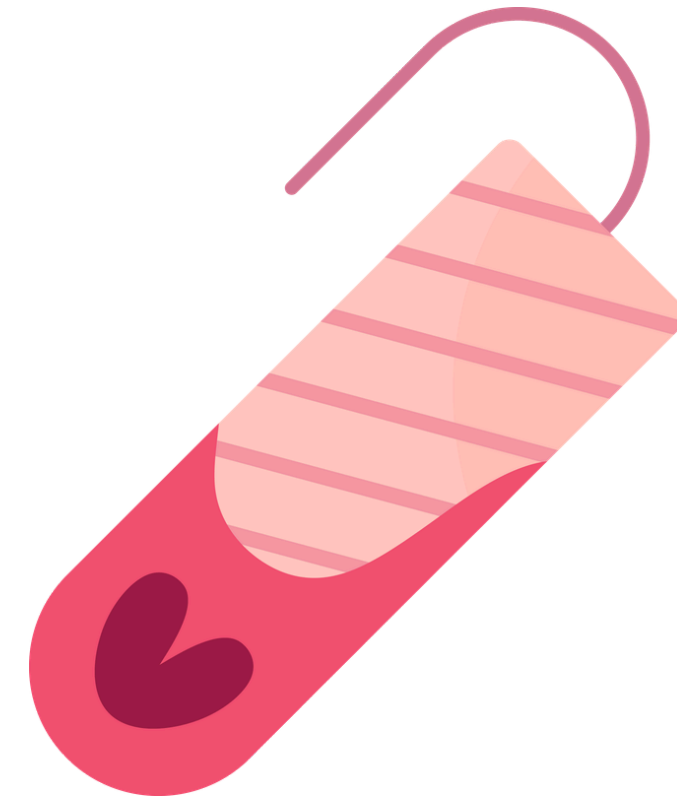
PADS

1. **Maxi**
2. **Ultra Thin**
3. **Overnight**
4. **Wings**
5. **Sensitive**



TAMPONS

1. **Applicator/No Applicator**
2. **Super**
3. **Regular**
4. **Light**
5. **Sport**
6. **Organic**



What To Buy:

for lighter flows

*All preferences the personal experiences of women in my community!

*Look for pad and tampon products that note light absorbency and a smaller/shorter size.

Tampons:



*Organic tampons!



Pads:



*Organic pads- these are very soft!



*Super small, and can fit in any purse or bag!

What To Buy:

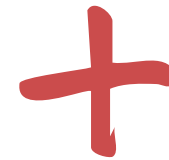
for regular flows

*All preferences the personal experiences of women in my community!

*Look for pad and tampon products that note regular-high absorbency.

Tampons:

*Very reliable and easy to find at any pharmacy!



Panty liners work well combined with tampons for extra leak protection and comfort!

*Cardboard applicator for reduced environmental waste

Pads:

*Need to be changed more often, but are lightweight and comfortable!



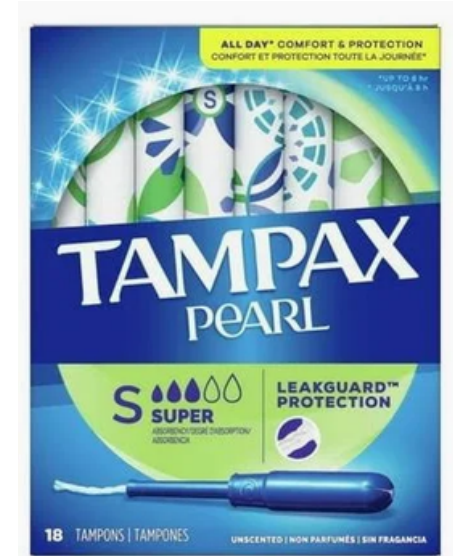
What To Buy:

for heavier flows

*All preferences the personal experiences of women in my community!

*Look for pad and tampon products that note high and heavy absorbency.

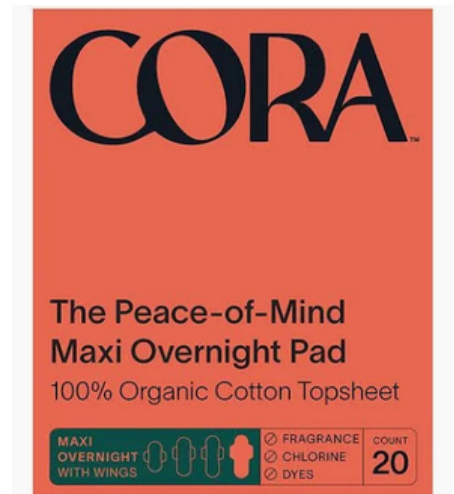
Tampons:



Panty liners work well combined with tampons for extra leak protection and comfort!

Pads:

*Longer pads can be helpful for heavier flow days!



*Pads labeled specifically for nighttime use can be helpful as a higher absorbency option during the day!

How to Use Period Products

For when you first get your period!

Pads



Period Underwear

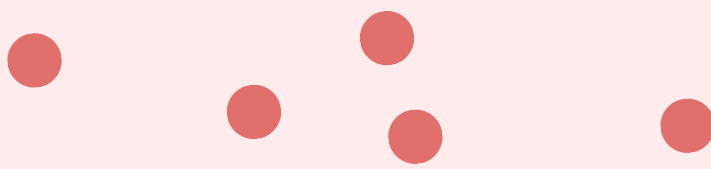


Tampons (with an applicator)



Tampons (without an applicator)





Question:

Can you identify specific period products you would use for different points during your cycle.



KEY TAKEAWAYS:

1. Different period products should be used to help you during different parts of your menstrual cycle
 2. Changing your period product every 3-4 hours helps maintain hygiene and reduces odors in your vagina!
 3. Labels on period product boxes indicate the size or length of the product.
- Remember: **Menstruation is not only normal, but it is a celebration of the safety, health, and love you give to your body.**