

Section 1: Period Anatomy and Biology

Slide 1 — Title

- Welcome them; thank them for being here
- Frame the talk: every person here will deal with periods at some point
- Promise: real info, no whispering, no jokes — just understanding what your body does

Slide 2 — Hi, I'm Georgina

- Quick intro: 11th grader, built this curriculum because your school didn't teach this well enough
- Goal of the day: walk away knowing more than most adults

Slide 3 — Anatomy Vocabulary

- Setup: we're going to learn the parts of the system
- Reassure: don't memorize every word — just know they exist

Slide 4 — Female Reproductive System

- Located in the lower belly, behind the hips
- Whole system has two jobs: run the menstrual cycle + grow a baby (someday, if you choose)

Slide 5 — Ovaries

- Two oval shapes; you have two
- Wild fact: born with all your eggs already inside — hundreds of thousands
- Two jobs: store eggs + release hormones (your body's text messages)

Slide 6 — Fimbriae

- Little finger-like things at the ends — like tiny hands
- They catch the egg when the ovary releases it

Slide 7 — Fallopian Tubes

- Two tubes — one per ovary
- They're hallways that carry the egg from the ovary to the uterus

Slide 8 — Fundus

- Just the rounded top of the uterus where the tubes connect in

- Don't stress about memorizing this one

Slide 9 — Uterus

- The star of the show — pear-sized, hollow, muscular
- Has a lining called the endometrium (say it together: en-doh-MEE-tree-um)
- Lining builds up monthly and sheds monthly = your period

Slide 10 — Cervix and Vagina

- Cervix = doorway at the bottom of the uterus
- Vagina = passageway to the outside (period blood out, baby out during birth)

Slide 11 — Hormones

- Hormones = text messages your body sends to itself through the bloodstream
- Estrogen runs the first half of the cycle; also drives puberty changes
- Progesterone runs the second half; preps the uterus in case there's a baby
- Both rise and fall like a wave all month — that's what creates the cycle

Slide 12 — Menstruation

- Definition: monthly release of blood + tissue from the uterus
- Happens because there's no baby — body cleans house and resets
- That's literally all a period is: a clean-up and reset

Slide 13 — QUESTION: Fimbriae vs. fallopian tubes

- Fimbriae = catchers (finger-like)
- Fallopian tubes = hallways the egg travels through

Slide 14 — Period Process Stages 1-3

- Stage 1: Brain texts the ovaries — 'start a new cycle'
- Stage 2: Uterus builds up the cushy lining
- Stage 3: Egg gets released and travels down the tube

Slide 15 — Period Process Stages 4-6

- Stage 4: Body realizes no baby — stops the prep
- Stage 5: Lining + unfertilized egg shed = period blood (the visible part)

- Stage 6: Even during bleeding, brain and ovaries already starting the next cycle
- That's why it's called a CYCLE — never stops, just loops

Slide 16 — QUESTION: What if eggs aren't fertilized?

- Egg reaches uterus → no baby → lining sheds → that's your period

Slide 17 — The Menstrual Cycle

- Reframe: instead of 6 stages, we use 4 phases
- This will matter later for nutrition + movement

Slide 18 — The Basics

- Typical cycle: 21 to 35 days
- Early cycles can be irregular — that's normal
- Cycles don't follow the calendar month

Slide 19 — WARNING: Cycles vary

- Everything I describe is an average
- Track your own cycle when you start — calendar or app

Slide 20 — Menses Phase

- The bleeding part — usually 3 to 7 days
- Body is shedding the lining
- Tired, cramps, low energy = your body is doing real work

Slide 21 — Follicular Phase

- Overlaps with your period at the start
- Estrogen rising, lining thickening, follicles growing in ovaries
- 10-14 days; energy comes back up

Slide 22 — Ovulation Phase

- Short — just 1 or 2 days, around day 14
- Hormone surge → ovary releases the egg
- Only window when pregnancy could happen

Slide 23 — Luteal Phase

- 12-14 days after ovulation
- Progesterone preps uterus; if no baby, hormones drop and cycle restarts
- Where PMS lives — bloating, moodiness, tiredness

Slide 24 — QUESTION: Shortest phase?

Pause for answers.

- Ovulation — 1 to 2 days
- Quick, but biologically the most important moment

Slide 25 — KEY TAKEAWAYS

- Everyone's cycle is different — don't compare
- Anatomy understanding = period isn't a mystery anymore
- Even chaotic-feeling periods follow a real cycle
- CLOSE: 'Periods aren't gross. They're a sign your body is healthy.'

Section 2: Period Products

Slide 1 — Title

- Welcome back
- Last section was the science; this one is practical
- Goal: nobody walks out confused by a drugstore wall

Slide 2 — Common Terms

- Flow = blood coming out of the uterus
- Heavy = more blood; light = less
- To leak = blood gets past your product onto clothes — happens to everyone

Slide 3 — What Are Period Products?

- Anything that catches or absorbs period blood
- Today: pads, tampons, period underwear (skipping cups for now)
- No product is 'right' — only what works for YOU

Slide 4 — Common Terms on Boxes

- PADS:
 - Maxi = bigger, thicker, heavy days
 - Ultra thin = lighter days
 - Overnight = extra long for lying down
 - Wings = side flaps to hold pad in place — recommended
 - Sensitive = softer material, sometimes less absorbent
- TAMPONS:
 - Applicator = plastic/cardboard tube to help insert
 - Light/Regular/Super = sizes for flow level
 - Sport = extra leak protection (you don't need them to play sports)
 - Organic = pesticide-free cotton

Slide 5 — Facts and Misconceptions

- Change pads every 3-4 hours (hygiene)
- Change tampons every 4-6 hours; NEVER over 8 hours
- MYTH: tampons don't cause pregnancy — they're just cotton

- MYTH: you don't need to remove a tampon to pee — different opening

Slide 6 — What To Buy: Lighter Flows

- Look for 'light,' 'mini,' 'liner'
- Smaller, thinner, more comfortable
- Brands all reliable — Tampax, O.B., Cora, Always — comfort matters most

Slide 7 — What To Buy: Regular Flows

- Look for 'regular'
- Tip: panty liners + tampon = backup combo
- 'Like a seatbelt and airbags'

Slide 8 — What To Buy: Heavier Flows

- Look for 'super,' 'maxi,' 'overnight'
- Overnight pads work during the day too — no shame

Slide 9 — How to Use Products

- PADS:
 - Wash hands → unwrap → peel sticky strip → stick to underwear (not skin) → fold wings
- PERIOD UNDERWEAR:
 - Just wear like normal underwear; change when wet
 - Some use as main, some as backup with tampon
- TAMPONS WITH APPLICATOR:
 - Wash hands → unwrap → sit or stand with one foot up
 - Vaginal opening is lower and farther back than where you pee
 - Aim slightly toward back, not straight up
 - Push inner tube up; pull both pieces out; string stays outside
- TAMPONS WITHOUT APPLICATOR:
 - Use finger to push tampon in; same destination, same string
- KEY: if it hurts, it's not in far enough — should feel like nothing

ADDED — What if your period starts at school?

- Step 1: bathroom; toilet paper folded works as backup pad
- Step 2: nurse or trusted teacher; they have products + are not weirded out

- Step 3: tie sweatshirt around waist, ask for spare clothes, or call home
- Pro tip: keep 2-3 products in your backpack always

Slide 11 — QUESTION: Products at different points

- Light at start/end → regular in middle → heavy/overnight on heaviest days
- Liners as backup any time

Slide 12 — KEY TAKEAWAYS

- Different products for different cycle days
- Pads every 3-4 hrs; tampons every 4-6, never over 8
- Box labels = size + absorbency
- CLOSE: 'You have every right to be prepared and informed about your own body.'

Section 3: Nutrition and Athletics On Your Period

Slide 1 — Title

- NOT about dieting or working out harder — opposite
- How food + movement help your body take care of you

Slide 2 — Eating For Your Cycle

- Body needs different things in different phases
- Big idea, not memorization

Slide 3 — Menses Phase

- Losing blood = need IRON: red meat, chicken, beans, spinach, lentils
- Vitamin C helps absorb iron (spinach + orange = smart combo)
- Healthy fats reduce inflammation (cramps): avocado, salmon, nuts
- Big idea: replace what you're losing, calm your body

Slide 4 — Follicular Phase

- Energy returning
- Complex carbs: oatmeal, whole grain bread, sweet potatoes, brown rice
- Lean proteins: chicken, fish, tofu
- Magnesium: nuts, seeds, dark chocolate (yes, really)

Slide 5 — Ovulation Phase

- Short phase, peak hormones, feel great
- Antioxidants: berries, peppers, leafy greens
- Healthy fats: avocado, salmon, olive oil

Slide 6 — Luteal Phase

- Tired, bloated, moody, sugar cravings = HORMONE thing, real
- Lean into natural sugars: fruit, dates, dark chocolate
- Lots of fiber + water + magnesium (helps bloating)

Slide 7 — Key Food Groups and Vitamins

- Big groups: protein, healthy fats, fiber, complex carbs, antioxidants, B6, vitamin D

- HONEST VERSION: eat real food, eat enough, eat variety. Done.
- Don't overthink it

Slide 8 — It's Not Just What, but How Much

- Most important slide of the section
- Undereating triggers 'survival mode' — body shuts down 'extras' including your period
- Consequences: missed periods, hormone disruption, cold all the time, tired/anxious/sad, food obsession
- Period = vital sign. Losing it from undereating = serious warning
- Listen to your hunger. If hungry, eat. Trust your body.

Slide 9 — QUESTION: 3 food groups + when

- Iron during period
- Complex carbs + protein after period
- Magnesium + fiber before period

Slide 10 — Movement and Your Period

- Use 'movement' not 'exercise' — anything that moves your body counts
- Dancing, walking dog, tag, yoga, jump rope — all count
- PHYSICAL: blood flow ↓ cramps; helps digestion (bloating)
- Prostaglandins cause cramps when they build up; movement prevents buildup
- EMOTIONAL: endorphins = natural mood boost + pain killer
- Even a 10-min walk helps when you don't feel like it

Slide 11 — Athletic Training for Your Period

- Simple version: first half of cycle = strongest, second half = need more rest
- Pro athletes literally plan training around this

Slide 12 — Follicular Phase Training

- Hormones rising, energy high, recovery fast
- Push hardest here
- First few days while still bleeding → tired (hormones at lowest)
- After bleeding ends → energy comes back strong; PR potential

Slide 13 — Luteal Phase Training

- Hormones dropping, energy lower
- Ligaments looser → higher injury risk if you push too hard
- Focus: yoga, stretching, walks, technique
- Symptoms: joint pain, acne, bloating, cravings, anxiety, sadness, insomnia
- 'Your body isn't broken — it's doing what it's supposed to do'

Slide 14 — QUESTION: When to rest more?

Pause for answers.

- Luteal phase + menses phase

Slide 15 — Don't Be Afraid to Rest

- No shame in slowing down
- Talk to coaches if possible
- If you can't rest: warm up longer, more water, electrolytes, heating pad, massage stomach/back

Slide 16 — How Does This All Connect?

- Bridge into PMS

Slide 17 — PMS

- Premenstrual Syndrome = symptoms 1-2 weeks before period
- 90% of menstruating people experience it
- Physical: acne, bloating, weight changes, joint pain, tired, stomach issues
- Emotional: mood swings, anxiety, insomnia, cravings, trouble concentrating
- 'Crying over a commercial = PMS, not being dramatic'

Slide 18 — How Movement + Nutrition Help PMS

- FOOD: reduces cramps + tiredness, lowers stress, replenishes iron, stabilizes hormones
- MOVEMENT: endorphins, increased blood flow that reduces uterine contractions and cramping, helps bloating + digestion
- Together = directly target PMS

Slide 19 — There Are NO Healthy Extremes

- Eating well $\neq$ cutting foods you love, labeling 'good/bad,' undereating, guilt

- Healthy movement $\neq$ forcing through exhaustion, shame, comparison
- Extremes hurt physical AND mental health AND your period
- BALANCE is the goal

Slide 20 — KEY TAKEAWAYS

- Phase-specific food eases symptoms
- Movement helps body and mood — even when you don't feel like it
- Balance is everything; no healthy extremes

Section 4: Mental Health, Self-Care, and Stigmas

Slide 1 — Title

- Last section — maybe the most important
- Knowledge doesn't help if you feel ashamed, miss warning signs, or struggle without words

Slide 2 — Stigma Definition

- Stigma = treating something normal like it's shameful
- Period stigmas distort medical/biological truth
- Three big ones today, with the real facts

Slide 3 — Stigma #1: Periods are unclean

- Some cultures: isolation, can't touch others, 'religious problem'
- TRUTH: completely natural function — uterine lining shedding
- Period = sign of HEALTH, not shame
- People who lose their period want it back — it's how you know things work

Slide 4 — Stigma #2: Just deal with whatever

- Common in U.S.: pain, missed months, heavy bleeding all dismissed as 'normal'
- Hurts people
- TRUTH: some early irregularity is normal (1-2 years)
- Settled cycles: 21-35 days, bleeding 3-7 days
- Pain stopping school, skipping months, very heavy bleeding = TALK TO ADULT/DOCTOR
- 'Period is a check engine light for your body'

Slide 5 — Cycle Irregularities (don't go deep)

- DON'T list every condition — kids will worry they have one
- Goal: just know names exist for if a doctor mentions them
- Mention briefly: PCOS, thyroid issues, hypothalamic amenorrhea

Slide 6 — More Irregularities

- Brief mention: endometriosis, uterine fibroids
- Repeat takeaway: if your period feels wrong, ask questions, see a doctor
- Don't let anyone say 'that's just how it is'

Slide 7 — QUESTION: Name an irregularity + condition

- Point isn't memorization — it's knowing they can ask questions

Slide 8 — Stigma #3: Periods only affect your body

- Big stigma — and it's wrong
- Estrogen + progesterone affect serotonin (mood chemical)
- Hormone waves = emotion waves
- Not weakness, not dramatic — biology

Slide 9 — Mental Health During Cycle (handle gently)

- PMS = mild-moderate mood changes before period; very common
- PMDD = severe version; intense anxiety/depression; treatable; talk to adult/doctor
- PME = existing condition gets worse before period
- Mention 988 (call or text) — 'people who can help' if you are ever feeling badly mentally or emotionally
- 'Those feelings are natural, but they are not forever

Slide 10 — Menstrual Self-Care

- Self-care = paying attention to what body/mind need + giving them that thing
- Especially during luteal + menses phases
- Not just bubble baths

Slide 11 — Tools

- Heating pad / hot water bottle — heat relaxes muscles, helps cramps
- Anti-inflammatory meds (Advil/ibuprofen) — only with parent/doctor approval
- Nutritious food — connects back to last section

Slide 12 — Activities

- Meditation: deep breathing lowers cortisol; free apps available
- Journaling: gets feelings out, helps spot cycle patterns
- Movement: even short walks
- Social connection: saying 'I'm having a rough day' out loud helps
- Artistic expression: drawing, music, dance — lowers cortisol

Slide 13 — QUESTION: How to alleviate discomfort?

- No one right answer — different things work for different people
- Have a few tools you can reach for

Slide 14 — KEY TAKEAWAYS

- Stigmas about periods are mostly wrong — fact-check, ask questions, trust real science
- Mental health connects to your cycle — it's real, not made up
- Lots of ways to feel better — never give up on body or mind

CLOSING

- Periods aren't embarrassing, gross, or shameful
- Body does something amazing every month
- Self-care = showing your body love → body loves you back
- 'Menstruation is a celebration of the safety, health, and love you give to your body'
- Thank them. Offer to talk to anyone who has questions.