



Support a Menstruator

Guide to Periods



Go With the Flow was created to improve menstruators health and wellness through inclusive, accessible, and empowering menstrual health education. A menstruators support system plays an important role in this mission, so we have created resources to make your job easier.

The Basics

Menstruation (a period) is when the lining of the uterus sheds and blood and tissue exit through the vagina. It typically begins 2-3 years after breasts begin to develop and continues until menopause. Typical periods last 3-8 days and occur every 21-35 days, however someone who has started their period for the first time should not expect regular periods. Some people start to get periods regularly after a year, but there are many factors that influence regularity such as exercise, hormone issues, stress, eating, and much more.

How to talk about Periods

Conversations about menstruation should occur before someone's first period. A good strategy is to have multiple conversations that build on one another. Topics to cover include naming and identifying body parts, discussing how bodies change during puberty, and describing what is a period and how to manage one. Be sure to include where your child can find menstrual products and who are good people to talk to if they have questions or worries.

It is important to be calm, open, honest, and supportive.

For a fun way to engage with your menstruator, see the [Activity: Period Packing Party](#)

Shopping

Shopping for period products can be overwhelming. A good system to start is multiple kinds of products, multiple sizes. For example, I might want to get 1 pack of night pads, 1 pack of day pads, and 1 multipack of tampons (light, regular, super). Another great option that is affordable and sustainable is reusable period underwear. The company [period.co](#) has pairs for about \$10.

For more information on different kinds of products, go to the [Period Product Guide](#).

4 Supportive Actions to take Today

- ★ be body positive
- ★ use gender neutral language
- ★ check in often
- ★ stock period products

For More Information...

www.gowith-theflow.org