

Coping with change

# Periods myth or reality?

## Teacher response sheet



It hurts when you have a period.

**Myth:** some girls get stomach cramps or sore breasts, but others don't. People's experiences are different. If someone does get pain with their period, they can ease it in different ways.

There is always someone to talk to about periods if you need to.

**Reality:** everyone experiences puberty changes and there is always someone who will be willing to talk and answer questions.

Boys do not have periods.

**Reality:** only the female body can have periods as only females are born with the body parts inside that allow for periods to happen.

Using a sanitary pad helps keep a girl clean and hygienic when she is on her period.

**Reality:** remember that sanitary pads should be changed at least every four hours unless the person using them is asleep.

You can't go swimming when you have a period.

**Myth:** Most things carry on as normal when a person has a period. If they want to go swimming during their period, then they will need to use a tampon or moon cup. If they don't want to use either of these, they can just miss swimming for a few days, and then go back when their period has finished.

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Everyone knows if a girl is having a period.

**Myth:** only if the girl chooses to tell them!

Periods can last between two and seven days each month.

**Reality:** although in the first year of starting, periods can be very irregular.

Periods always start for a girl at the age of 15.

**Myth:** some girls can be as young as seven and some girls might not start their period until they are sixteen. It happens when the body is ready and this is different for everybody.

You can not exercise when you have a period.

**Myth:** gentle exercise and PE lessons can help ease the tummy cramps that some girls experience during their period.

You shouldn't have a bath if you are having a period.

**Myth:** it is important to keep clean during a period. Everything should carry on as normal in terms of bathing and having showers. Girls don't need to wear sanitary protection during wash time.