

Planet Puberty

Lesson Plan 6

All About Periods



This Planet Puberty session pack is intended to be a flexible resource. It can be used as a whole program, group of topics, or individual units to address particular learning needs. Lesson activities are only suggestions and can be tailored to suit the needs of your students. The lesson plan is structured so that the activities build on the key learnings of the previous activity. Some activities may need to be repeated a few times before moving on to the next. This is OK. It is important that students build their knowledge at a pace that is appropriate for them.

Note: Time frames provided are only a guide. You will understand your students and their needs best, so take longer if necessary.

Note: *Indicates a suggested word that might be beneficial to add to a student's augmentative and alternative communication device, in case the word is not already programmed.

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Group Agreement

Before talking about sexuality and puberty topics, it is important to create a safe learning environment. Discuss with students what will make it a safe and comfortable place for them to talk about the changes they might expect during puberty. Write the agreement on the whiteboard or butcher's paper and display in the room. This can be referred to before the start of each lesson. Please refer to Handout 1 for Planet Puberty group agreement cards.

Examples include:

- It's OK to feel embarrassed
- It's OK to laugh or feel nervous
- Listen and be kind to others
- It's OK to ask questions
- If you want to share a personal story, avoid using your name or others' names. Instead, try saying, 'I know someone who...'

Planet Puberty – All About Periods

Lessons in this session pack include:

| | | |
|---|------------------------------------|----|
|  | Learning Outcomes | 1 |
|  | Introduction to Periods | 4 |
|  | The Menstrual Cycle | 9 |
|  | Knowing About and Managing Periods | 12 |
|  | Tracking Periods | 18 |
|  | Period Products | 22 |
|  | Preparing for the First Period | 29 |
|  | Talking About Periods | 31 |



Learning Outcomes

Major outcomes

- › Students will be able to identify the stages of the menstrual cycle and female reproductive system
- › Students will be able to identify various strategies for managing the physical and emotional changes during the menstrual cycle
- › Students will be able to use a calendar as a tool to track their menstrual cycle
- › Students will be able to identify and apply hygiene practices to use during the menstrual cycle
- › Students will feel prepared to start their first period

Glossary of key terms

Breasts – Girls start to grow breasts during puberty. Breasts can be different shapes and sizes. Everybody's breasts are different. This is OK. Breasts are private. They can only be seen or touched in a private place.

Cervix – The cervix connects the vagina to the uterus. It has a tiny gap that lets some things (like sperm) up to the uterus and some things (like period blood) down to the vagina.

Fallopian tubes – The fallopian tubes connect the ovaries to the uterus. The egg travels down the fallopian tubes to the uterus. The uterus grows a thick lining each month to prepare for a possible pregnancy. If there is no pregnancy, then the uterus sheds its lining.

Fertilisation – When a woman and a man have sex a man's sperm can go into the woman's vagina. The sperm goes up into the uterus and fallopian tubes. The sperm meets egg. They join together. This is called fertilisation.

Menstrual cup – Menstrual cups are small, soft, funnel shaped cups that go inside the vagina. They sit inside the vagina and catch period blood. Menstrual cups can stay inside the vagina for up to 12 hours. You can wash the menstrual cup and use it again.

The menstrual cycle – The menstrual cycle is how a woman's body prepares for a possible pregnancy. A full menstrual cycle usually lasts about a month, but this can vary. If no pregnancy occurs, she will have a period.

Ovaries – The ovaries contain eggs (also called ova). During puberty the ovaries start releasing eggs. This happens around once a month. The fallopian tubes connect the ovaries to the uterus.

Ovulation – During puberty when the ovaries start releasing eggs. This happens around once a month. The egg travels down the fallopian tubes to the uterus. This process is called ovulation.

Pads – Pads soak up period blood. They are made of cotton or other materials and are worn inside a person's underpants. They have a sticky strip on the back to help them stick to underwear. Some pads also come with wings to keep them in place.

Periods – A period means that a woman's body is ready to have babies. A tiny egg comes out of the ovaries and travels to the uterus each month. During this time the lining inside the uterus thickens with blood. If a woman does not get pregnant that month, the egg and the lining of the uterus comes out as blood through the vagina.

Period products – There are a number of different period products available that a person can try until they find the product that is right for them. These items include pads, tampons, menstrual cups and period underwear.

Period Underwear – Period underwear is made with fabrics that absorb period blood. They can be worn like normal underwear. There are lots of different sizes of period underwear. Different sizes will hold different amounts of period blood. Period underwear needs to be rinsed and washed at the end of each day.

Tampon – Tampons are made of cotton and are put inside the vagina to absorb period blood. They are shaped like a tube. Tampons have a piece of string that hangs down outside your vagina so that you can pull the tampon out. Tampons come in lots of different types and sizes. Different sizes will hold different amounts of period blood. Tampons can only be used once.

Uterus – The uterus grows a thick lining each month to prepare for a possible pregnancy. If there is no pregnancy, then the uterus sheds its lining. This is called a period.

Vagina – The vagina is a strong, stretchy passage that connects the vulva to the cervix. The vagina opens at the vulva. The vagina is located inside the body. Period blood and discharge come out of the vagina.

Vulva – The vulva is the name for the outer area of the genitals. Vulvas come in all different colours, shapes and sizes. Pubic hair grows around the vulva, around the anus, and sometimes on the top of the thighs.

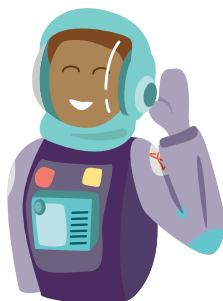
Handout 1

Group Agreement Cards



It's OK to feel embarrassed

Planet Puberty



Listen to others

Planet Puberty



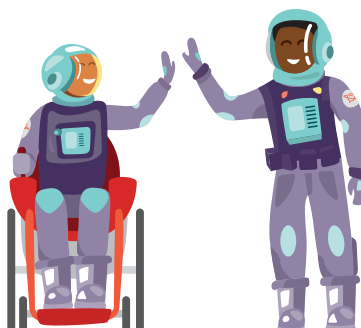
Be quiet when others
are talking

Planet Puberty



It's OK to ask questions

Planet Puberty



Be kind to each other

Planet Puberty



Introduction to Periods

Lesson Details



Learning Intention

To introduce periods and the functions of the female reproductive system.



TIMING
25-30
MINS

Key messages

- › Periods are a natural and healthy part of growing up for girls
- › The different parts of the female reproductive system work together to make a period happen

Teachers note

The images included in Handouts 2 and 3 may be sensitive or confronting for some students. It is recommended to seek consent from students prior to using.

Resources

- › Planet Puberty 'Female Reproductive System' diagrams (Handout 2)
- › Planet Puberty 'Female Reproductive System' worksheet (Handout 3)
- › ['Getting My Period' Social Story](#) or [Family Planning Australia 'Girls' Talk' Video](#)
- › AV Equipment (optional)
- › Butcher's paper & permanent marker

Preparation

Print images of the Planet Puberty 'Female Reproductive System' diagrams (Handout 2) large enough for students to see at the front of the class. You can also print spare large copies for students with visual impairments.

Print enough copies of the 'Female Reproductive System' diagrams (Handout 2) for each student (optional).

Either ['Getting My Period' Social Story](#) or watch the [Family Planning Australia 'Girls' Talk' Video](#) to assist with your explanation.

1 Introduction to Periods

Instructions

- › Start the session by writing the word 'periods' on a large piece of butcher's paper. As students learn a new word related to periods, add this word to the butcher's paper. This is so students have a visual aid to hang on the wall to remind them of the concepts within this session pack. Refer back to this concept map throughout the session pack.
- › Explain to students what a period is using the following points:
 - ★ A period* is when blood* comes out of the vagina*
 - ★ It usually happens about once a month. Periods can last for 3–7 days and nights. They can sometimes be longer or shorter
 - ★ This is a normal part of growing up. It does not mean a girl is sick
 - ★ A period means that a female's body is ready to have babies
- › The body parts of a female that are used to make a baby and make a period happen are called the female reproductive system
- › Let students know that you will be showing them a cartoon drawing of the female reproductive system
- › Display the 'Female Reproductive System' diagrams (Handout 2) to the class. Explain the functions of the different parts:
 - ★ The ovaries hold a woman's eggs. A woman has two ovaries. When puberty starts, the eggs start to come out of the ovaries. This happens about once a month
 - ★ The fallopian tubes are small thin tubes that connect the ovaries to the uterus. The eggs travel down the fallopian tubes to get to the uterus
 - ★ The uterus is where a baby grows inside a woman. Each month the uterus gets ready for a baby by growing a thick lining
 - ★ If there is no baby, then the uterus sheds its lining. This is called a period
 - ★ The cervix connects the vagina to the uterus
 - ★ The vagina is a strong, stretchy muscle. It joins the vulva* to the cervix. Period blood comes out of the vagina
 - ★ The vulva is the outer area of a female's private body parts
- › Conclude lesson by reinforcing that periods are a healthy and natural part of growing up that all females go through

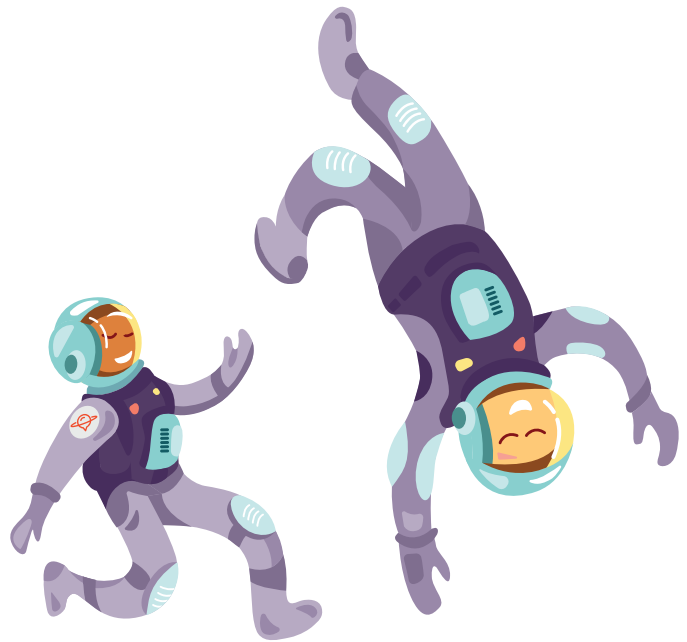
Optional reinforcement activity

Read [‘Getting My Period’ Social Story](#) or watch the [Family Planning Australia ‘Girls’ Talk’ Video](#) to assist with your explanation.

You can also get students to label the different parts of the female reproductive system on their own Planet Puberty ‘Female Reproductive System’ worksheet (Handout 3) .

Reflection

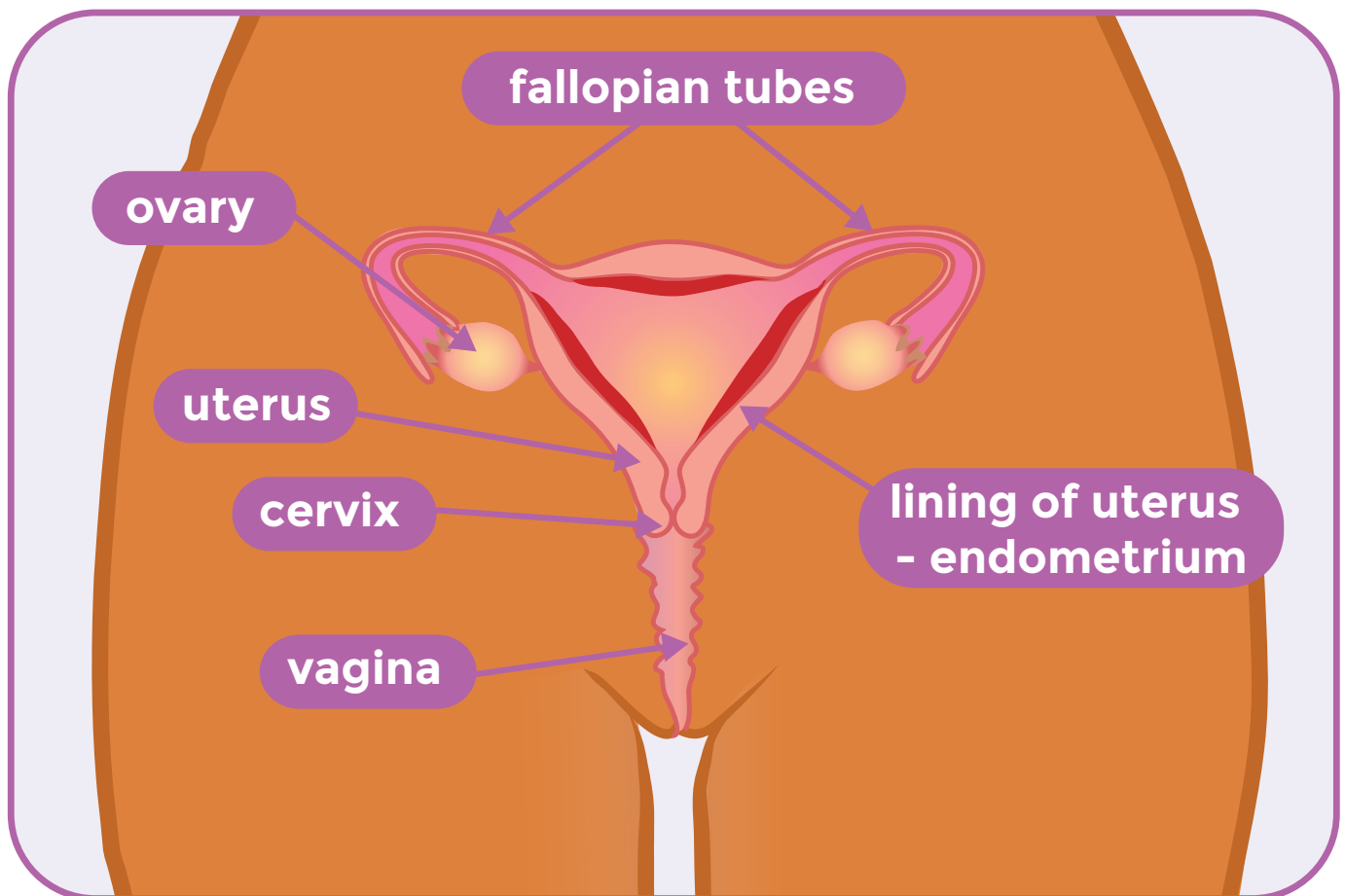
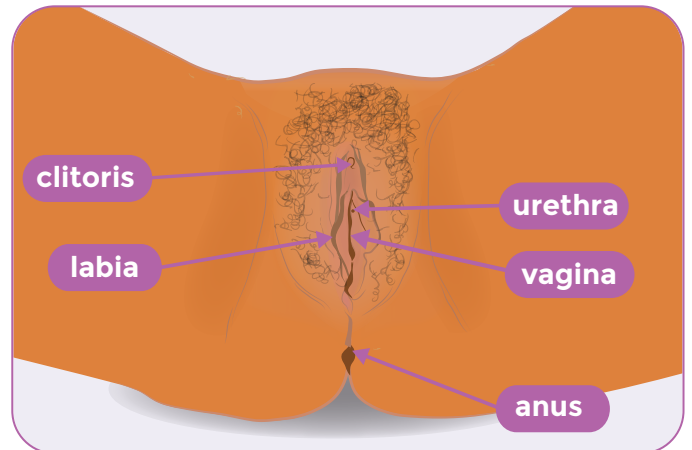
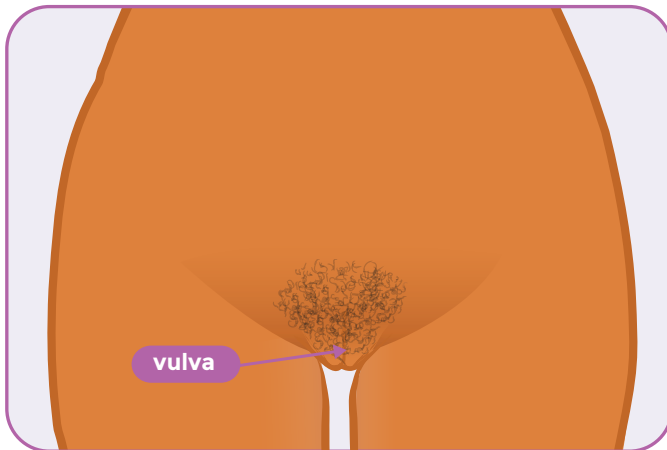
Ask students to list the parts of the female reproductive system they learned about in the lesson.



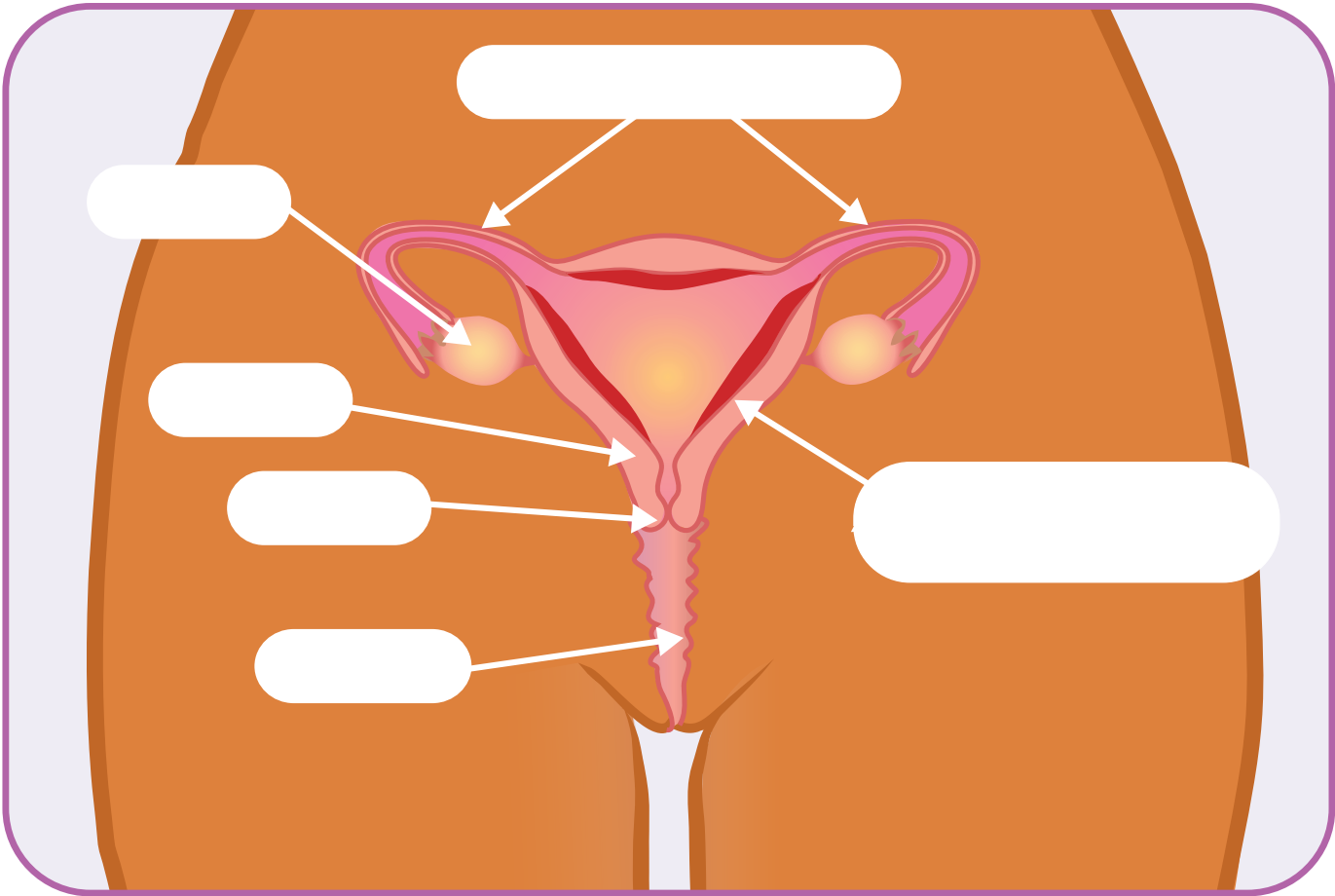
1 Introduction to Periods

Handout 2

Planet Puberty Female Reproductive System diagrams



Planet Puberty Female Reproductive System worksheet



2

The Menstrual Cycle

Lesson Details



Learning Intention

To familiarise students with the menstrual cycle.



TIMING
20-25
MINS

Key messages

- › Periods are a natural, healthy process that females go through to have a baby
- › Periods happen as a part of a cycle

Teacher's note

It is important for males to also learn about periods. It will help them to understand how babies are made and the experiences of the women in their life, i.e., their sister, future partner/s or children.

Resources

- › Planet Puberty 'Menstrual Cycle' images (Handout 4)

Preparation

Print 'Menstrual Cycle' images (Handout 4) big enough to display at the front of the class.

Additionally, print enough 'Menstrual Cycle' images (Handout 4) for each student. Also print a 'Menstrual Cycle' worksheet (Handout 5) for each student (optional).

Instructions

- › Explain to students:
 - ★ A period happens as part of the menstrual cycle
 - ★ The menstrual cycle usually lasts about 28 days, but this is different for everyone
- › Pointing to the 'Menstrual Cycle' images (Handout 4) explain the process of the menstrual cycle:

- ★ Each month an egg gets ready to leave the ovary. The lining of the uterus also gets thicker.
- ★ The egg leaves the ovary. This is called ovulation. The egg moves down the fallopian tube to the uterus
- ★ If there is no sperm from a male to meet the egg, the egg will not be fertilised (when an egg and sperm meet and join to grow a baby). The lining of the uterus starts to come away
- ★ Blood and the lining from the uterus flow out through the vagina as a woman's period begins
- ★ The whole cycle then starts again

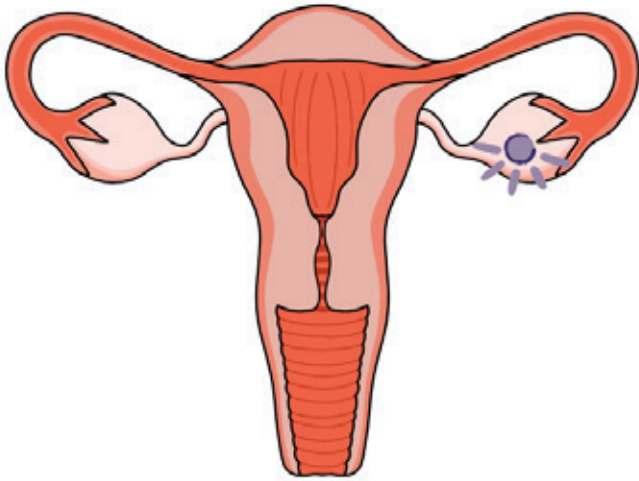
Reflection

Encourage students to call out some facts they learned from the lesson. This could include how long the average cycle lasts, the different stages of the menstrual cycle or how a baby is formed.

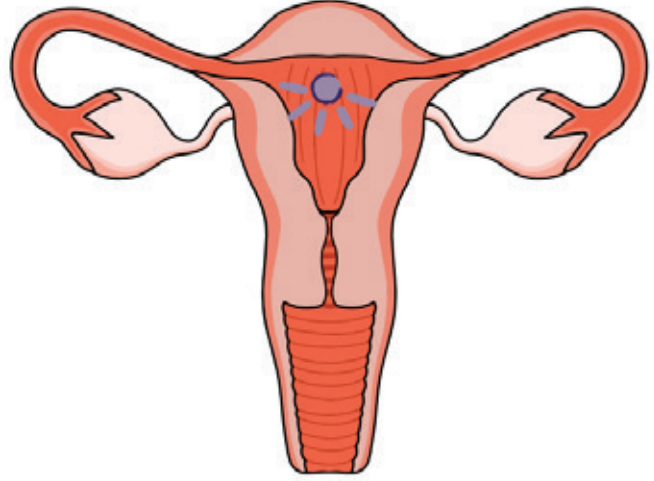


Handout 4

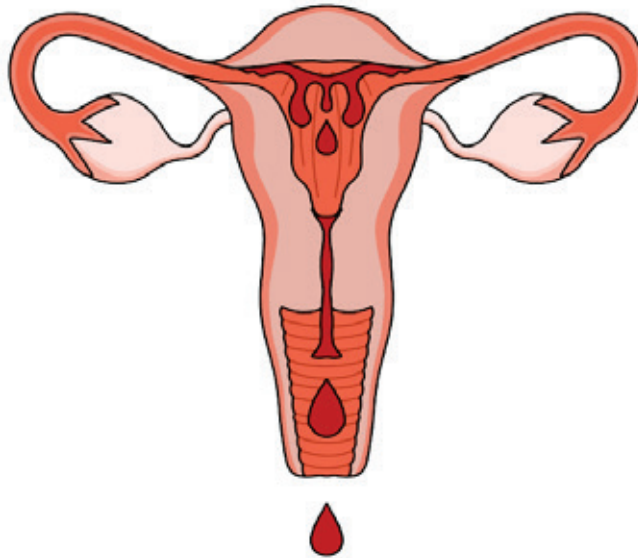
Planet Puberty Menstrual Cycle



Lining of the
uterus gets
thicker



Ovulation



Period



Learning Intention

To introduce what to expect at different times of the menstrual cycle.

To explore strategies to help manage changes during the menstrual cycle.



TIMING
30 MINS

Key messages

- › A person will have many different feelings during their menstrual cycle
- › Seek help if these feelings in their body or mind are making it hard to do every day tasks

Teacher's note

It is important for males to also learn about periods. It will help them to understand the experiences of the women in their life, i.e. their sister, future partners or children.

Resources

- › Planet Puberty 'Things to Expect During a Menstrual Cycle' images (Handout 5)
- › Glue
- › Scissors (optional)

Preparation




Print out Planet Puberty 'Things to Expect During a Menstrual Cycle' images for each of the students, large enough for students with visual impairments.

Explain to students:

- › People can experience different feelings during their menstrual cycle
- › Not everyone will experience these feelings, every person's body is different



3 Knowing and Managing Periods

- › Display the Planet Puberty 'Things to Expect During a Menstrual Cycle' images (Handout 5) at the front of the class
- › Go through each of the images and ask students "What do you think the image is showing here?" "What might this person be feeling?" "Why do you think that?"
- › Explain the feeling the image is displaying from the table provided below.
- › Ask students "What can this person do to make themselves feel better?"
- › Explain to students that while these feelings are normal to experience, if they are finding it hard to do normal tasks such as go to school or socialise with family and friends, that they should talk to a trusted adult and see a doctor.
- › Conclude the lesson by reminding students of the key messages.

| Image | Feeling | What can be done to help symptoms |
|---|-----------------------|---|
|  | Feeling tired or sick | Can talk to a friend, or a trusted adults about how you are feeling. Getting plenty of sleep might help with this too. |
|  | Headache | When you have pain you can take medication like paracetamol or ibuprofen. |
|  | Angry | <p>Your emotions might go up and down, you might be happy, sad or angry. Talk to a trusted adult about how you are feeling.</p> <p>Some people find that listening to calming music or doing some meditation if they are feeling angry helps them feel better.</p> <p>Some people like to exercise if they are feeling emotional.</p> |

| | | |
|---|--|---|
|  | Back ache | <p>When you have pain you can take medication like paracetamol or ibuprofen.</p> <p>A heat pack on your lower back can help with the pain as well.</p> |
|  | Feeling confident and loving yourself | <p>Its not all negative feelings or emotions, you might feel happy, confident and a sense of self love.</p> <p>You might take this opportunity to hang out with your friends and loved ones.</p> |
|  | Breast soreness | <p>You can take medication like paracetamol or ibuprofen.</p> <p>Having a hot bath or shower might also help with the soreness.</p> |
|  | Feel extra hungry or crave some types of food | <p>Feeling more hungry and feeling like you want to eat unhealthy food is normal.</p> <p>Eating plenty of fruit, vegetables and whole grains helps with these feelings and other feelings or symptoms you might have.</p> |

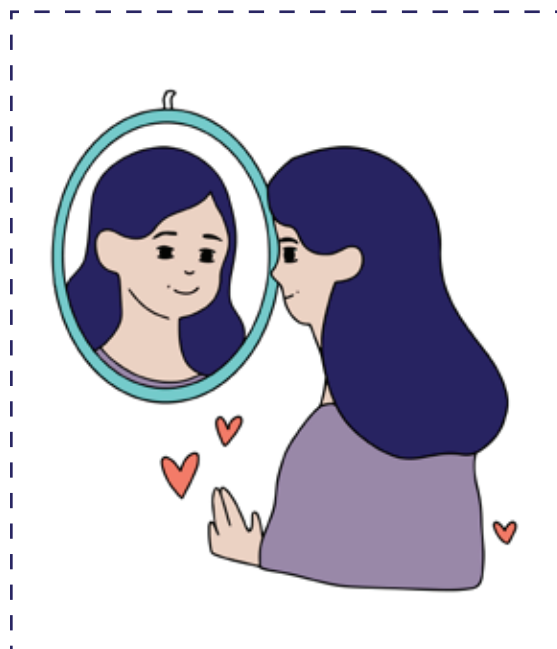
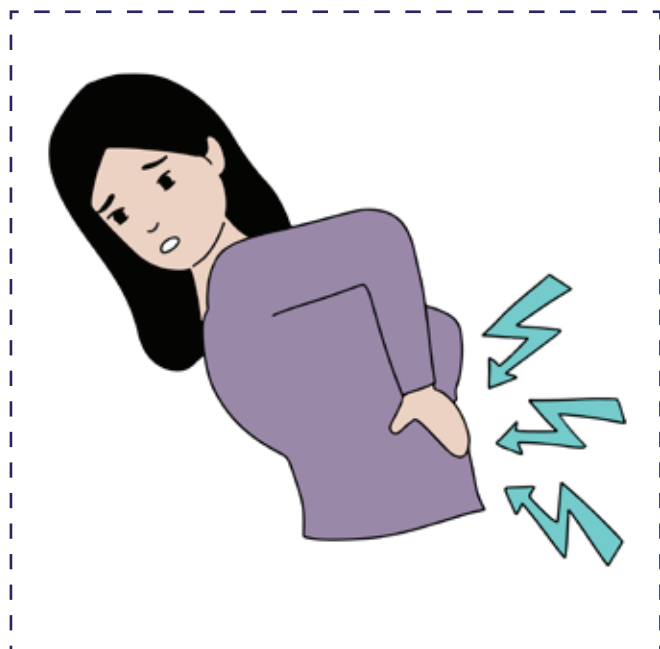
3 Knowing and Managing Periods

| Image | Feeling | What can be done to help symptoms |
|--|---------------|--|
|  | Period cramps | For period cramps, you can use a heat pack on your tummy to help with the pain. You may also take pain medication like paracetamol to help with period pain or have a warm shower. |
|  | Energetic | Feeling energetic during your cycle is normal. People may take the opportunity to exercise or socialise because they feel like their best self. |

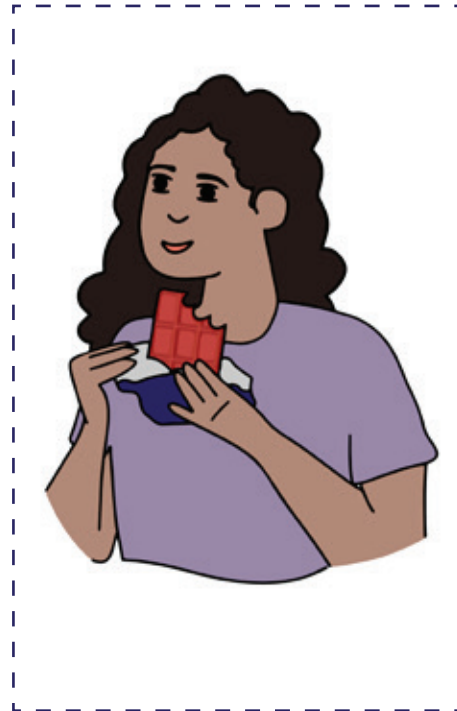
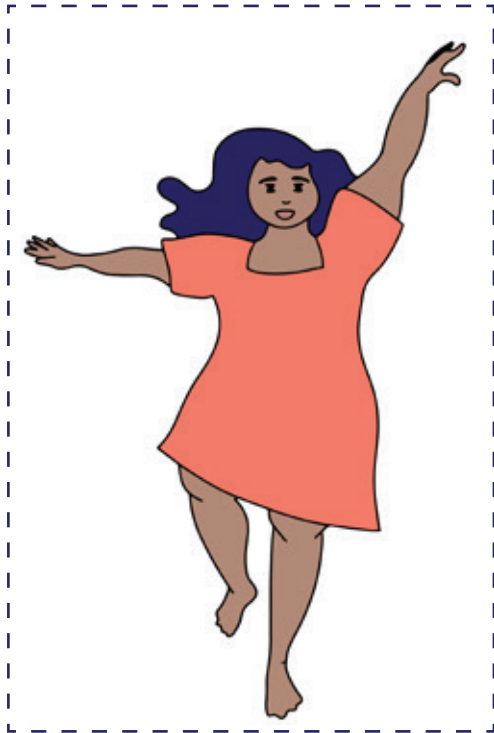
Reflection

Ask students to share what they have learned about the menstrual cycle from the activity. Some possible learnings might include the length of the cycle, the way you may feel at different stages or things that can help when you have your period.

Planet Puberty Things to Expect During a Menstrual Cycle worksheet



3 Knowing and Managing Periods





Learning Intention

To introduce how to use a calendar to track periods.



TIMING
20-60
MINS

Key messages

- › You can use a calendar to work out when your next period is coming
- › You can work out the pattern of your period by marking it on a calendar

Teacher's note

There are many different styles of period tracker calendars available. A regular annual calendar can also be used.

There are various phone apps that might be suitable for some of your students. However, for this activity we have only used a hard copy tracker. Feel free to use the calendar style that works best for your students' learning.

Resources

- › Planet Puberty 'Period Tracker' calendar (Handout 6)
- › A red pen
- › Planet Puberty 'Tracking My Period Social Story' worksheet (Handout 7) (optional)

Preparation

Print a Planet Puberty 'Period Tracker' calendar (Handout 6) for each student large enough for any students who might have visual impairments. Print an A3 copy for display at the front of the class.

Print a copy Planet Puberty 'Period Tracker Social Story' worksheet for each student (optional).

Instructions

- › Remind students about previous lessons around explanation of periods. Ask students if they remember how often someone gets their period and how long it lasts. Highlight that it will be different for everyone.

3 Tracking Periods

- › Display demonstration Planet Puberty Period Tracker' calendar (Handout 7) at the front of the class:
 - ★ Introduce a storyline such as the following: "Taylor gets her period on the first day of the month. Her period lasts for 5 days..."
 - ★ Demonstrate the way to check off the days on the calendar to track the start to end of a period. This can be done with a red x for every day of the period
 - ★ Continuing with the storyline, mark out the period days for the next three to four months on the calendar. Show students how to count the days between periods to work out the cycle length
- › Ask students to work out when the following period might occur using the calendar.
- › Hand out a Period Tracker Calendar to each student to take home.
- › To conclude the lesson, discuss as a class:
 - ★ "Why is it a good idea to know when your period is coming?"
 - ★ "What things can you pack in your school bag, so you are ready for your period?"

Optional reinforcement activity

The Planet Puberty Tracking My Period Social Story' (Handout 7) can be used to help remind students of the steps in tracking their period. The below social story can be read out and discussed as a class. Alternatively, print out the social story as a worksheet for each student and ask them to draw a picture to match each step.

- › In the morning, I get up
- › I go to the toilet. I check my underwear* to see if there is period blood
- › If there is blood, I tell someone I trust
- › I put a red x on the calendar for every day I have my period

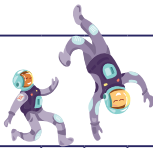
Reflection


Ask students why they think it's important to know when their next period is due. Responses could include ensuring they feel prepared or planning for activities like swimming.

Planet Puberty Period Tracker calendar



| My Period Calendar JANUARY TO JUNE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | |
|---------------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|--|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | |
| J | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| J | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



| <div></div> <h1>My Period Calendar</h1> <h2>JULY TO DECEMBER</h2> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | |
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| S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| D | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Handout 7

Planet Puberty Tracking My Period – Draw a picture to match each step below

| | |
|---|--|
| In the morning, I get up | |
| I go to the toilet I check my underwear to see if there is period blood | |
| I tell someone I trust if there is blood | |
| I put a red X on the calendar for every day I have my period | |





Learning Intention

To introduce the different period products available and learn about how they work.

To identify key good hygiene practices to stay healthy and clean during menstruation.



TIMING
20-50
MINS

Key messages

- › Period products need to be used to keep period blood off our clothes
- › There are different types of period products
- › It should be your choice which period product you use
- › Always wash hands before and after using any period products

Teacher's note

Prioritise talking about pads and period underwear. If time permits, include an overview of the other period products. It is important for students to learn about all the different period products available. Students should be free to make their own decision about which period product they would like to use. Being aware of the different products can help students to make decisions about their body.

A range of strategies including demonstrations, videos, visual schedules or social stories can be used to teach about period products depending on how your students learn best.

Resources

- › Sample period products (pads, tampons, period underwear, menstrual cup). If unable to get samples, the Planet Puberty 'Period Product' images (Handout 8) can be used
- › [Planet Puberty 'Social Story for Changing a Pad' \(link\)](#)
- › Planet Puberty 'Visual Schedule for Changing a Tampon' (Handout 9)
- › Planet Puberty 'Visual Schedule for Using a Menstrual Cup' (Handout 10)

5 Period Products

📺 Planet Puberty 'Period Product' videos (optional):

- ★ ['An Introduction to Period Products'](#)
- ★ ['An Introduction to Using Pads'](#)
- ★ ['An Introduction to Period Underwear'](#)
- ★ ['An Introduction to Menstrual Cups'](#)
- ★ ['An Introduction to Using Tampons'](#)

📺 AV Equipment

Preparation

Purchase sample period products including pads, tampons, period underwear, menstrual cup. You can reach out to period product brands such as Kotex (pads and tampons), Modibodi (period underwear) and Moxie (menstrual cup) and let them know the sample products are going to be used with students with disability to see if they can provide you with free samples. Alternatively, you can print the Planet Puberty 'Period Product' images (Handout 8). Either print multiple copies for groups of students if they are sitting at tables or print the images large enough for display at the front of the class.

While this is optional, you can print copies of the Planet Puberty visual schedule for 'Changing a Tampon', Planet Puberty visual schedule for 'Using a Menstrual Cup' and [Planet Puberty 'Social Story for Changing a Pad' \(link\)](#).

Prepare the Planet Puberty 'Period Product' video (optional) so it is ready to be played to the class.

Instructions

📺 Introduce period products:

- ★ Period products are used to help keep period blood off clothes
- ★ There are many different types of period products
- ★ Some period products are used on or with your underwear to catch the blood as it comes out of the vagina
- ★ Some period products are used inside your vagina to catch the blood before it leaves your body
- ★ If period blood gets on your clothes, tell an adult you trust

- Using the sample period products or the Planet Puberty 'Period Product' images (Handout 8) to provide an overview of the different products.

The information in the table on the next page can be beneficial in explaining period products.

Optional lesson extension

Use the [Planet Puberty 'Social Story for Changing a Pad' \(link\)](#) or Planet Puberty visual schedules (Handouts 9 and 10) provided to go over the process for using a pad and inserting and removing a tampon or menstrual cup.

Alternatively, show students the Planet Puberty Period Product Videos (optional). See links (pg 23)

Pads

- Pads* are made of cotton or other materials and are worn inside your underwear.
- They are long and flat.
- They have a sticky strip on the back to help them stick to your underwear.
- Some pads also come with wings on the side to keep them in place.
- Pads come in a lot of different sizes.
- Different sizes will hold different amounts of period blood.
- Pads need to be changed every 3-4 hours.
- Used pads should be wrapped in toilet paper and put into a sanitary bin.
- You may choose to use a lighter pad called a panty liner at the end of your period when your period is light.

Tampons

- Tampons* are made of cotton and are put inside the vagina to absorb period blood.
- They are shaped like a tube.
- Tampons have a piece of string that hangs outside your vagina so that you can pull the tampon out.
- Tampons come in lots of different types and sizes.
- Different sizes will hold different amounts of period blood.
- Tampons need to be changed every few hours. They should not be left in for longer than 8 hours.
- Tampons can be hard to use for some people. This is ok.
- Tampons make it easier to go swimming when you have your period.
- You can use a device that can help insert tampons (this can help people who use wheelchairs)

5 Period Products

Period underwear

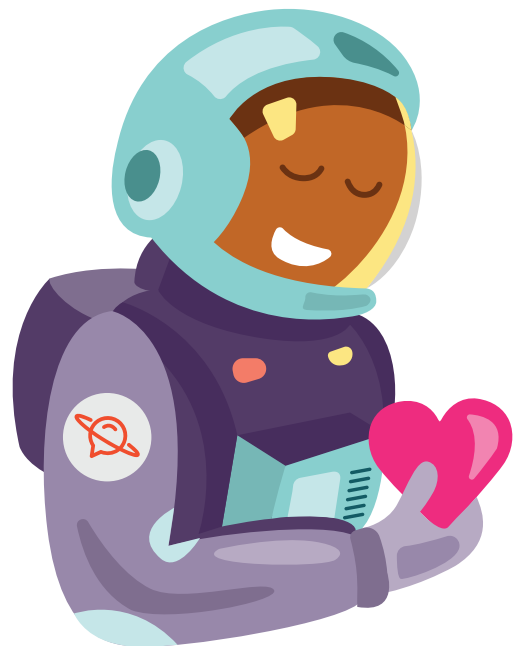
- Period underwear* is made with fabrics that absorb period blood.
- They can be worn like normal underwear.
- There are lots of different sizes of period underwear.
- Different sizes will hold different amounts of period blood.
- Period underwear needs to be rinsed and washed at the end of each day.
- When they are clean and dry you can wear them again

Menstrual cups

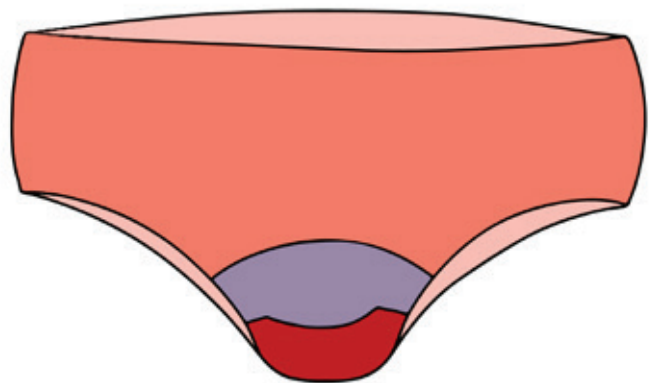
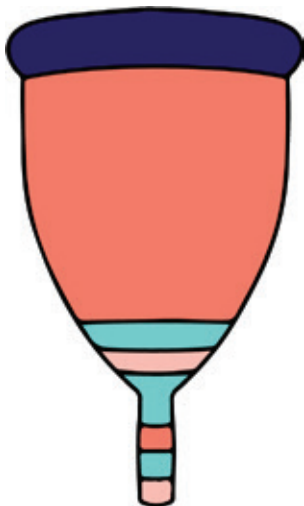
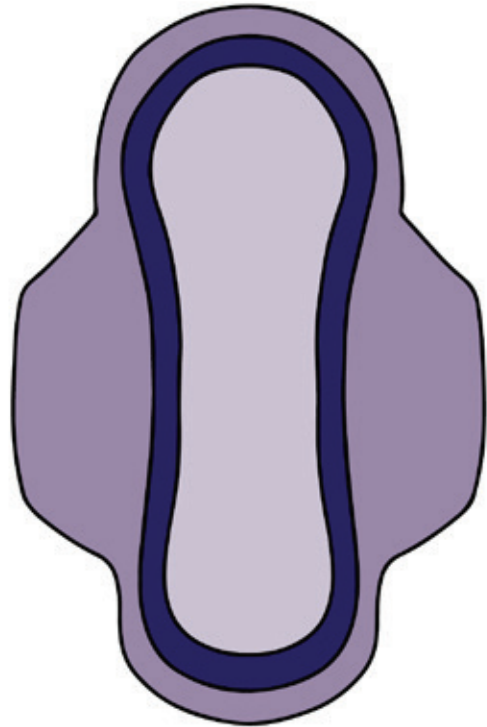
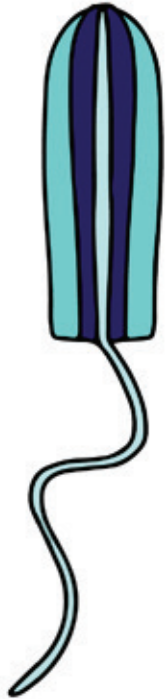
- Menstrual cups* are small, soft, funnel shaped cups that go inside the vagina.
- You put the cup inside the vagina, and it sits and catches period blood.
- Menstrual cups can stay inside the vagina for up to 12 hours.
- You can wash the menstrual cup and use it again.
- Menstrual cups make it easier to go swimming when you have your period.
- Menstrual cups need to be boiled in a pot on the stove after every period to kill germs on the cup.

Reflection

Ask students to name some period products they recall from the lesson and how they work.



Planet Puberty Period Product images



Handout 9

Planet Puberty Changing a Tampon



1

Go to a bathroom or toilet. Shut the door



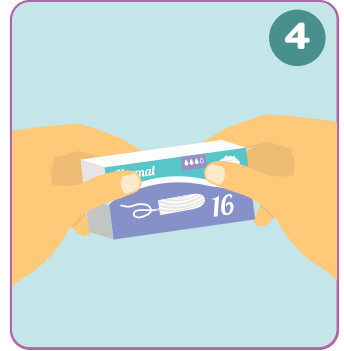
2

Wash your hands with soap and water



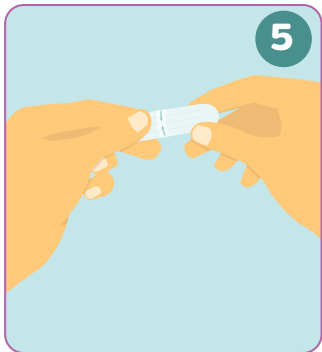
3

Pull down your underwear



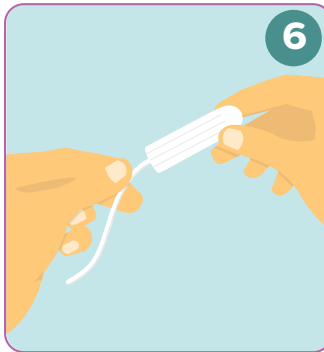
4

Take tampon out of packet



5

Pull or twist the plastic tab around the tampon. Take off the plastic and put it in the bin



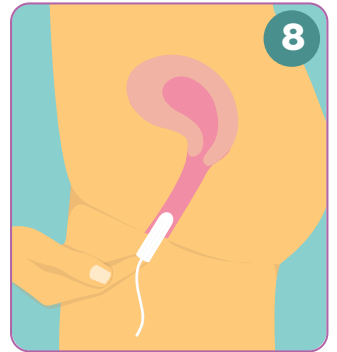
6

Pull the string so it becomes long and straight



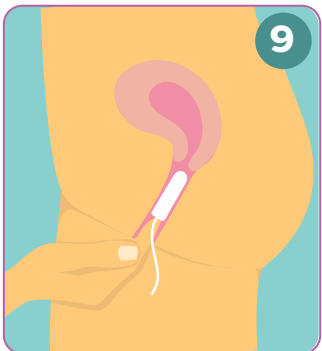
7

Stand in squat position or sit on toilet



8

Put the pointed end of the tampon into your vagina. Use your pointer or middle finger to push the tampon into the vagina



9

Push until the second knuckle of your finger reaches the outside of your vagina. Leave the string hanging outside your vagina



10

Remove your finger



11

Put underwear back on. Make sure the tampon string is inside your underwear



12

Wash your hands with soap and water

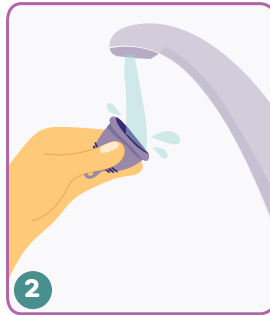
Planet Puberty Using a Menstrual Cup

INSERT:



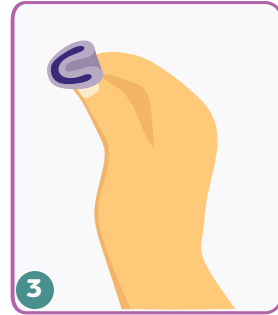
1

Wash hands



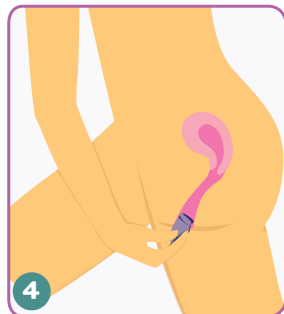
2

Wet edge



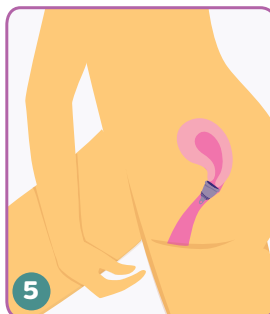
3

Fold



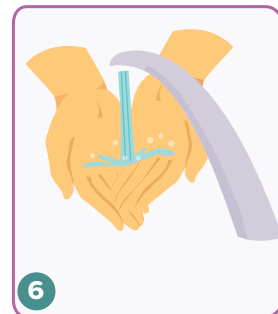
4

Insert



5

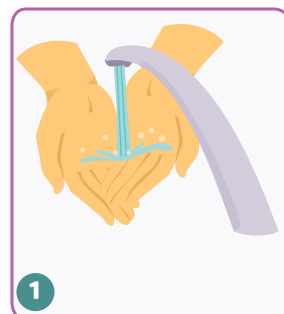
Release



6

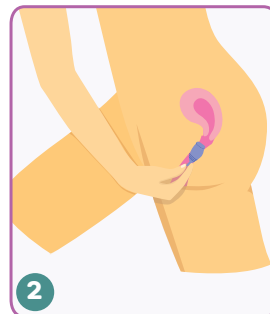
Wash hands

REMOVE:



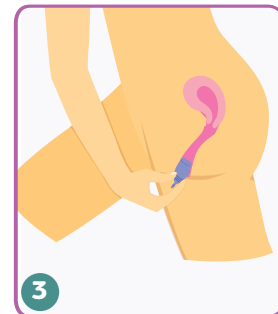
1

Wash hands



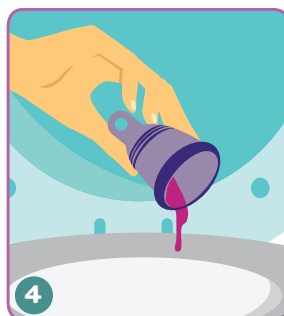
2

Pull

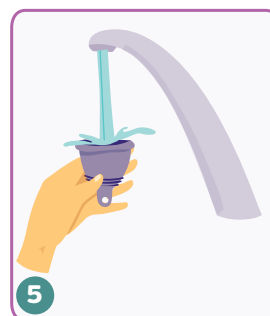


3

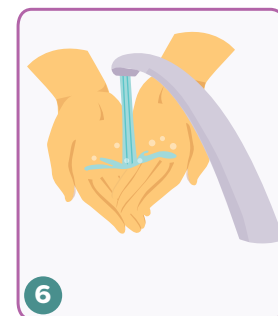
Pinch



4



5



6

6

Preparing for the First Period

Lesson Details



Learning Intention

To help students feel prepared for starting their period.



TIMING
20-25
MINS

Key messages

- › You can prepare for your first period by making a period pack

Teacher's note

Period products required for this lesson can be supplied by asking parents and teachers to contribute to a school collection drive.

Another option is to reach out to period product brands such as Kotex, and ask if they can donate menstrual products, letting them know the products are going to be used for education purposes.

Resources

- › [Planet Puberty 'Preparing a First Period Pack' Video \(link\)](#)
- › [Planet Puberty 'Social Story for Changing a Pad' \(link\)](#) (optional)
- › Planet Puberty visual schedule for 'Changing a Tampon' (Handout 9) (optional) See page 27
- › Planet Puberty visual schedule for 'Using a Menstrual Cup' (Handout 10) (optional) See page 28
- › Small bags for each student (pencil cases or pouches)
- › Period products (pads of various sizes and thickness, tampons)
- › Small paper bags
- › Wet wipes

Preparation

- › Prepare ['Preparing a First Period Pack' Video \(link\)](#) so it is ready for the class to watch.
- › Ensure all items for the period packs are ready to be handed out to students.

Instructions

- › Explain to students that while a person will not know exactly when their first period might come, they can be ready for when it does. Some ways girls can get ready for their first period is by learning about how different period products work, choosing which ones they might like to use and making a period pack to keep in their bag. This can help them feel prepared and confident about starting their period.
- › Play the Planet Puberty 'Preparing a Period Pack' Video (See links pg 23).
- › Inform students that today they will be putting together their own period pack.
- › Hand each student a small bag, pencil case or pouch, some period products, paper bags, wipes and Planet Puberty visual schedules for the period product/s of each student's choice.
- › Demonstrate how to make the period pack, by placing each item inside the pencil case one at a time. Talk through each of the products as it is placed into the pack. Assist students as needed.
- › Students can keep their period pack in their bags or lockers.

Reflection

Ask students to share what they included inside their period packs.



7

Talking About Periods

Lesson Details



Learning Intention

To help students identify people in their life who they can talk to about their periods.



TIMING
20-60
MINS

Key messages

- › Periods are a natural part of growing up for girls. It will start at different times for each person
- › If you have any questions or worries about periods, it is good to talk to an adult that you trust about it
- › If period blood gets on your clothes or if your tummy hurts*, tell an adult you trust

Teacher's note

The scenario activity in this lesson has been written up as a small-group activity but can be a whole-class activity that is teacher directed, discussing one card at a time.

Resources

- › Planet Puberty 'Period Scenario' cards (Handout 11)
- › A Planet Puberty 'People I Can Go to For Help With My Periods' worksheet for each student (Handout 12)
- › Appropriate colouring tools (i.e., crayons, permanent markers etc.)

Preparation

Print out 3-5 copies of the Planet Puberty 'Period Scenario' cards. Print a Planet Puberty 'People I Can Go to For Help with My Periods' worksheet for each student.

Instructions

- › Explain to students:
 - ★ It is good to talk to people you trust about your period

- ★ You can go to people you know for help like a parent or carer, older sibling, a support worker, a teacher
- ★ You can also talk to people like a doctor or nurse about your period
- 📖 Divide the class into three groups, giving each group the three Planet Puberty 'Period Scenario' cards (Handout 11):
 1. Beth is 10. She is worried about starting her period.
 2. Tilly is at school when her period starts. She does not have a pad. Some period blood leaks onto her uniform.
 3. Samantha gets lots of tummy pain while on her period.
- 📖 Ask students to discuss with their group about what the character in the scenarios should do? Where can they go to for help?
- 📖 Allow enough time for students to discuss with their groups. Provide directions and prompting if needed.
- 📖 Have one person from each group share the response with the rest of the class. Remind students of the key messages.

Optional lesson extension

- 📖 Provide each student with the Planet Puberty 'People I Can Go to For Help with My Periods' worksheet (Handout 12).
- 📖 Ask students to think about people in their life they can go to if they have any questions or want to talk about periods. Instruct students to draw a picture of their chosen people and write their names on the worksheet.

Reflection

Ask students to share some of the people in their lives they can go to if they need help.

Handout 11

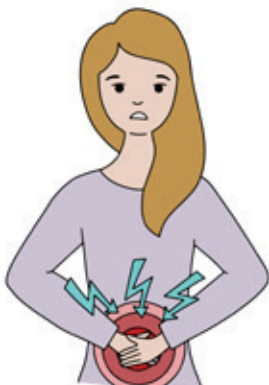
Planet Puberty Period Scenario cards



Beth is 10. She is worried about starting her period.



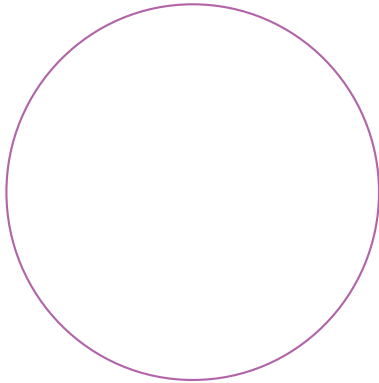
Tilly is at school when her period starts. She does not have a pad. Some period blood leaks onto her uniform.



Samantha gets lots of tummy pain while on her period.

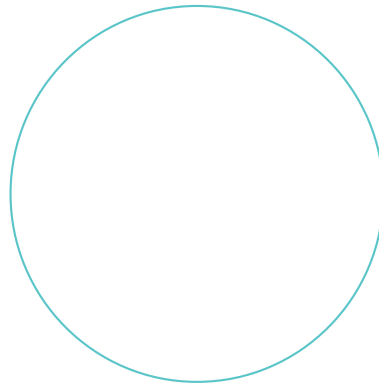
Planet Puberty: People I Can Go to For Help with My Periods worksheet

Draw people you can go to for help with your period in the circles below



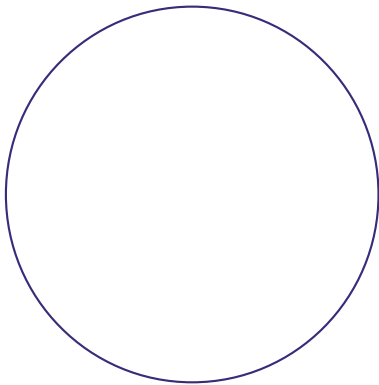
This is:

Their phone number is:



This is:

Their phone number is:



This is:

Their phone number is:

