

Sample student activity: “Is this worth talking about?”

This activity helps students understand that periods can be uncomfortable, but symptoms that are severe, persistent or disruptive are worth discussing with a trusted adult or healthcare professional.

COMMON / MAY BE MANAGEABLE	RED FLAGS / ASK FOR HELP
Mild cramps that improve with rest or simple comfort measures	Pain that regularly causes missed school, vomiting, fainting or inability to participate in normal activities
Some tiredness around a period	Extreme fatigue or symptoms that repeatedly interfere with school or daily life
Temporary bloating or bowel changes	Severe or recurring bowel/bladder pain, painful bowel movements, or urinary symptoms linked to the cycle
Flow that can be managed with normal product changes	Bleeding that feels unmanageable, repeatedly soaks through protection very quickly, or causes dizziness/weakness
Occasional discomfort	Symptoms that are getting worse, happen outside the period, or are not improving with usual care

Key message for students: You do not need to decide what condition you have. Your job is to notice patterns, speak up, and ask for support when symptoms are severe or disrupting your life.

Take-home prompt

Students can be encouraged to write down: When does the symptom happen? How strong is it? What does it stop me from doing? What have I already tried? This gives them a simple starting point for a conversation with a parent/caregiver or healthcare provider.