



UNDERSTAND · RECOGNIZE · SPEAK UP

My conversation starter

For your own reflection. Share only what you feel comfortable sharing with a trusted adult or healthcare professional.

You know your body. Your questions matter.

You do not need to figure out a diagnosis. If symptoms are severe, recurring, getting worse or affecting everyday life, ask for support.

What have I noticed?

For example: pain, bleeding, tiredness, nausea, or changes around a period.

When does it happen?

Before, during or between periods? How often? Any changes from your usual pattern?

What does it stop me from doing?

For example: attending class, sleeping, playing sports, or spending time with friends.

What would I like to ask?

Write down one question and a trusted adult you could speak with.

Try saying: "My symptoms are affecting school or daily life. Can we talk about what might be happening and how to get help?"

If you feel very unwell, faint or have trouble breathing, tell an adult and seek urgent help.
