



UNDERSTAND · RECOGNIZE · SPEAK UP

A gentle first lesson

Suggested 20-minute discussion. Adapt to student readiness, accessibility needs and school policies. This is a starting point, not a mandated curriculum.

Before you begin

Identify a trusted staff contact. Offer an anonymous question box, an option to pass, and private follow-up. Use fictional examples; never ask students to share symptom histories in class.

Welcome and set the tone · 3 minutes

Periods are a normal part of life, experiences differ, and respectful questions are welcome. Everyone can learn to support someone who has periods.

Understand period health · 5 minutes

Discuss cycle basics and manageable discomfort. Focus on the effect symptoms have on sleep, school and activities. Do not teach that severe pain must be endured.

Recognize reasons to ask for help · 5 minutes

Use the “Is this worth talking about?” activity. Discuss fictional examples of repeated missed school, very heavy bleeding and recurring pain. Different conditions can cause these symptoms; a clinician can assess them.

Practise speaking up · 4 minutes

Try: “My symptoms are affecting school or daily life. Can you help me find support?” Have students identify a trusted adult in a fictional scenario. Introduce endometriosis and PCOS awareness at a suitable level.

Take the conversation home · 3 minutes

Offer the student pamphlet and conversation starter. Remind students they can speak privately with a trusted adult. The reflection sheet stays with the student and is not collected or graded.

If a student is unwell: follow school emergency and safeguarding procedures. Support them without diagnosing. Arrange appropriate adult and healthcare help.