



CycleWise

Helping students understand their cycles, recognize when something isn't normal, and know when to ask for help.

CycleWise is a free menstrual health education initiative from Endometriosis Canada designed to support students, educators and school communities. It provides clear, age-appropriate information to help young people understand healthy menstrual cycles, recognize possible warning signs, and feel more confident asking for help.

What Does CycleWise Include?

- Age-appropriate menstrual health education
- Information about healthy periods and common cycle changes
- Education about symptoms linked with conditions such as endometriosis and PCOS
- Guidance on when pain, heavy bleeding or other symptoms may need medical attention
- Practical tools for tracking and communicating symptoms
- Self-advocacy and open conversations about menstrual health
- Educational resources for students and school staff

How Can It Benefit Students?

- Learn that severe period pain should not simply be accepted as normal
- Recognize symptoms earlier and know when to seek support
- Feel less embarrassed or isolated by menstrual health concerns
- Build confidence describing symptoms to adults and healthcare providers
- Better manage symptoms that affect attendance, concentration, physical activity and participation
- Develop lifelong knowledge about reproductive and overall health

How Can CycleWise Help School Staff?

CycleWise gives educators and school staff greater awareness of how menstrual health conditions can affect students. Repeated absences, frequent washroom trips, difficulty participating in physical activity, fatigue, nausea or recurring pain may sometimes be connected to an underlying menstrual health concern.

The goal is not for school staff to diagnose students. It is to create a more informed, supportive environment where students feel comfortable speaking up and seeking appropriate help.

Offered at No Cost to Schools

CycleWise programming and educational resources are offered free of charge to participating schools, helping make menstrual health education accessible without adding financial burden.

About Endometriosis Canada

Endometriosis Canada is a patient-founded, volunteer-led national not-for-profit organization working to improve endometriosis awareness, education, advocacy and support across Canada.

Interested in bringing CycleWise to your school?

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