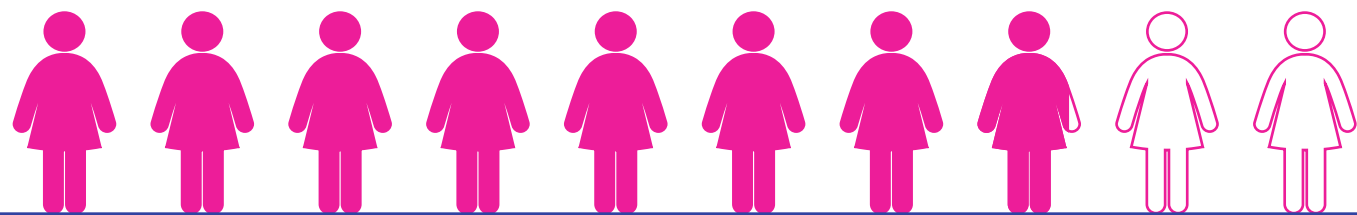


Be a Period Champion

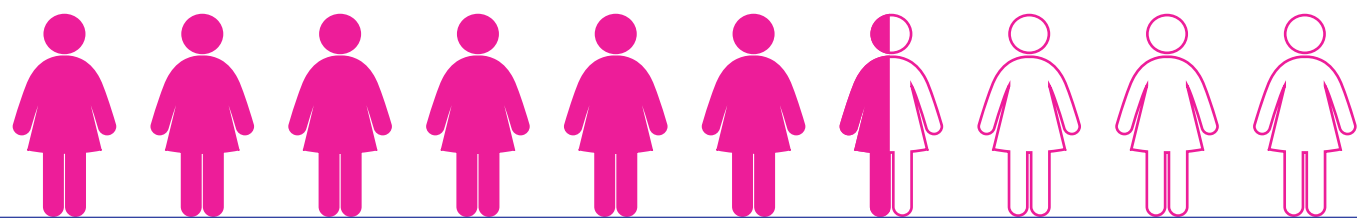
79%

of girls & women believe more open conversations will help break down barriers for future generations



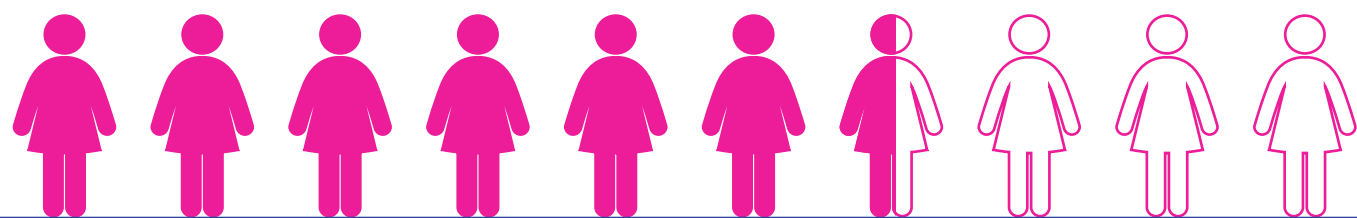
64%

of girls & women admit to experiencing 'period anxiety' which puts them off their game



66%

of females call for more information on how their menstrual cycle affects their performance



Statistics source: Always Female Athletes Research Oct 2023 UK; Sample 2,008 Female Athletes



It's normal to feel a little embarrassed to talk about periods and menstrual symptoms – but not understanding what's happening on your period or not getting support can be a barrier to feeling happy and healthy. The more you talk with people you trust (parents, coaches, older club members, friends etc.) the more you'll understand what's going on.

Where to start

Call a period a period

Some use other words for period to avoid approaching the topic directly, but this doesn't help make people feel comfortable. Try addressing a period as a period rather than 'time of the month'.

Give as much detail as you can

Sometimes it can be challenging to find words to describe how our menstrual cycle affects us. Remember to reflect on how your body is feeling when you communicate to a teacher, coach or family member.

Be period positive

We've all had experiences of hiding pads or tampons up our sleeves. Let's try to address these actions one at a time, share our experiences and give each other respect to ensure everyone feels comfortable.

Help others

If a friend or teammate confides in you, be there for them. You could offer a pad, reassure them that their emotions are perfectly natural or encourage them to confide in how their feeling.

Remember

Periods shouldn't be viewed as a setback but a catalyst for unstoppable achievement. By opening more conversations, you will gain access to more information, be more in touch with your body and ultimately feel more confident. Remember you don't have to talk about your own menstrual cycle unless you want to share and it's your choice how much you want to share.

