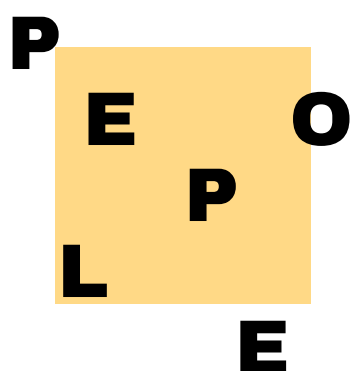


Menstrual cycle conversations

Comfort of conversation



By bringing menstruation out into the open, you're letting others know that it's okay to discuss.

It's a biological process

The menstrual cycle shouldn't be considered as anything else

Increase your knowledge

Allow females to overcome perception of awkward but knowing you understand

Everyone is individual

All females will experience different symptoms

01 Avoid euphemisms

Properly name and talk about menstruation - stop using 'code words'. Menstrual cycle & periods.

02 Don't avoid the conversation

Comments such as 'OK that's enough detail' prevents females talking in the future

03 Listen & respond

Menstrual symptoms are not made up, females are experiencing them, how can you help?

04

Changing perceptions

05



06

Ensure all females feel confident & comfortable talking about their menstrual cycle if they need to



Starting conversations

Is the female open to conversation?

Yes

No

Ask questions such as:

- Have you started your period (adolescents)?
- Do you have a regular period, how many days are between your bleeds?
- How many days do you bleed for?
- Do you experience abdominal cramps and/or very heavy bleeding?
- Have you noticed any other symptoms you experience with your menstrual cycle?
- Have you noticed if it affects you in training or at competition?

Think & consider:

When and where to have initial conversations
End of a session tired and hungry good time?
In the moment?
Retrospective?
Think about personalities
Would they feel more comfortable private one to one or brought up with small group of friends?

Organise sessions or strategies:



- Parent education
- Coach education
- Athlete education
- Think about combined or individual sessions
- Older athletes talking to younger athletes
- Athlete monitoring of their own menstrual cycle
- Talking about the menstrual cycle with groups of female athletes rather than individually
- Let female athletes know of other people to talk to about their menstrual cycle