

# SEND Puberty

## SEND Puberty

### Coping with Periods at School



Experiencing periods and what you get out of them, especially if you aren't in line of support, means many girls and women in mainstream schools. It's really important that you feel prepared and confident so that your period doesn't interfere with your day.

We're here to help you with practical tips to help you cope with periods. We're also there when you need to think about what you can do if things aren't going well and how to get help if you need that.

Periods are a normal part of life and with the right strategies, they don't have to disrupt your life or education. There's something you need to know about coping with periods at school.



#### What should I take to school?

To manage the school day when you're on your period, you should have:

- hygiene and sanitary products
- spare trousers or nightgown
- spare underwear
- water
- body spray or perfume
- a spare or backup bag
- hand sanitizer
- a wet wipe, tissue or handkerchief
- a bottle of water
- a cloth



### Coping with Periods at School

#### What happens if I miss school?

Unexpected situations are likely to arise in all aspects of life. There are some common period-related situations that you might like to prepare for ahead of time.

#### What happens if I get my period unexpectedly at school?

This is likely, with more classes than you think if your period catches you off guard, get one and someone you trust (like a friend, teacher, school nurse or other member of school staff) for a pad or tampon. It's also a really good idea to put a little packet of pads in your school bag, so you have something you can lean on if you have something you need to hand about the situation arise - you could include tampons, pads, wipes and anything else that would help you to feel more comfortable and confident.

#### What happens if I have period or menstrual health issues?

With periods often comes period pain, which can be hard to manage in your



#### What happens if I lose, forget or break my clothes?

Again, this is likely a more common occurrence than you think, so please don't worry if this happens to you. It's a really good idea to pack some spare clothes in your school bag, but if this isn't the case and you do look through your clothes, the school nurse or school office will be able to offer you spare clothes or clothes from the store. If you need a quick fix, you could go to your jumper or jacket around your waist.

Friends and school staff will always be happy to help, so even though it might feel embarrassing, try not to worry about asking for

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### Coping with Periods at School



#### What happens if I have a period in class?

It's really important that you feel prepared and confident so that your period doesn't interfere with your day.

If you do need to leave the class during a lesson, you could use a small packet, hidden bag or packet that is easy to put in your bag or under your desk, or you could ask to go to the toilet, change or wash.

It's so good to get something to use in the classroom, but don't worry yourself - you're taking care of your health, and it's important you feel comfortable before returning to your class.

Wash up your hands and trousers and dispose of them in the nearest bin provided - they won't be checked, but the staff because they're clean.



# Coping With Periods

**Huangqi Zhang**



## **Coping With Periods:**

## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Coping With Periods**

In some sort of inundated with screens and the cacophony of instant conversation, the profound power and emotional resonance of verbal art frequently fade into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, set within the lyrical pages of **Coping With Periods**, a captivating work of fictional splendor that impulses with natural emotions, lies an unique trip waiting to be embarked upon. Published with a virtuoso wordsmith, this magical opus books visitors on an emotional odyssey, gently revealing the latent possible and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is main styles, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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