



Holistic Support and Information Website Links

You may find the following information sources useful (please note not all the language and terminology used is aligned with Rethink Periods standards).

1. [Understanding your cycle](#)
2. [Understanding puberty](#)
3. [Gynaecology and pelvic health](#)
4. [Natural treatments/wellbeing for your menstrual cycle](#)
5. [Chemicals and period products](#)
6. [General](#)
7. [SEND resources](#)

[Understanding your cycle](#)

- For better understanding of your menstrual cycle, these [period charting resources](#) from Claire Baker may be useful.
- What if PMS isn't a curse, but is instead part of a cycle that can be both a powerful creative muse and life coach? [Lucy Peach](#) shares how learning about her period has helped unlock both creativity and productivity.
- [Workouts](#) for each stage of your cycle.
- In [this podcast](#), Lucy Peach, author of Period Queen, is a period preacher blowing the lid off shame and empowering people to have their greatest period ever.
- For mutual support and women's circles visit the [Red Tent](#).
- For a broad overview of menstruation, visit the [NHS](#).
- [Periods: just the facts](#) from Health for Teens.
- 15 Period Questions Teenage Boys Want Answered from [Natracare](#).

RETHINK PERIODS



[Understanding puberty](#)

- Puberty is when your body grows and develops to become an adult. It might affect you in different ways. Find out what to expect with this information from [Childline](#).
- Puberty happens to everyone - it's just part of growing up, this site from [Health for Teens](#), helps explain what is happening and why.
- [This booklet](#) from the NHS helps us understand what happens as we grow up and things start to change: changing feelings, changing bodies and changing relationships.

[Gynaecology and pelvic health](#)

- If problems with your periods are affecting your life, there's help and support available further advice can be found [here](#).
- Premenstrual dysphoric disorder (PMDD) is a very severe form of premenstrual syndrome (PMS), which can cause many emotional and physical symptoms every month during the week or two before you start your period. It is sometimes referred to as 'severe PMS'. [Mind](#), the mental health charity, offer advice.
- No nonsense information from the Gynae Geek: [blog](#), [Instagram](#), [YouTube](#)
- Pelvic health professional, [Helen Keeble](#)

[Sexual and reproductive health](#)

- [Brook](#) has a wealth of information on contraception, pregnancy, STI's, sex, abuse, gender, relationships, and more.

RETHINK PERIODS



[Natural treatments/ wellbeing for your menstrual cycle](#)

- [The Period Revolutionary](#) blog by Lara Briden
- [Period Stories](#) podcast by Le’Nise Brothers, registered nutritionist specialising in women’s health, hormones and the menstrual cycle.
- [Period yoga](#).

[Chemicals and period products](#)

- An overview of chemicals, health and the environment in this [blog and video](#) from City to Sea.
- Women Engaged for a Common Future [research](#) paper called ‘Toxic Free Period’.
- [Guest blog](#) by the Chem Trust on the impact of period products on the environment and our health.

[General](#)

- [Clue](#)’s amazing period encyclopaedia!
- [Red School](#) has a radical new approach to women’s leadership, creativity and spiritual life based on a uniquely feminine way - the menstrual cycle.
- Society has conditioned us to be ashamed of our period, and buy into the big, fat lie that there is something wrong with the menstruating body. [Free Periods](#), agree that this is ridiculous and are challenging the stigma by encouraging conversations that normalise periods.
- [Precious Stars YouTube](#) channel is a great source of short, informative vlogs, all delivered by a teenage girl, Bryony.
- [A Dad’s Guide to Periods: Pads 4 Dads](#) from [Hey Girls](#) recognises that chatting about periods can hard, especially if you don’t experience them yourself.
- [My Period Cards](#) from [Hey Girls](#) have been designed to help you start positive conversations about periods. Each pack contains 50 flash cards with

RETHINK PERIODS



an image on one side and discussion points on the other. The cards cover everything from the biology of menstruation to stigma and taboo; from discharge to menstrual cups. These cards are appropriate for the classroom, the youth club, the community centre or a one-to-one chat at home. My Period Cards will really help you get the conversations flowing!

- [Break the Barriers](#) from [Plan International UK](#) is a first-of-a-kind report which documents girls' experiences of periods in the UK.
- Vulva [art](#) from This is a Vulva.

SEND resources

- Advice from the [Down's Syndrome Association](#) regarding puberty and growing up
- [Guidance](#) on puberty that can be directly applied to pre-teens with autism.
- How to manage periods in a wheelchair by [Gem Hubbard](#)
- [Autism friendly guide](#) to periods by Robin Steward.