

Initial

DON'T
BELIEVE EVERYTHING
YOU HEAR

THE MYTHS AND THE FACTS ABOUT PERIODS

MYTH: Every girl has mood swings when they're on their period

FACT: Just because a girl is on her period, it doesn't mean she's moody or tired. This doesn't happen to every girl and doesn't happen every time either.

MYTH: Girls can't go swimming, or do sports and PE lessons

FACT: They can go swimming, do sports and take part in PE lessons. Exercise helps to relieve any pain.

**PERIODS
ARE
NORMAL...**

LET'S GET THE FACTS RIGHT