

PSHE Period/Menstruation resources

December 2020

This list was put together to help PSHE leads in Leeds to access resources to teach young people about periods and menstruation. It was compiled following the [State of Women's Health in Leeds report](#) in 2019 which highlighted a need for better education in schools for both boys and girls around periods. We hope you find it useful.

Name of organisation	What can they offer?	How can I access it?	Year group	Cost
Brook online	<p>Digital learning to support teachers to deliver effective relationships and sex education (RSE) - 'Puberty' module covers different aspects of puberty including periods. Also, other modules on other aspects of RSE eg. consent, how to deliver RSE, contraception, pleasure etc. You can use the materials from the modules and downloadable activities to deliver the content to students.</p> <p>Brook also offer training for teachers and youth workers to give them the knowledge and skills to teach about Relationships and Sex Education and menstruation.</p>	<p>Register at https://learn.brook.org.uk/ to access modules</p> <p>More info about professionals training: https://legacy.brook.org.uk/our-work/all-our-training-programmes</p>	Puberty module suitable for young people from Years 6-8	<p>FREE</p> <p>Contact Brook for more details of costs for professionals training</p>
Family Planning Association	<p>Leaflets by Family Planning Association</p> <ul style="list-style-type: none"> • Periods • 4Girls - a guide to the female body 	<p>https://www.nhs.uk/Livewell/puberty/Documents/fpa-periods-PDF.pdf</p> <p>https://www.fpa.org.uk/sites/default/files/4girl</p>	Age 8+	FREE

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		s-female-body-growing-up-puberty.pdf Also available from Public Health Resource Centre (see below)	KS2 and KS3 Age 11+	FREE
Sexual Health Sheffield	'All Change' - 10 page A6 leaflets for parents and girls about puberty in an accessible form.	Sexual Health Sheffield http://www.sexualhealthsheffield.nhs.uk/resources/resources-catalogue/	Years 5-8	£17.50 for pack of 50 or currently available free from Public Health Resource Centre (see below)
Public Health Resource Centre (Leeds)	<p>They have some Sex and Relationship Education (SRE) resources for primary school age children and children with special educational needs and learning disabilities which include modules on menstruation. These include:</p> <p>Periods: a practical guide: a training pack to provide women who have a learning disability with a practical visual guide to sanitary protection during their period. by Mai Rees, Charlotte Carter and Lindsay Myers - 36 page book with CD to teach girls and young women with learning disabilities about menstruation. https://me-and-us.co.uk/ppg/index.html</p> <p>All about us: Living and Growing - Channel 4 primary SRE resource with DVD (age 5-11)</p>	Register with https://www.leeds.gov.uk/phrc to access any of their resources. Need to go and collect from resource library at Technorth, 9 Harrogate Road, Chapel Allerton, Leeds, LS7 3NB Open Mon-Thurs 9am-4.30pm	Various - see individual publications for details.	FREE to register with PHRC and borrow resources

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	<p>Share Special - and SRE curriculum for young people with special needs. (Age 11+)</p> <p>Puberty and sexuality (for children and young people with a learning disability and autism) by Leeds Community Healthcare NHS Trust.</p> <p>They also stock the Family Planning Association and Sheffield Sexual Health Leaflets listed above.</p>			
Betty for Schools	Interactive films for students from both boys and girls perspective about when someone has just started her period at school and what choices they would make.	www.Bettyforschools.co.uk/films	Two versions of resources available, one for ages 8-11 and 11-12. Suitable for all genders	FREE
City to sea	Rethink Periods is a free nationwide schools program, training and equipping PSHE teachers and school nurses. Each school trained receives free training, lessons plans, resources and a product demonstration box (worth £110).	https://www.citytosea.org.uk/plasticfreeperiods/rethink-periods/ Click on 'campaigns' > 'rethink periods' where you can register your interest. Once you've done their training which is	KS2 and KS3 Suitable for all genders	FREE period education teacher training which enables you to access their lesson plans

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		available across the country, you become a Periods Ambassador and can access their password protected lesson plans		
Health and Wellbeing Service	They can deliver a Puberty and Puberty Conception session which is part of a series of sessions available to schools. This particular session is an hour-long session fitting in with school structures. It focuses on body changes through puberty which includes a section on periods. It explores the emotional impact periods can have as well as inform the process in using a scientific approach.	schoolwellbeing@leeds.gov.uk	Year 5 and Year 6 (KS2) Session to all young people regardless of gender identification	Costs apply.
Health and Wellbeing Service	The Leeds PSHE scheme of work, You, Me, PSHE has a series of spiral lessons covering RSE. These are for years 2, 4 and 6. Periods and reproduction are covered in years 4 and 6	schoolwellbeing@leeds.gov.uk	4 & 6	Varied, depending on SLA
Health and Wellbeing Service	Training - Delivering Primary RSE with Confidence. This is delivered twice a year.	schoolwellbeing@leeds.gov.uk	Primary & SILC	Varied, depending on SLA
Health and Wellbeing Service	Training - PSHE Subject Leader Day on RSE - workshop for secondary schools on Sexual Health delivered by the Health Improvement Specialist and Principle for Sexual Health	schoolwellbeing@leeds.gov.uk	Secondary & SILC	
Health and Wellbeing Service	Model RSE policy devised for Leeds schools - workshop delivered/offered on this at the 28 th April 2020 PSHE Subject Leader Conference - day 1 and 2	schoolwellbeing@leeds.gov.uk	Primary, Secondary & SILC	Varied, depending on SLA

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Health and Wellbeing Service	Resources linked to sexual health can be found on the School Wellbeing website	https://www.schoolwellbeing.co.uk/pages/secondary-rse-intimate-and-sexual-relationships-including-sexual-health	Secondary & SILC	Free
Health and Wellbeing Service	Resources linked to menstruation and reproduction can be found on the School Wellbeing website	https://www.schoolwellbeing.co.uk/pages/relationships-and-sex-education-rse	Primary & SILC	Free
Health and Wellbeing Service	The School Health Check - includes references to good practice around RSE, menstruation, training and resources.	www.healthyschools.org.uk	Primary, Secondary & SILC	SLA/PAYG
Freedom4Girls	<p>Programme looking at the causes of period poverty, addressing period poverty and individual support around confidence and understanding how to manage menstruation. Can be delivered as 3x1hour sessions or can be adapted to fit an hour long session or half hour assembly.</p> <p>The sessions themselves typically cover:</p> <ul style="list-style-type: none"> - Period poverty. - Freedom4Girls work in the UK and abroad. - What are our periods? - Normal symptoms and causes for concern symptoms. - Interactive activities that support in reducing stigmas shame around periods. 	<p>victoria.abrahams@freedom4girls.co.uk</p> <p>www.freedom4girls.co.uk</p>	KS3 and KS4 currently designed to be delivered to girls only but are trialling delivering it to different genders separately	FREE, there will be small cost for educators' resource

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Freedom4Girls	<ul style="list-style-type: none"> - Advice on managing periods. - Different types of products. - How to get involved in supporting women and girls in your community and abroad that experience period poverty. <p>They're currently designing a resource for educators/youth workers which will address things such as:</p> <ul style="list-style-type: none"> - Being aware of the signs of girls/ young women who are struggling with access to products or confidence with their periods. - Giving tips and advice on how to manage periods. - Normal symptoms and causes for concern symptoms. - Interactive activities that support in reducing stigmas and shame around periods. - How to get involved in supporting women and girls in your community and abroad that experience period poverty. <p>They will also be offering a 'train the trainer' programme to support in agencies self-delivering this work.</p>			