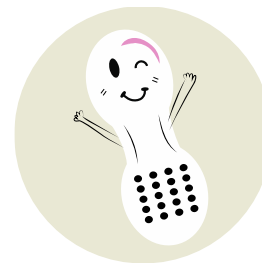


Period Products: Tampons



Workshop Duration: 30 minutes
Age Group: Levels 1-2

Workshop Overview

What will my students learn?

The Period Products workshop will teach students how to choose, use, and dispose of period products. We provide a detailed, step-by-step demonstration on how to insert a tampon, both with and without applicators. In addition to tampons, students will have the knowledge to select the product that works best for them and their lifestyle.

Hands-on Learning Component

The hands-on portion of the workshop is a tampon insertion demonstration, using a grapefruit as a model for the vagina.

Supplies Needed

-  Cups of water
-  Tampons with applicators
-  Tampons without applicators
-  Grapefruits cut in half
-  Toilet paper (to practice disposal)

Learning Objectives

-  Know the variety of period hygiene products available (tampons, pads, menstrual cups, reusable underwear)
-  Be able to explain the utility of each product and how to find the best fit
-  Demonstrate how the products work through hands-on learning
-  Understand the different ways to access and carry products (for example, you can put your pads or tampons in a little pouch to carry with you at school)
-  Know how to properly dispose of products after use

Agenda

Introduction (2 minutes)

Presentation on period products (10 minutes)

Activity (5 minutes for part 1 and 10 minutes for part 2)

Closing (3 minutes)

Activity: Let's Practice with Tampons!

Part 1: Tampon Expansion

Preparation and Supplies

- Assign students to groups of 2-4 people
- Put out cups of water for each small group of students
- Distribute enough tampons for each student to experiment with

Demonstration Instructions

- Ask students to confirm that they have one cup of water and each of them have a tampon (either with or without applicators)
- Instruct students (one by one) to pick up tampon, press down on applicator (if present), and push the cotton tampon into the water cup
- Ask students to observe what happens to the tampon when it touches water
- Explain to students why the tampon expands

Part 2: Tampon Insertion

Preparation and Supplies

- Purchase grapefruits
- Cut grapefruits in half to resemble vaginal opening
 - You may need to use a spoon or knife to loosen and widen the hole in the middle of the grapefruit
- Distribute enough tampons with and without applicators for each student to experiment with

Demonstration Instructions

- Break students into assigned groups of 2-4 people
- Ask students to confirm that they have one cup of water, each of them have a tampon with an applicator and a tampon without an applicator, and each group has a grapefruit half
- Instruct students (one by one) to pick up the tampon *with* an applicator and place the tampon at the hole of the grapefruit
- Tell students (one by one) to press down on the applicator and insert the tampon into the grapefruit
- Once students have inserted the tampon into the grapefruit, ask them to check if the majority of the tampon is inside the grapefruit
- After confirmation of proper insertion, instruct students to tug on the string to remove the tampon from the grapefruit
- Teach students to wrap the tampon in toilet paper, then dispose of it



- ☁ Let students pass around the grapefruit and continue practicing with the tampon with the applicator
- ☁ Once all students have practiced with the applicator tampon, switch to the tampon *without* the applicator
- ☁ Ask students to unwrap the tampon and place it at the opening of the grapefruit
- ☁ Instruct students to push the tampon into the grapefruit until the majority of it is inside
- ☁ Confirm that students have inserted the tampon correctly
- ☁ Tell students to pull on the string to remove the tampon