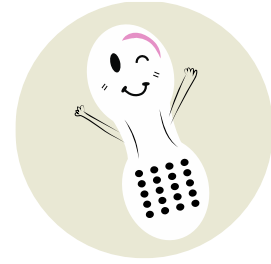


Is This Normal?



Workshop Duration: 35 minutes
Age Group: Level 2

Workshop Overview

What will my students learn?

Students will have detailed knowledge of various types of discharge and be able to identify abnormalities during menstruation. Furthermore, they will become aware of situations where tampons cannot be used, and where to seek specialized care if needed.

Hands-on Learning Component

The "Is This Normal?" workshop will allow students to visualize menstruation abnormalities to understand what is and what is not normal.

Supplies Needed

- Provided worksheets with matching activity
- Provided diagrams and images for all three stations
- Handouts

Learning Objectives

- Ability to evaluate normal versus abnormal discharge properties.
- Recognize excessive bleeding during periods.
- Familiarization with mood swing patterns and when to seek help.
- Understand that abnormal cramps present with extreme pain.
- Know that tampons may not work for some people with pelvic floor disorders.
- Awareness of pelvic floor therapy and other resources for atypical period symptoms.

Agenda

Introduction (2 minutes)

Presentation on normal period processes (10 minutes)

Activity (20 minutes)

Closing (3 minutes)

Activity: Can You See It?

Preparation and Supplies

- ☁ Distribute the images and diagrams to each of the three stations
- ☁ Provide students with the matching worksheet

Demonstration Instructions

- ☁ Instruct students to go to their assigned station with their worksheets
- ☁ Each stations has a matching activity – read instructions out loud to students for each station
- ☁ Students have 5 minutes at each station to complete the matching activity
- ☁ After 5 minutes, student should rotate to the next station
- ☁ Repeat steps 3 and 4 until students have done the matching activity for all of the 3 stations
- ☁ Students should come back to the general session after completion of the matching activity
- ☁ Present the correct answers with explanations