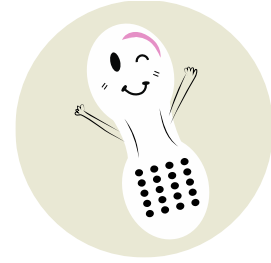


Period Hygiene



Workshop Duration: 50 minutes

Age Group: Levels 1-2

Workshop Overview

What will my students learn?

Students will learn when to appropriately change their period products, what types of soaps are recommended for cleaning, and understanding the concept of period odors. They will also know how to properly dispose of period products in bathrooms, as well as maintaining hygiene.

Hands-on Learning Component

Period Hygiene Game

Supplies Needed

-  Provided Period Hygiene game
-  Period hygiene handout
-  Small prizes

Learning Objectives

-  Students will know how often to change their period product
-  Understanding of what types of soaps, deodorants, and cleansers are not recommended
-  Familiarization of “normal” odors during periods and dispelling myths
-  How to dispose of period products in public restrooms
-  Cleaning up after bleeding through

Agenda

Introduction (5 minutes)

Presentation on Period Hygiene (10 minutes)

Activity (30 minutes)

Closing (5 minutes)

Activity: Period Hygiene Jeopardy!

Preparation and Supplies

-  Provided Period Hygiene Game



- ☁️ Divide students into teams of 4
 - Allow students to name their teams for fun

Demonstration Instructions

- ☁️ Choose a number between 1-100 and ask teams to guess a number
 - Whichever team is closest to the number of choice will go first
- ☁️ Teams pick a category and point value
- ☁️ Teams are given 10 seconds to answer the question
- ☁️ If team answers the question incorrectly, another team can answer and win the points
- ☁️ Whichever team answers the question correctly will pick the next category and point value
 - For example, if team 1 answers correctly, then they will continue to pick the category and point value until they answer incorrectly
- ☁️ The team with the highest number of points will win a prize