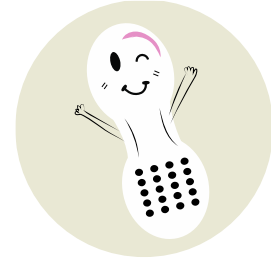


Period Tracking



Workshop Duration: 35 minutes
Age Group: Levels 2-3

Workshop Overview

What will my students learn?

Period Prepared learners will know how to track their period without an app, learn the importance of period tracking, and become familiar with the available apps if they choose to track in this way.

Hands-on Learning Component

Period Tracking Practice

Supplies Needed

-  Provided workshop handout
-  Period Prepared Tracking Calendar
-  Stickers and/or colored markers

Learning Objectives

-  Understand how to track periods without an app
-  Internalize the importance of recording period symptoms and timing
-  Become familiar with the available mobile apps for period tracking
-  Record keeping for future doctor appointments

Agenda

Introduction (5 minutes)

Presentation on period tracking (5 minutes)

Activity (20 minutes)

Closing (5 minutes)

Activity: Period Tracking Practice

Preparation and Supplies

-  Print Period Prepared Tracking Calendar and distribute to learners



- ☁️ Print the provided handout
- ☁️ Have stickers and/or colored markers ready for use
- ☁️ You may also print the practice prompts provided for ease

Demonstration Instructions:

- ☁️ Instruct learners to put their calendars aside for the first portion of the demonstration
 - ☁️ Instructor will run a practice period tracking scenario for learners to observe, using the instructor prompt below
 - ☁️ Learners will now practice period tracking using the practice prompts below
 - If time allows, students and instructors can select more than one prompt for more practice
 - ☁️ After practicing using paper calendars, the instructor should name a few of the mobile apps available for period tracking (these names are on the handout)
 - ☁️ If allowed, learners can take out their phones to download or explore the available apps
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Practice Prompts: Instructor Demo

Scenario

“Olivia is a menstruator who needs help tracking her period. Her last period was 5 days long, and it began on the 3rd of the month. Her current period started on the 30th of the month. Highlight the days that are part of her cycle.”

Symptoms

“During her last period, she wants you to know that she had heavy bleeding during the first 2 days of her period, and then it was light for the last 3 days. She was in an angry mood for the first day, then was happy for the last 4 days. Olivia was also hungry for all 5 days. For her current cycle, she is only on the second day, and she has been sad for both days, has acne, and is heavy.”

Instructions

Create a legend using stickers or markers of your choice to code for period symptoms and cycle length.

Practice Prompts: Learner Demo

Scenario #1

“Hannah is a menstruator who needs help tracking her period. Her last period was 6 days long, and it began on the 1st of the month. Her current period started on the 29th of the month. Highlight the days that are part of her cycle.”

Symptoms

“During her last period, she wants you to know that she had heavy bleeding during the first 3 days of her period, and then it was light for the last 3 days. She was in a sad mood for the first



day, then was normal for the last 5 days. Hannah was nauseous for the first day. For her current cycle, she is only on the first day, and she has been in a normal mood, her period is medium flow, and she is nauseous again.”

Instructions

Create a legend using stickers or markers of your choice to code for period symptoms and cycle length.

Scenario #2

“Taylor is a menstruator who needs help tracking her period. Her last period was 3 days long, and it began on the 5th of the month. Her current period started on the 3rd of the next month. Highlight the days that are part of her cycle.”

Symptoms

“During her last period, she wants you to know that she had medium bleeding during the first 2 days of her period, and then it was light for the last day. She was in a stressed mood for all 3 days. Taylor had diarrhea for all 3 days. For her current cycle, she is on the third day, and she has been in an angry mood, her period is medium flow, and she is constipated.”

Instructions

Create a legend using stickers or markers of your choice to code for period symptoms and cycle length.

Source: <https://www.plannedparenthood.org/planned-parenthood-orange-san-bernardino/about-us/blog/how-to-track-your-menstrual-cycle-without-an-app>

