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# UTAH PERIOD PROJECT

## How to Talk About Periods

Discussing periods can be uncomfortable whether you menstruate or not. Social stigma has distanced periods from other biological processes, making them more taboo than, for example, the circulatory system. But half of the human population experiences periods for 4-6 days per month, every month, for about forty years. Given the impact that it has on girls' and women's access to the classroom and workplace, there is no reason why menstruation should be undiscussed. Here are suggestions helpful in normalizing periods and making its language more accessible to all.

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### Conversational Tips

- Younger menstruators are often uncomfortable talking about their periods, especially with adults and/or men. Be the initiator and set an example of maturity and respect!
- Use correct terminology that is positive and neutral. Teach children about this natural process using accurate terms that are appropriate for their intellectual level.
- Avoid making negative comments based on assumptions about periods.

Menstruators experience varying levels of physical pain and emotional/hormonal changes, none of which can be controlled.

- Consider that different cultures approach periods differently. Respect varying levels of privacy or openness.
- Research scientifically accurate and culturally relevant information about periods.

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### Terminology

- "Period" is often an easier and more recognizable term than "menstruation," especially for young girls.
- "Period product" is the current industry standard, and a more accurate term than "feminine hygiene product."
- "Tampons" and "pads" are just as hygienic and necessary as toilet paper, and should be talked about with similar normalcy.

### Attitude

- Be direct, open, and honest. Your confidence will encourage others to follow suit!
- Be sensitive to feelings of embarrassment that someone might feel regarding their period.

