

A  Group PODCAST

THE BLOBCAST

FREE THE PERIOD

WITH KASEY ROBINSON



EP. 02 BACK TO BASICS

RESOURCES AND
LEARNING PACK

OUR HOST



KASEY ROBINSON CONSULTANT AND HOST

Kasey's passion for period equity work began when she launched The Red Box Project Monaco to address period equity with local schools. Inspired and motivated to change the period activism space she launched Proud of My Period to openly discuss her work and what she was learning about periods. Kasey was featured on a Newsround special on periods in her own segment 'Top tips for feeling confident about periods' and was a guest on Jac Jossa's ITVX Celebrity Health Stories. She worked as the inclusion consultant for the Cycle by Freda by McCann Madrid campaign and is also the learning development lead for Bloody Good Employers where she designed their three-module program and corporate assessment tool.

And now she is our podcast host!

EP. 02 BACK TO BASICS

OUR GUESTS



LE'NiSE BROTHERS

NUTRITIONIST AND YOGA TEACHER

Le'Nise Brothers is a period nutritionist and yoga teacher. She has written a book called "You can have a better period". She also has her own podcast called Period Story. You can follow her on Instagram [@eatlovemove](#)

SASKIA BOUJO

CAMPAIGNER AND EDUCATOR

Saskia Boujo is a period campaigner, a relationship and sex educator who has written a book "This period in my life." You can buy a copy of the book in English and French. You can follow Saskia on Instagram [@factsoflife.ed](#)

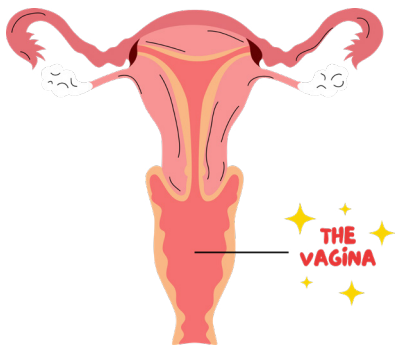


EP. 02 BACK TO BASICS

QUICK INFO

59% OF MEN + 45% OF WOMEN

**COULD NOT IDENTIFY WHERE
THE VAGINA WAS ON A DIAGRAM**



- phs Group has discovered the following stats, based on polls of girls and people who menstruate aged 13-18
- Only a third (32%) correctly identified the vulva as the term for the female external genitals, with the majority wrongly saying it was the vagina.
- As many as 1 in 5 girls (19%) do not feel that they have received adequate education at school or college about menstruation and just 1 in 7 understand their monthly cycle
- Two thirds of girls (65%) use an alternative nickname for the vagina
- Most girls (38%) say that boys are not involved in menstruation classes at school or college

THE BIOLOGY BIT

ENDOMETRIOSIS

Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places, such as the ovaries and fallopian tubes. Endometriosis can affect women [and menstruators] of any age. It's a long-term condition that can have a significant impact on your life, but there are treatments that can help.

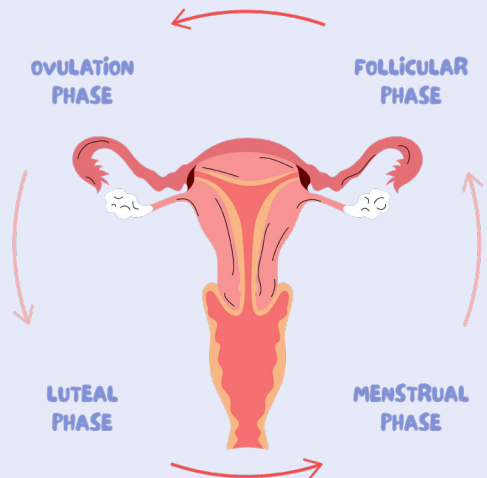
POLYCYSTIC OVARY SYNDROME (PCOS)

Polycystic ovaries contain a large number of harmless follicles that are up to 8mm (approximately 0.3in) in size. The follicles are underdeveloped sacs in which eggs develop. In PCOS, these sacs are often unable to release an egg, which means ovulation does not take place. It's difficult to know exactly how many women have PCOS [it affects] about 1 in every 10 women in the UK. More than half of these women do not have any symptoms.

PREMENSTRUAL DYSPHORIC DISORDER (PMDD)

A small number of women [and menstruators] may experience more severe symptoms of PMS known as premenstrual dysphoric disorder (PMDD). Symptoms of PMDD are similar to PMS but are much more intense and can have a much greater negative impact on your daily activities and quality of life. If you have ADHD, you can be more likely to experience PMDD.

YOUR MENSTRUAL CYCLE



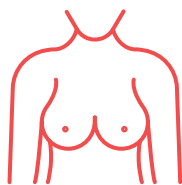
All medical definitions are taken from the NHS UK website.

**[menstruators] was added by the creator*

PERIOD CARE AND WELLBEING

Is about understanding what your body needs during different parts of your cycle. Your body is talking, listen.

THESE ARE SOME OF THE BODILY CHANGES THAT YOU ***MIGHT*** NOTICE JUST BEFORE OR ONCE YOU START YOUR PERIOD



TENDER
BREASTS



NAUSEA



HEADACHES



LOW MOODS AND/OR
MOOD CHANGES



INSOMNIA OR
DIFFICULTY SLEEPING



ACNE / SPOTS



FREE THE PERIOD LET'S GET TALKING

Each episode of the podcast has been put together to help you learn and answer some of your most important questions. But it doesn't stop there. Now it's time for action.

Talking about periods is one of the most powerful ways to... FREE THE PERIOD. And, so to help you do that we've put together some questions to talk about with at home, at school or with friends.

DO WE KNOW ENOUGH ABOUT OUR OWN BASIC BIOLOGY AS ADULTS?

HOW MUCH ARE YOUNG PEOPLE LEARNING FROM TIKTOK AND OTHER SOCIAL MEDIA PLATFORMS?

WHOSE RESPONSIBILITY IS IT TO TEACH? PARENTS OR SCHOOLS OR BOTH?

WHY SHOULD WE TRACK OUR CYCLE?

WHAT AGE SHOULD WE LEARN ABOUT PERIODS? WHY?

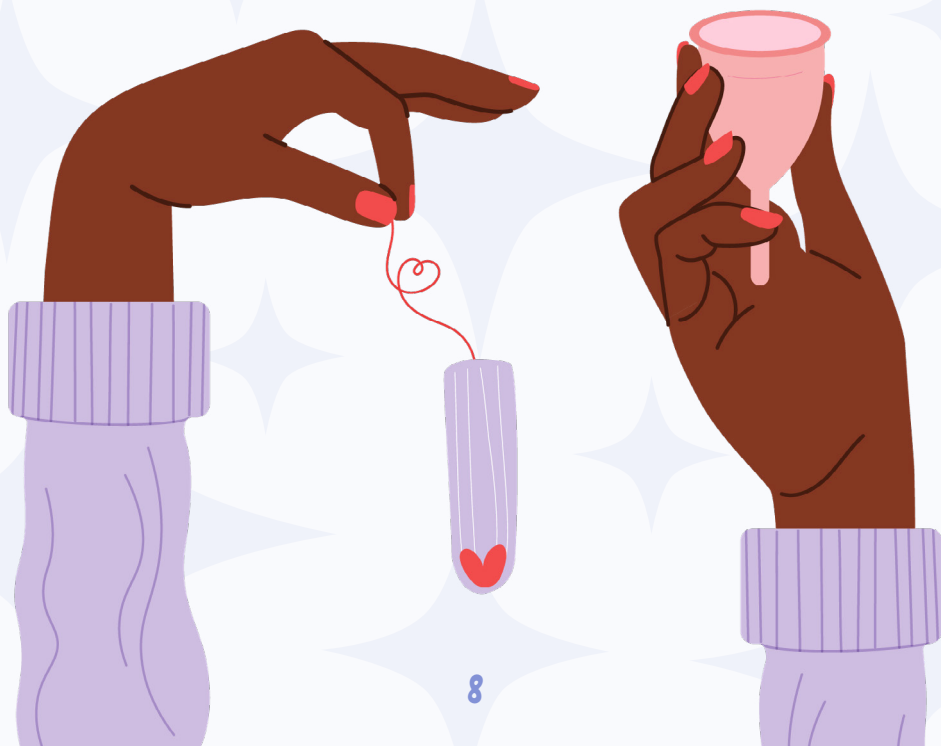
QUICK CHECK IN... FREE THE PERIOD

PERIODS ARE:

- Healthy
- Normal
- Natural
- Ok to talk about
- Different for everyone

PERIODS ARE NOT:

- Dirty
- Shameful
- A secret
- Embarrassing
- A reason to exclude



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**SUBSCRIBE, LISTEN AND SHARE OUR
PODCAST TO HELP US SPREAD THE WORD.**

