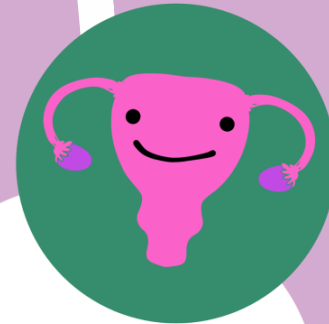


**Sustainable
Period**



**Workshop
script**

The project is supported by the
International Visegrad Fund, in 2023.

SuPer - Sustainable Periods



- supported by
- Visegrad Fund
-
-



The purpose of the lesson:



- **breaking the taboo about menstruation**
- **showing participants reusable menstrual products and their benefits**
- **showing the disadvantages of disposable menstrual products**
- **awareness of how our choices affect the environment**

Participants, duration

12-25 years old, 45-90 min

Workshop materials



- **display menstrual cup/reusable pads/menstrual underwear (optional)**
- **projector for displaying presentations (optional)**

Before class check out our Sustainable Period brochure for information on reusable menstrual products.

<https://zoldovezet.info/super>

Part 1



**Group
exercises**

Exercises with a group are designed to activate participants and encourage them to actively participate in classes.

**Video:
50-10 minutes**



Icebreaker

Before exercises show participants video about how menstruation goes. The video material is intended to introduce the participants to the topic of the workshop.

Choose one of 4 exercise as an icebreaker. The exercise is designed to help start a conversation about menstruation, which can be difficult for some participants.

Excercise 1.1



Show the participants 10 cards (printable materials).

Ask participants to choose the card which picture is the best a reflection of your emotions related to menstruation.

Discuss with the group their answers.

5-10 min

Excercise 1.2

Show the participants 10 pictures of different women (can be cut out of newspapers). Ask participants to choose which of them is the best reflection of your emotions related to menstruation.

Discuss with the group their answers.

10-15 min

Excercise 1.3



Ask participants to choose the item in the room that best represents your feelings related to menstruation.

Discuss with the group their answers.

10-15 min

Excercise 1.4

Ask participants to stand up and line up on the scale.

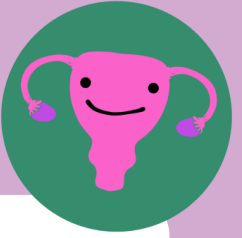
Left side is positive emotions, right negative emotions related to menstruation.

Ask participants to choose where they would place their feelings about menstruation.

After the exercise, discuss with the group their answers.

10-15 min

Exercise 2- Game - types of menstrual products



Ask the participants what menstrual products they know and write them on the board.

10-20 min

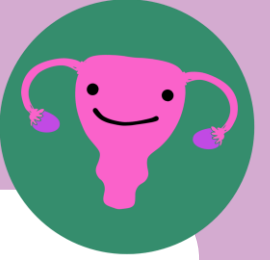
Single use

tampons
pads

Reusables

discs
cups
reusable pads
period underwear

Exercise 2



Think about the advantages and disadvantages of each of these products and write them on the board. Based on their responses, summarize and complete the benefits of using reusable menstrual products, broken down into 3 categories:

environment

health

costs

Part 2



**Sustainable
menstrual
products**



Discuss all reusable menstrual products in turn: menstrual cup, menstrual disc, reusable sanitary pads, menstrual underwear. Tell the participants how to use them, how to clean them and what to pay attention to when choosing them.

**If you have demonstration reusable menstrual products, show them to the participants.
(optional)**

15-20 min

Q&A Session

Ask if the participants have any questions after the class, if so, try to answer them.

10-20 min



For more information on
reusable menstrual products,
see our brochure:
www.zoldovezet.info/super

In order to rent demonstration
reusable menstrual product for
workshops, please contact:
info@zoldovezet.info

www.zoldovezet.info