

CONVERSATION MATERIAL FOR INFORMATION ON MENOPAUSE

1. Explain that you will now talk about menopause, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

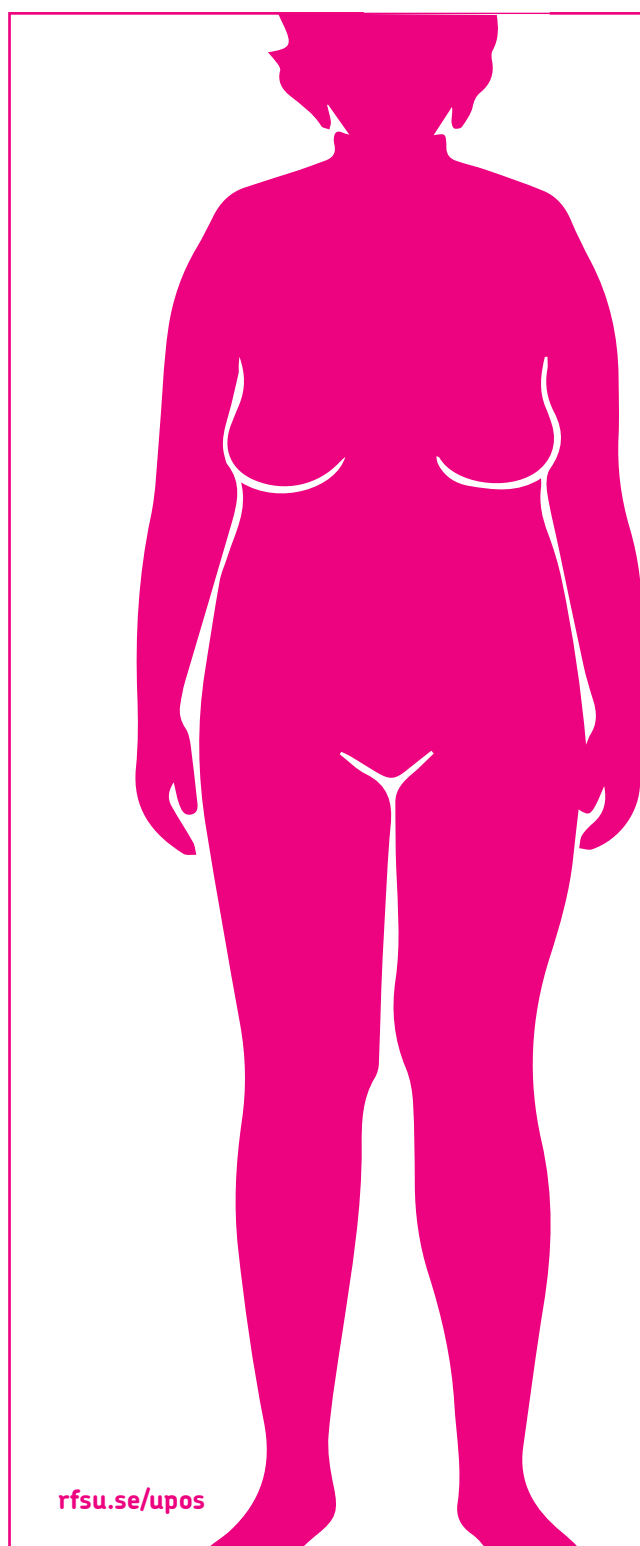
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
 - At which age do people normally enter menopause?
 - What happens to menstruation and the possibility of getting pregnant in menopause?
 - How long does menopause usually last?
- Which problems can be experienced during menopause? How can you support a person who is not feeling well during menopause?
- Which thoughts and emotions might menopause give rise to for a person going through it?
- What can one do themselves to feel better during menopause?
- Where can one go for help if one experiences problems?
- How can sexual desire be affected during menopause?
- What can one do to enjoy sex more if there are problems with dryness in the vagina?

IMPORTANT TO DISCUSS:

- Everyone feels different during menopause – some feel good or even better than before, whereas others do not feel good. Every way of feeling is okay.
- There is help at hand if one has difficulties. A health centre, midwifery clinic or gynaecologist is a good first point of contact.
- Sexual desire may increase or decrease during menopause. Getting older does absolutely not mean that one's sex life is over.



FIGHTING FOR BODY RIGHTS SINCE 1933

RFSU was founded in 1933 and is a pioneering Swedish organisation working in the field of sexual and reproductive health and rights (SRHR).

RFSU is a non-profit, non-governmental organisation without party-political, trade union or religious affiliation. Our aim is to spread a knowledge-based and open view of sexuality and relationships issues to overcome prejudices, bridge knowledge gaps and improve sexual health and wellbeing. We run projects and programmes to promote access to sexual and reproductive health and rights — both in Sweden and internationally. Much of this work is done with partners and other organisations. RFSU has a rights perspective of sexuality based on everyone's freedom to be what they want to be, to choose to live as they want and enjoy what they want. The International Planned Parenthood Federation (IPPF) was founded by RFSU and other actors, and RFSU remains IPPF's Swedish member association

**You can read more about RFSU's activities at
www.rfsu.se/upos**



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