

# CONVERSATION MATERIAL FOR INFORMATION ON MENSTRUATION

1. Explain that you are going to talk about menstruation, 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.

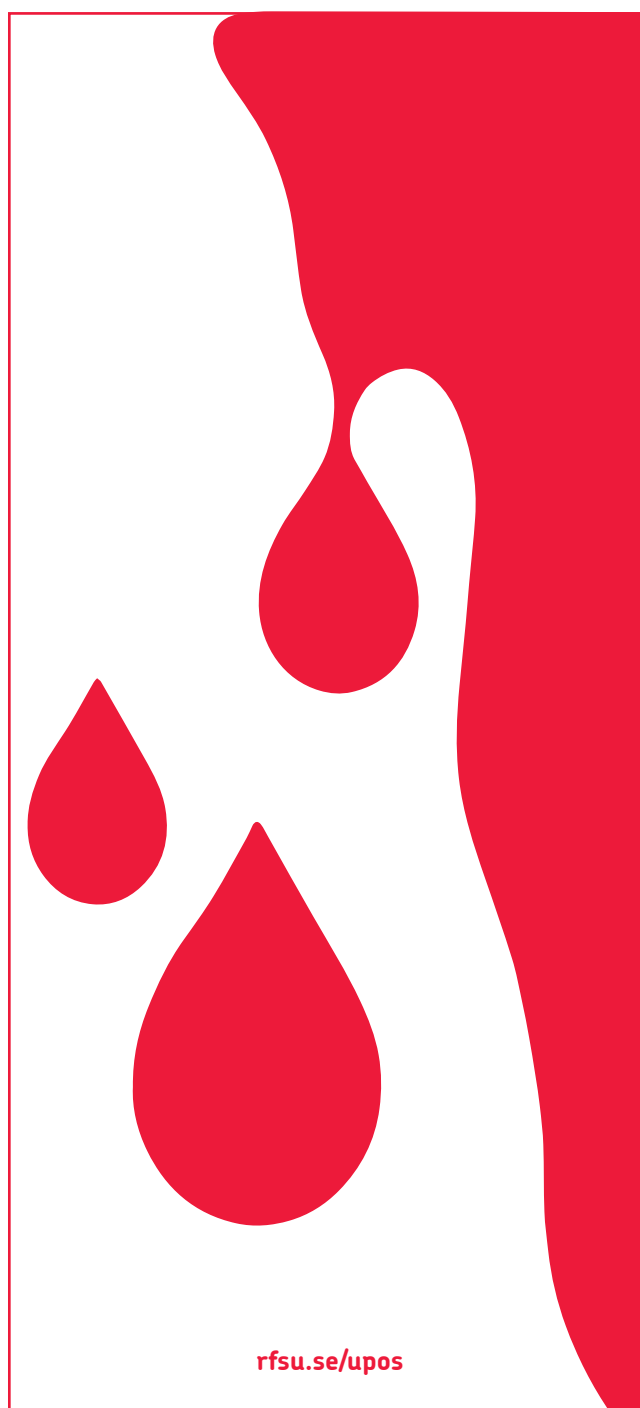
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

## QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
  - What is menstruation?
  - Why do women menstruate?
  - What does “sexually mature” mean?
  - At which age do most women have their first menstruation?
  - How long does a menstruation cycle normally last?
- At which age do most women have their first menstruation?
- How long does a menstruation cycle normally last?
- What types of period care products are there, and how can one know which is best suited for oneself? Feel free to show various kinds of protection.
- What can a missed period mean? What should you do if you don't get your period?
- What causes pain during menstruation? What can be done to relieve it? When should you seek help for menstrual cramps?
- Can you have sex while you are menstruating?
- Is it easy or difficult to talk about menstruation?
- Why? What makes it easier/more difficult?
- What do you want people close to you to know about menstruation?

## IMPORTANT TO DISCUSS:

- Menstruation is a sign of good health, signifying that the body is working as it should. It is not unclean or an illness.
- Can you have sex when you are menstruating? Sometimes you can even feel more sexually aroused during menstruation. The menstrual blood can function as an extra lubricant, and an orgasm may relieve menstrual cramps. If you are worried that the bed sheets will be stained, you may try having sex in the shower, or place a towel where you are having sex.
- Using a tampon or menstrual cup is not harmful, and nothing will break inside the vagina. Genital organs do not show whether a person has used a tampon or not.
- You should not have to endure menstrual cramps or feel worried or anxious during your period.



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- If over-the-counter pain relievers do not help, or you cannot do the things you normally do during your period, you should seek professional healthcare.

**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](http://www.rfsu.se/upos)**



**rfsu.se • 08-692 07 00 • [info@rfsu.se](mailto:info@rfsu.se)**