

Fact Sheet 2: SGF Period health and well-being.



Period Management

Girls generally start their periods between the ages of 9 & 14, it's important that girls learn to manage their periods with support from organisations working with them. It takes time to adjust, periods can be irregular and period education in school is inconsistent.



How to support your players.

- Openly talk about periods to normalise this natural stage of development.
- Ensure there is access to toilets and sanitary products.
- Avoid white shorts or tight-fitting clothes when deciding on a kit.
- All girls experience symptoms of periods differently. Some girls experience aches and pains, excessive tiredness, irritability, low mood (and so on).
- Maintain open communication with your players and parents.
- Provide parents or carers and girls with additional information.



You may notice that players are less active and that they find concentrating difficult. This could be due to many reasons; if it's period related you will see patterns. Positive encouragement should motivate your player however if it continues and you are concerned, mention it privately to the players' parents or carer.

The girls in your team will be going through similar experiences so giving them a bit of social time at the beginning of your session will give them the opportunity to get peer support.

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