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STUDY GUIDE

Menstrual Health Module 2: Tackling Taboos & Creating Period Friendly Environments

Learning Objectives:

- Understand how the stigma, taboo and myths of menstruation are harmful.
- Identify coaching strategies and techniques to help athletes at all phases of the menstrual cycle.
- Reflect on creative approaches to menstrual cycle health education in sport for your team.
- Identify how coaches can create period-friendly environments through menstrual care products, uniforms/kit, and physical spaces (locker/changing rooms, fields/pitches).
- Reflect on how to implement these ideas for your own team/program.

Reflect:

What changes could I make to locker rooms, uniforms, or travel kits to make menstruation management easier for athletes?

How can I ensure access to menstrual care products is consistent, discreet, and stigma-free?

Have you been a part of a period-friendly team? What does or what might that look like?

What barriers might exist within my program, and how can I address them?

What has menstrual education looked like for you? How might this experience have been improved?

What stigma, taboo, and myths of menstruation get in the way of athletes performing their best?

Review:

Why is tackling the menstrual taboo essential, and how could addressing it positively impact athletes?
In what ways can coaches create more period-friendly sport spaces?
How can coaches foster comfortable, judgment-free conversations around menstruation?
Which factors should clubs or organizations consider when selecting uniforms for athletes who menstruate?
How might clubs and organizations design or adapt facilities to be more menstrual-friendly?
When traveling, how can teams and coaches best support athletes who are menstruating?
How can coaches build a positive team culture where athletes feel safe and supported discussing menstruation?

Discover:

Identify 2–3 common myths about menstruation in sport—where do these beliefs come from, and how can they be challenged?
Interview or survey athletes about their comfort levels discussing periods with coaches or teammates.
Research what strategies coaches and/or athletic trainers who are integrating menstrual health into training find most effective?
Identify what menstrual health education currently exists (if any) in your sport or organization.
Brainstorm interactive ways to teach menstrual health

Take Action:

Talk to athletes about what changes would make them feel more comfortable supported during menstruation.
Create a list of low-cost or no-cost ways to make your environment more period-friendly.
List 2-3 steps you could take in the next month, season, or year to implement menstrual health initiatives.
Identify allies or resources within your school, club, or community who could help champion this work.
Commit to using correct, neutral language when talking about menstruation.