



**EDUCATE. EMPOWER. INSPIRE.**

*Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.*

## Coaching HER® Menstrual Health Module 2: Tackling Menstrual Taboos & Creating Period-Friendly Environments

### KEY TERMS

#### **Menstrual Health**

The overall physical, mental and emotional well-being in relation to one's menstrual cycle, including access to;

- accurate and age-appropriate information/education about the menstrual cycle;
- menstrual care products (e.g. pads, tampons, cups);
- toilet facilities (with water and soap) that provide comfort, privacy, hygiene and safety;
- health care and treatment for menstrual health symptoms (e.g. pain) and related discomforts or disorders;
- a supportive environment to discuss menstruation, without stigma, shame or distress.

#### **Period Poverty**

A term that refers to the inability or struggle for some people to afford safe and effective menstrual care products, such as pads, tampons or menstrual cups.

#### **External Menstrual Products**

Products used outside of the body and catch blood as it exits the vagina. These include pads and menstrual clothing such as period underwear/leggings.

#### **Internal Menstrual Products**

Products inserted into the body (vagina). These products include tampons, menstrual cups, menstrual discs and menstrual sponges.

#### **Disposable Products**

Products designed for one time use and are immediately thrown out. These products can be either external or internal. These are the most common type of products found in shops and include both pads and tampons.

**Reusable Products**

Products built for repeated use. These products may include reusable pads, period underwear/pants and leggings, as well as insertion products like menstrual cups and discs.

**Period Clothing**

New product options such as period underwear/panties, leggings and swimsuits.