



MENSTRUATION AND MENSTRUAL HEALTH AWARENESS FOR PARTNERS

1H ONLINE | 1H30 FACE-TO-FACE | UNLIMITED ATTENDEES

This session focuses on the important role a partner, family member, friend or colleague can play in supporting someone around their menstrual health.

Enabling everyone to feel confident talking about menstruation and menstrual health and supporting the people they care about.

LEARNING OUTCOMES

Education: Educate participants about menstruation and menstrual health, understanding the key facts and highlighting the importance of this understanding to provide better support.

Awareness: Recognising and understanding different experiences and the impact they may have. Exploring different approaches to managing symptoms and menstrual health conditions and where to signpost factual information.

Support: Understanding how to help people get the support they need, the importance of being an ally and the key things that make a difference.

RESOURCES INCLUDED

- Menstruation and Menstrual Health Information Pack
- Feedback/suggestions for support from your attendees

“I loved exploring what gets in the way of talking about menstruation and menstrual health, and it was helpful discussing how to support colleagues and family members and how to start the conversation.”