

MENSTRUATION IN MINUTES VIDEO

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Lasting just six minutes, this "Menstruation in Minutes" video provides the key information to inform your teams about menstruation and menstrual health. The video includes:

- Why we need to talk about menstruation and menstrual health
- Key facts about menstruation and menstrual health
- What a "typical" cycle might look like
- Considerations around menstrual health conditions such as endometriosis and PCOS
- Hearing from real experiences
- Encourages conversations, enabling everyone to talk about menstruation and menstrual health

Our equivalent video for menopause has been incredibly popular because it sits on intranets and can be used in ongoing training.

OPTIONS:

Branding options

- Henpicked Branded
- Organisation logo and brand-colour surround

Voiceover options:

- Mixed voices
- Female only voice
- Male only voice

You can download as many size and format versions as you like.

The video includes subtitles,

Your licence is unlimited usage within your organisation.

