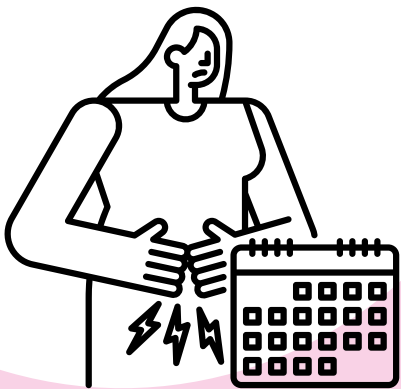


Periods + Disability

How to use this guide

This guide uses short sentences and simple words. Each idea has its own space. You can read it alone or with someone who supports you.



What is a period?

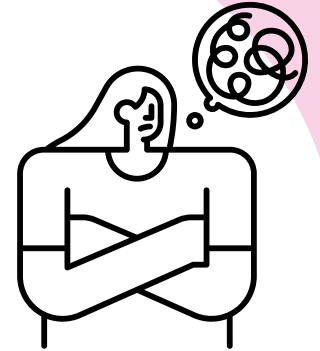
A period is when blood comes from the vagina.

It happens about once a month.

It usually lasts 2 to 7 days.

Everyone's period is different.

How might a period feel?



You might feel pain in your tummy or back.

You might feel very tired.

You might feel sad or worried.

You might feel unwell or uncomfortable.

You might get headaches.

Disability can change how you feel your period

If you have a disability, your period might be harder to manage.

This is not your fault.

If moving your hands or body is hard

Some period products are hard to put in or take out.

You might need products that sit in your underwear instead.

If you are autistic or have ADHD

Some products might feel, sound, or smell uncomfortable.

In busy or noisy places, you might forget to change your product.

That is okay. Having a routine and reminders can help.

If you feel a lot of anxiety or depression

Hormones during your period can make these feelings stronger.

Worry about leaking can make it hard to go to sport or school.

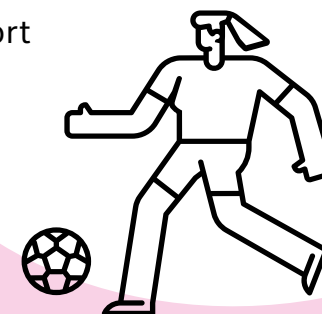
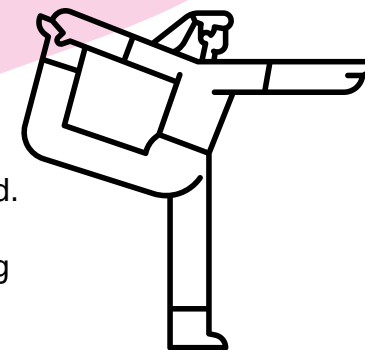
Periods and sport

Sport is good for your body and your mind.

But many people with disability stop doing sport when they have their period.

This is often because they do not have the right products.

The right products and support can help you keep playing.



You deserve support

It is okay to ask for help with your period.

You can talk to a parent, carer, teacher, or doctor.

You can also read the other guides in this series.

No one should miss out on sport because of their period.