

# FREQUENTLY ASKED QUESTIONS

## ABOUT THE MOVEMENT

### What is Bloody Good Sport?

Bloody Good Sport is a national movement by Share the Dignity to ensure that menstruation is never a barrier to participating in sport. We're breaking stigma, encouraging practical change, and creating inclusive sporting environments.

### Why is this needed?

Periods are still sidelining players across Australia:

**68%**  
of menstruators have skipped sport due to their period.

**90%**  
of menstruators worry about leaking during sport.

**72%**  
feel anxious about managing their period while playing sport.

No athlete should miss out on the sport they love because of something as natural as their period.

### Who is behind Bloody Good Sport?

Bloody Good Sport is an initiative of Share the Dignity, an Australian charity working to end period poverty and period stigma.

### What does Bloody Good Sport do?

Through clubs, coaches, and communities, we:

- ▶ Champion access to period products free in facilities.
- ▶ Promote period-friendly uniforms and policies.
- ▶ Deliver education for coaches, staff, and players.
- ▶ Break down stigma and shame through awareness and conversation.

## GETTING INVOLVED

### What does it mean to be a Bloody Good Sport?

A Bloody Good Sport club pledges to support their players by making sport period-friendly. It's a public commitment to dignity, inclusion, and fairness for every athlete.

### How can my club take the pledge?

Clubs can sign up at [sharethedignity.org.au/bloody-good-sport](https://sharethedignity.org.au/bloody-good-sport). Once pledged, clubs will receive resources, education materials, and a certificate to proudly display their commitment.

### Does it cost to be involved?

No - it's free to take the pledge. We simply ask clubs to follow through on their commitment by taking practical steps to support their players.

### What resources are provided?

- ▶ A digital starter kit with posters, social media assets, and pledge certificate.
- ▶ Guidance on creating supportive environments for players.
- ▶ Education resources for athletes, coaches, and parents.
- ▶ Tips for introducing period-friendly policies and uniforms.

### How can individuals get involved?

- ▶ Encourage your club to take the pledge.
- ▶ Share the message online using #BloodyGoodSport and #GameOnPeriod.
- ▶ Support Share the Dignity's broader work at [sharethedignity.org.au](https://sharethedignity.org.au).

### What's the ultimate goal?

For every player, at every club, in every game to have dignity, support, and access to what they need.

**Every player.**

**Every game.**

**Every period covered.**

# FREQUENTLY ASKED QUESTIONS

## PERIOD PRODUCTS 101

### Which product is best for sport?

There is no single "best" product – it's about comfort, flow, and preference. Some athletes prefer tampons or menstrual cups for movement and swimming; others feel most comfortable with period underwear or pads.

Find out more about options:

[Period Education Hub – Period Toolkit](#)

### What period products are available?

There are many options – every athlete can choose what feels right for them:

- ▶ **Pads & Liners** – absorb blood externally; need changing every 4–6 hours.
- ▶ **Tampons** – worn internally, good for sport and swimming; change every 4–6 hours.
- ▶ **Applicator Tampons** – easier to insert, available in cardboard or plastic.
- ▶ **Reusable Cloth Pads** – eco-friendly, washable, and long-lasting.
- ▶ **Menstrual Cups** – silicone cups worn internally, reusable, can last up to 8 hours.
- ▶ **Period Underwear** – underwear with built-in absorbent layers, washable and reusable.

## EDUCATION & RESOURCES

### When do most people get their first period?

On average, most people start their period between ages 12–13, but it can be as early as 8 or as late as 16.

### Is period pain normal?

Some cramping is common, but severe pain is not something players should just "push through." Athletes experiencing extreme pain should seek medical advice.

### Do you have a Coach's Guide?

**Yes** - the Coach's Guide helps coaches understand how periods can impact players and gives tips on having open conversations, creating inclusive teams, and supporting athletes with dignity.

**Download at:**

[sharethedignity.org.au/  
bloody-good-sport](https://sharethedignity.org.au/bloody-good-sport)

### Do you have an Athlete's Guide?

**Yes** - the Athlete's Guide is designed for players. It explains how periods can affect sport, shares tips for managing them with confidence, and encourages athletes to speak up about their needs.

**Download at:**

[sharethedignity.org.au/  
bloody-good-sport](https://sharethedignity.org.au/bloody-good-sport)

### How do periods impact sport?

- ▶ **Physical:** Cramping, fatigue, and heavy bleeding can affect energy and performance.
- ▶ **Emotional:** Anxiety about leaks or stigma can reduce confidence.
- ▶ **Practical:** Poor facilities or lack of products can impact participation.

With the right support, athletes can continue to play, compete, and perform at every stage of their cycle.

## LEARN MORE

Check out Share the Dignity's Period Education Hub, a one-stop resource for players, parents, and coaches covering:

- ▶ First periods
- ▶ Period products
- ▶ Common symptoms
- ▶ Myths and stigma
- ▶ Global perspectives
- ▶ Menopause and beyond

Visit the Hub: [sharethedignity.org.au/end-period-poverty/education-hub](https://sharethedignity.org.au/end-period-poverty/education-hub)

**BLOODYGOODSPORT**  
*sharethedignity*

**EVERY PLAYER. EVERY GAME.  
EVERY PERIOD COVERED.**