

MYTH VS FACT



Periods are a private issue, they shouldn't be talked about.

Periods are a normal part of life that affect millions of people. Open conversation reduces stigma and makes sport more inclusive.



Players should manage their period in silence.

Periods can impact comfort, energy, and performance. Support and understanding allow athletes to keep playing with dignity.



Talking about periods makes people uncomfortable.

Silence creates stigma, stigma makes people uncomfortable. The more we normalise the conversation, the easier it becomes for everyone.



Period products are a luxury, not a necessity.

Period products are as essential as any piece of sporting equipment. Without them, many athletes are forced to sit out.



Coaches and staff don't need to know about periods.

Understanding periods helps coaches and staff support athletes better, reduce stigma, and foster stronger teams.



Uniforms don't matter.

Uniform design directly impacts confidence. Dark & flexible fabrics, and inclusive options help athletes play without fear of leaks.



There's only one right period product for all athletes.

Athletes use pads, tampons, period underwear, cups, and more. The right choice is whatever helps them feel comfortable and confident.



Periods are all the same.

Every athlete's experience is different – flow, symptoms, and cycle length vary widely. There's no "one-size-fits-all".



Period talk doesn't belong in sports clubs and organisations.

Periods affect performance, participation, and wellbeing. They belong in every conversation about athlete health.



Be a Bloody Good Sport and join the movement at
sharethedignity.org.au/end-period-poverty/advocacy/bloody-good-sport

GAME ON.
PERIOD.