

HOW TO BE A **BLOODY GOOD SPORT**

sharethedignity

Together, we can ensure every player feels confident, supported, and included - no matter the day of the month.



Provide
Free Period
Products



Choose
Period-Friendly
Uniforms



Educate &
Support



Talk
About It

WHY IT MATTERS

Period stigma, lack of product access, and uniform anxiety continue to impact women and girls' participation in sport.

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.

Periods should never mean missing out on the game.

Be a Bloody Good Sport and join the movement at sharethedignity.org.au/bloodygoodsport

