

HOW TO BE A BLOODY GOOD SPORT

share*thedignity*

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](https://sharethedignity.org.au/bloodygoodsport)

