Activity title: Period Euphemisms Period Euphemisms

**Basic details**

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| --- | --- | --- | --- |
| **Topic:** | Periods | **Time for activity:** | 10 minutes |
| **Outcome/s**  *By the end of the activity participants will be able to…* | Critically analyse your own views and societies attitudes towards periods. | | Skills |
|  | | K S or V |
|  | | K S or V |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Activity type:** | | | Choose an item. | | | | | | | | | |
| **Participants in this activity work:** | **individually** | | |  | **in pairs** |  | **in small groups** | |  | **as a whole group** | |  |
| **Introduction** | |  | | **Exploratory/ expanding** | | |  | **Checking learning** | | |  | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity requires a large space where participants can move around** | | | |  |
| **Prior knowledge is required** | What a period/menstruation is. | | | |
| **Specifically developed for:** | | **SEND** | **ESOL** | |

**Age group/s best used with**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Reception (4-5yrs) |  | Year 1  (5-6yrs) |  | Year 2  (6-7yrs) |  | Year 3  (7-8yrs) |  |
| Year 4  (8-9yrs) |  | Year 5  (9-10yrs) |  | Year 6  (10-11yrs) |  | Year 7  (11-12yrs) |  |
| Year 8  (12-13yrs) |  | Year 9  (13-14yrs) |  | Year 10  (14-15yrs) |  | Year 11  (15-16yrs) |  |
| Year 12  (16-17yrs) |  | Year 13  (17-18yrs) |  | 18yrs+ |  | Brook Internal |  |
| Parents |  | Professionals  *If for a particular group of professionals enter here* | | | | |  |

**Activity details**

**Resources required:**

|  |  |
| --- | --- |
| *Item* | *Quantity* |
| Flipchart Paper | 1 per small group |
| Pens | 1 per small group |
|  |  |

**Method:**

1. Split the class into small groups, giving each group a piece flipchart paper and a pen.
2. Ask the groups to write as many other words or phrases for periods as they can think of.
3. Ask groups to feedback their words and go through discussion questions.

**Discussion questions:**

1. Why do you think people use these words instead of period?
2. Are there any you like or don’t like, why?
3. What effect do you think using these words/phrases can have?

**Debrief/ key messages:**

1. You can use what language you are comfortable with, but it is important that we all know the scientific language as well. When you seek medical help, if you use euphemisms or slang, the medical professional may not understand or misunderstand your problem.
2. Some people feel that using euphemisms for our bodies or periods can enforce the idea that we shouldn’t be talking about them.

**Points to consider (for facilitator):**

You may need to give an example word if the groups are slow to start.   
  
This activity is intended to warm the group up and for the young people to have fun with it.