

THE MYTHS AND THE FACTS ABOUT PERIODS

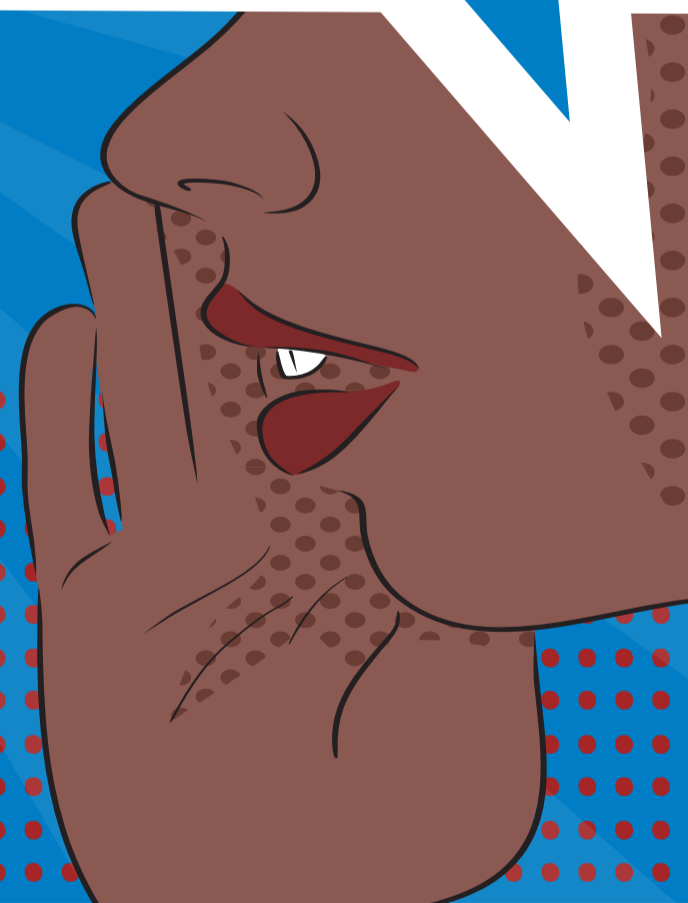
Initial

MYTH: You can't go swimming or do any form of exercise

FACT: You can go swimming, do sports and take part in PE lessons – exercise can help to relieve cramps. If you do go swimming, consider using tampons or menstrual cups and change them regularly.

MYTH: Everyone can tell when you're on your period.

FACT: No one can tell when you're on your period, unless you choose to tell them.



**PERIODS ARE NORMAL –
LET'S GET THE FACTS RIGHT.**