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For too long, period education has been a lesson in shame. A quiet nudge under the table to pass a pad or a whispered excuse to leave the room. A world where "discreet" packaging is the standard and open conversation feels like rebellion.

We were taught, directly or indirectly, that menstruation is something to hide, an inconvenience best dealt with in silence. And for some, that choice to be private is empowering, but for others, it's not a choice at all. It's an expectation, or a societal rule enforced by discomfort and stigma.

But here's the truth: periods are not dirty, shameful, or something to be erased. And the education we receive (or don't receive) about them shapes our world. When we teach young people that periods must be hidden, we reinforce a system that tells them their experiences are secondary, that their needs are too much, that their pain is just part of the deal. This silence seeps into healthcare, policy, workplaces, and everyday interactions. It keeps people suffering in silence when they should be heard and supported.

This International Women's Day, the call is to Accelerate Action. That means moving beyond performative awareness and into tangible change. It means pushing for period education that acknowledges reality, the discomfort, the pain, the unpredictability. Not to scare people, but to arm them with knowledge and community. It means amplifying conversations, demanding better workplace policies, fighting period poverty, and making sure the next generation doesn't grow up with the same whispered taboos.

Collective action makes a difference. Talking, sharing, showing up, refusing to shrink. When we make noise, when we refuse to let discomfort stop progress, things change. So let's push education that doesn't just tell people what a period is but gives them the confidence to take up space while having one. The more we talk, the more we break the cycle. And that's how real change happens.

you may not know...

1 in 5

girls miss school because they struggle to afford period products.

significant impact...

almost
63%

rated their education as 'poor' or 'very poor' in preparing them for managing menstruation.

can you believe it...

only
53%

of secondary school teachers reported that menstrual cycle education lessons were taught in their school.

READY TO BREAK THE CYCLE?

Take a look at our free education resources and period kits or even book an education session with Kate.

Whether it's for a school, workplace or a community, Hey Girls can tailor the topic for your requirements.



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