



Let's Talk About It!

Purpose: To showcase the various words people around the world use when they talk about menstruation. These terms range from period-positive terms to derogatory expressions to secretive euphemisms.

Description: This exhibition piece consists of speech bubbles featuring various terms for "periods" in different languages.

How to use it: Check out the list of words for periods. The speech bubbles come in a workable Word file so you can make adjustments. Decide if you want to use the English language drops or feel free to translate them into your local language. Download and open the 'speech bubble' document (which comes as a workable file). Now make a selection of your favourite terms and fill out as many speech bubbles as you like. Print them all out and attach them onto the wall. To make it more interactive, place blank speech bubbles on the wall and encourage participants to fill them out.

[Download files here:](#)

<http://menstrualhygieneday.org/wp-content/uploads/2015/03/2.LetsTalkAboutIt.docx>

What do you call it?

Andrés (Argentina)

I am sailing the red sea (India)

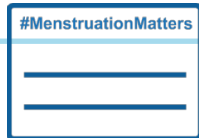
The tomato soup is overcooked (Denmark)

Tears of a disappointed uterus (Canada)

Aunt Flow is in town (USA)

Life logic (Japan)

Strawberry season (France)



#MenstruationMatters signs

Purpose: To give a voice to everyone who believes that menstruation matters.

Description: Show the world that #MenstruationMatters to you and your community! Write a reason why #MenstruationMatters, take a picture holding the sign and then share this image on social media!

How to use them: Print out a stack of the #MenstruationMatters signs and invite your visitors to fill them out with reasons why periods matter to them. Take pictures of them holding the sign and put on social media (Twitter) with the hashtag #MenstruationMatters. Attach the signs onto a wall at the entrance of the exhibit.

Download files here:

<http://menstrualhygieneday.org/wp-content/uploads/2015/03/6.MenstruationMattersSign.pdf>

MenstruationMatters
because

name

country

