

Permission slip template:

Date: _____

Name of Student: _____

Course: _____

Teacher(s): _____

School: _____

Telephone Number: _____

Dear Parents/Guardian:

As a part of your child's education, he/she has enrolled in a course that includes instruction on topics related to menstrual education. You are receiving this form to inform you on the benefits of this course as well as the topics it will cover. Please read all the following information and sign the bottom of this form signifying you have read and understand the included information.

Liability Statement:

Rising Hope Foundation For Change is committed to the health and well-being of the students at [Name of School]. Menstrual education plays an important role in the student's health and development, therefore it is our mission to educate all students in a responsible, tactful, and informative manner. However, Rising Hope Foundation For Change is not liable for the spread of any misinformation outside the classroom and will do its best to dispel any myths during class time. In addition, Rising Hope Foundation For Change is not responsible for any injuries that may occur due to improper use of menstrual products. This is NOT a sex-education course! Continue reading to learn more about the topics we will cover.

Benefits:

Menstrual education has many benefits including greater knowledge and awareness leading to better health and hygiene for menstruating women, lowering their risk of disease and illness. Additionally, it allows students to learn about topics they are not comfortable with in a safe, peer-led environment. This liberates parents/guardians from the responsibility of being the sole source of information regarding menstruation. Lastly, greater awareness of these topics leads to empowered women and girls and reduces stigma surrounding menstruation, allowing women to be more comfortable in their own bodies and dispelling harmful myths and misinformation.

Summary of Content:

1. Introduction

- a. Permission slips, liability waivers, basic discussion surrounding stigma
2. What do you know about your period?
 - a. Dispelling any harmful myths, discussion on mutual respect in the classroom, creating a safe environment for discussion
3. Puberty
 - a. Covering puberty and its associated effects on both the male and female body
4. What is Menstruation?
 - a. Covering basic information about menstruation, what it is and basic biology behind it
5. The Science of Menstruation, Part 1
 - a. Basic review of human/male/female anatomy, basic review of the menstrual cycle
6. The Science of Menstruation, Part 2
 - a. Basic introduction to hormones and their effects on the body
7. Menstrual Hygiene
 - a. Introduction to the different menstrual products, importance of hygiene, instruction on how to use a pad
8. Menstrual Disorders
 - a. Introduction to menstrual disorders and information on infections associated with poor hygiene
9. What to expect when you get your period
 - a. PMS, cramps, methods to treat both, self-care

I have read and understand all of the above information.

Signature of Parent/Guardian: _____

FOR EDUCATORS:

Please review the above form with the students, read aloud the sections of text and explain why it is important for their parent/guardian to read it. Tell them they need to bring it back with a signature for the next lesson.

After covering this form, discuss the following information regarding stigma.

Menstrual education can promote positive outcomes, health-wise, education-wise, economics-wise

- Stigma and lack of education surrounding menstruation can prevent someone from bringing up menstruation-related health concerns
- Economic burden - lack of understanding by both men and women leads to a lack of prioritizing of the purchasing of menstrual products in families that can afford them
 - Depends on the location/community, but a strong understanding of the necessities surrounding menstruation is the basis for the prioritization of building facilities, like washroom facilities where girls can have the privacy and running water to properly change their menstrual product, on a community level
- Teasing - in many countries, teasing of girls by male peers surrounding menstruation can lead to embarrassment and lower motivation to go to school—lack of facilities and menstrual products are not the whole story

Therefore, the end goal of menstrual hygiene education is not just improving health outcomes for girls—with the tools to handle their period and the support from the community, including peers, family, etc., higher levels of education are attainable for girls, putting them in a better position to reciprocally improve their community.

- This requires the entire community to be more open to learning and understanding the challenges that come with handling menstruation on a monthly basis, including men and boys.

Level w/ the girls, saying that it's possible that family members may not be completely open to talking about menstruation-related topics, but rely on the positive outcomes that will come about due to proper menstrual hygiene education (listed above).

Activity they ask family about what they know about menstruation (note: encourage the students to ask the older women in the families first, if there is significant fear of stigma backlash, should encourage boys too)