

Year 7 Lesson 2 | Resource 2a: Menstrual products record sheet

Product	How it's used	Easy to use for people new to having periods?	Easy and cheap to buy?	Environmentally friendly?	Suitable for swimming?
Tampons	These are inserted into the vagina to absorb menstrual blood. Some come with applicators which are put in the bin once the tampon has been inserted. Tampons should be changed and put in a bin every 4-8 hours.				
Towels/pads	These are pads that can be stuck to pants to absorb menstrual blood. They should be changed every 4-6 hours.				
Menstrual cups	The cup is put into the vagina to collect menstrual blood. They should be emptied and washed at least every 10-12 hours.				
Reusable pads	They are worn in the same way as disposable pads/towels so should be changed every 4-6 hours. They need to be rinsed before being washed.				
Period pants	Some pants absorb the blood so can be worn all day before changing. Some are only leak proof so are designed to be worn with another menstrual product.				