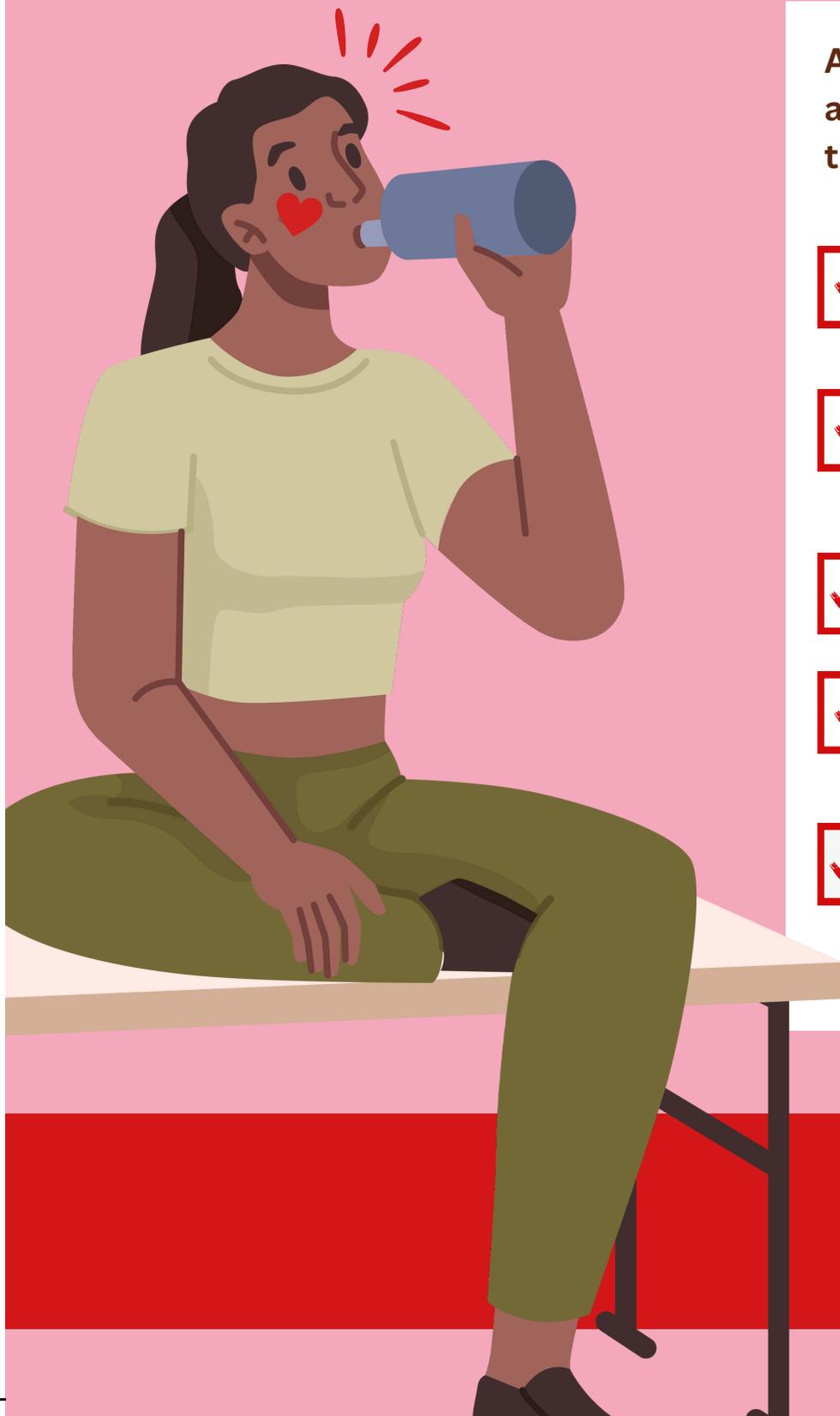


GET WITH THE FLOW

It's helpful to understand how a girl's period might affect how they participate in sport and movement.



As an adult, there are things you can do to help girls out:



- Be able to talk about periods more openly
- Ensure a visible & accessible supply of free period products
- Adequate disposal bins
- Share helpful resources
- Tell the girls you have period products in First Aid Kits & Away Bags