

A GUIDE TO

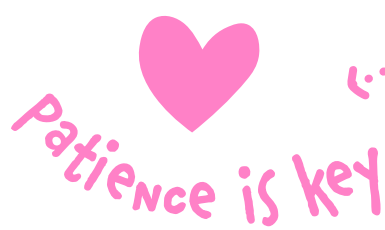
Supporting someone on their period

10 ways to Support someone on their period:

1 Listen



2 Be understanding



3 Make them feel comfortable

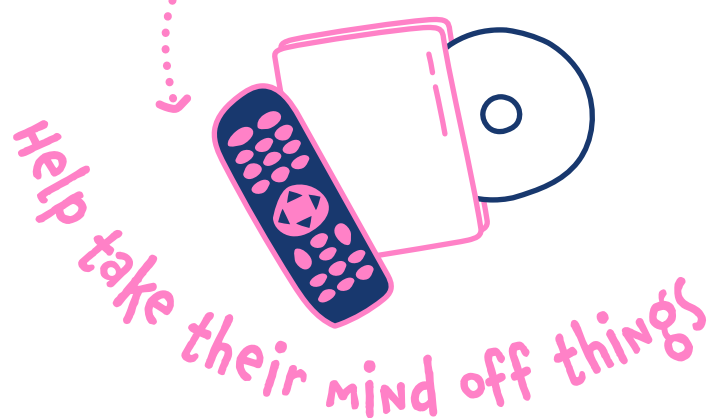
Bring them a hot water bottle



4 Give them space



5 Let them choose the film



6 Offer to go for a walk



7 Don't joke about it



8 Get the snacks in

Try some period positive foods!



9 Offer some good advice



10 Introduce them to Bloody Brilliant

