



MASTER YOUR MENSTRUAL CYCLE

Programme DELIVERY GUIDE



Master Your Menstrual Cycle is an educational programme that equips students with the knowledge and confidence to better understand the different phases of the menstrual cycle. In the short videos, **Team GB Olympian Jazmin Sawyers** shares her own experience and explains how periods should no longer be viewed as a setback to sporting potential and instead shows how mastering your menstrual cycle can empower you to work with your body. To accompany the videos, a series of short challenges will help students navigate both sports and life, without the fear of limitations, as well as encouraging wider society to have a better awareness of the menstrual cycle to provide a supportive network.

The programme is part of the **Always Be You** initiative that empowers girls to understand their cycle so they can feel their best and enable others to support them.

For more information on the Master Your Menstrual Cycle programme and further resources to support the teaching of the menstrual cycle visit: www.always.co.uk/en-gb/about-us/campaigns-and-initiatives/master-your-menstrual-cycle-programme/



DOWNLOADABLE RESOURCES

1 x PPT presentation including delivery notes, videos and tasks for 3 sessions

3 x short videos featuring a Team GB Olympian and a science expert (embedded in PPT and available to view online here:)

3 x infographics to accompany each session

1 x Menstrual Cycle Tracker template, Diary of an Olympian, for session 2

INCLUSIVE LEARNING

- The programme supports mixed group learning. All students need to understand how the menstrual cycle affects those that experience it and how to champion positive and supportive dialogue around menstruation.
- Sessions are inclusive by design. Suggestions for quick adaptations to suit all learners are in the PowerPoint Presentation.
- Not all students will consider themselves to be sporty. Acknowledge this and discuss different ways to move and feel better, including gentle forms of exercise.





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OVERVIEW

Three 30-minute sessions that empower students to learn and apply their knowledge as they master the menstrual cycle. Each lesson includes an engaging video with expert tips and advice from a science expert and **Team GB Olympian Jazmin Sawyers**. Sessions include an infographic with visuals and stats to support learning.

SESSION ONE: GET CYCLE SAVVY

Students learn about hormonal changes in the menstrual cycle and how these affect feelings.

By the end of this session students will:

- Understand what a menstrual cycle is.
- Understand how the two hormones of the menstrual cycle can make you feel throughout your cycle.



VIDEO: Team GB Olympian Jazmin Sawyers talks about how she works with her body to challenge the view that periods are setbacks.

SESSION TWO: PERIOD POWER

Students explore the benefits of menstrual tracking and create a training plan fit for an Olympian.

By the end of this session students will:

- Know how to track the menstrual cycle.
- Understand why tracking the menstrual cycle can be helpful, particularly when it comes to training to compete in sports.
- Have the confidence and tools to understand the physical and emotional changes of the menstrual cycle.



VIDEO: Expert advice on how to track your menstrual cycle and the benefits of acknowledging how it makes you feel emotionally and physically.

SESSION THREE: BE A PERIOD CHAMPION!

Students look at the benefits of movement during different phases of the cycle and ways to support others.

By the end of this session students will:

- Understand the benefits of movement and sports throughout the menstrual cycle.
- Know how to support and empower others to feel confident during their cycle.



VIDEO: Empowering young people to have positive conversations about periods, supporting girls/women to reach their goals on and off the sports field.





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CURRICULUM RELEVANCE

PSHE / PSE / Health and Wellbeing/ Physical Education: Learning about the menstrual cycle contributes to students' understanding of their physical health and wellbeing.

Science: Understanding the menstrual cycle is a key aspect of biological education. It falls under the broader topic of human biology and reproduction

Olympics 2024: The sessions provide relevant and impactful way to incorporate the Olympics into your teaching.

