

Planet-Positive Periods:

A Toolkit for Sustainable Menstruation



Facilitator Guide

PRESENTATION LENGTH

About 40-50 mins total | Or ~20 min parts

MATERIALS REQUIRED

PDF Presentation

ADDITIONAL MATERIALS RECOMMENDED

Internet access + sound

A reusable period product to show and tell

INTENDED AUDIENCE

Students 5th grade and above, adults,
public leaders, decision-makers

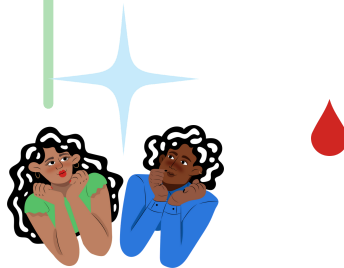
PRESENTATION SETTING

Virtual, in person, or individual

We invite you to equip your community with facts and research about sustainable menstruation!

By the end of this presentation, participants will develop a deeper understanding about:

1. The impact of various menstrual products on our planet
2. The impact of our own menstrual footprint
3. Examples of how people can have planet-positive periods



Toolkit Includes shareable resources, and a Planet-Positive Period Quiz to identify "What Shade of Green" your knowledge is about sustainable menstruation!



TOOLKIT RESOURCES

1. Presentation PDF, Recording, and Facilitator Guide
2. Appendix Resources
 - a. "Frequently Asked Questions on Reusable Menstrual Products"
 - b. "Questions to Consider When Choosing Quality Reusable Menstrual Products"
 - c. "Research Guide on Potential Health Impacts of Menstrual Products"
 - d. Presentation References
3. Planet-Positive Periods Infographic: The Future of Menstrual Equity is Sustainable
4. Social Assets to share about this resource and promote your own workshop
5. Share this complete toolkit, including the Green Periods Calculator and Quiz!



IMPORTANT LINKS

We recommend these links are cued before the presentation to easily reference when presenting:

- o Green Periods Intro Video (1 min): <https://youtu.be/m5kFZAtdPEY>
- o Green Period Calculator: greenperiods.org/calculator
- o Planet-Positive Period Quiz: <https://periodpower.typeform.com/to/QW5HkfKj>

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Facilitator Guide: Presentation Outline

SLIDES 1-4: WELCOME AND OVERVIEW

SLIDES 6-7: WHY DOES SUSTAINABLE MENSTRUATION MATTER?

SLIDES 8 - 15: PART 1 - THE IMPACT OF DISPOSABLE PERIOD PRODUCTS

- SLIDE 14: Organic cotton disposables tend to have a higher environmental impact (e.g., land and water use) because of the additional materials needed for absorbency (versus conventional disposables which use synthetic plastics for absorbency)

SLIDES 16-17 GREEN PERIODS CALCULATOR

- If participants have internet access, you can allow about 5-6 minutes for participants to use and discuss the Green Periods Calculator during your presentation: greenperiods.org/calculator
- OR you can simply reference it, and invite them to check their menstrual footprint after

SLIDES 18-22: PART 2 - THE IMPACT OF REUSABLE MENSTRUAL PRODUCTS

SLIDES 23-25: WHY AREN'T REUSABLES MORE COMMONLY USED?

- In addition to what is mentioned in the presentation (Accessibility, Period Blood Stigma, and Initial Learning Curve), you can also add:
 - People are often not aware about the impact of disposables, or unaware of quality reusable options
 - Using reusables require additional effort to maintain, and may sometimes not be as convenient

SLIDES 26: A NOTE ABOUT SUSTAINABILITY AND PERSONAL HEALTH

- This topic deserves its own full and complete presentation! However, you can share Appendix C, which includes additional research links about the impacts of menstrual products on personal health

SLIDES 27-31: PART 3 - EXAMPLES OF PEOPLE WITH PLANET-POSITIVE PERIODS

SLIDES 32 - 34: CLOSING + CALLS TO ACTION

- SLIDE 32 Additional Optional Closing Reflection Questions
 - What surprised you about this presentation? What's one thing you learned that really stood out?
 - What actions will you take for yourself after going through this workshop? For others?
 - Are free disposable products accessible at your school, or workplace? How would having reusable products available impact your community?
- SLIDE 33 Calls to Action, Share the Quiz link: <https://periodpower.typeform.com/to/QW5HkfKj>

SLIDES 35 - 45 APPENDIX A, B, REFERENCES

- Review if your audience is interested and if you have time to do so. Appendices and references are intended for individuals to review on their own if they want to learn more.

