

Draft/Deliberative: Supplemental Menstruation Education Standards

Grades 3-5

1 Health Promotion	2 Analyzing Influences	3 Accessing Information	4 Communication	5 Decision-Making	6 Goal Setting	7 Healthy Behaviors	8 Advocacy
Explain the function of the menstruation cycle.		Identify how to access free and available period products within the school building and in their community.	Communicate with parent, guardian, healthcare provider, peers, or trusted adult at school with questions and/or when menstruating for the first time.	Explore how to manage their period and period challenges while in class and/or participating in extracurricular activities.		Describe healthy behaviors during menstruation, including maintaining personal hygiene and managing pain.	Identify what to do if they or a peer are experiencing period discrimination and/or shaming by reaching out to a trusted adult.
Understand the physical and emotional changes that occur during menstruation.						Demonstrate healthy ways to cope with physical and emotional changes that occur in response to menarche and during menstruation.	Discuss strategies to interrupt or prevent period related teasing.

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Grades 6-8

Category 3: Human Body and Personal Growth

1 Health Promotion	2 Analyzing Influences	3 Accessing Information	4 Communication	5 Decision-Making	6 Goal Setting	7 Healthy Behaviors	8 Advocacy
Explain the four phases of the menstrual cycle.	Identify how period stigma appears in society, including how period stigma differs depending on considerations of race, class, and gender identity, and the impact on menstruators' behavior.	Compare and contrast the impact of the various types of period products available, including both disposable and reusable period products.	Use effective communication skills to communicate changes in menstruation cycle with parents, guardians, healthcare professional, or another trusted	Understand what menstrual products should be used depending on their own preferences and goals.		Describe the benefits of tracking the menstrual cycle and identify reliable practices to track menstrual cycle.	Explain how to report period related bullying or discrimination to a school staff or other trusted adult.
Examine and describe causes and symptoms of premenstrual syndrome (PMS) and explore remedies to manage and reduce discomfort.		Identify safe and reliable options for managing period pain.		Explore ways to seek support when experiencing menstrual pain, discomfort, or excessive bleeding.			
Examine factors that contribute to changes in menstrual cycle including, but not limited to, age, diet, physical activity, stress, birth control, alcohol and tobacco use.				<u>DRAFT</u>			

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Grades 9-12

Category 3: Human Body and Personal Growth

1 Health Promotion	2 Analyzing Influences	3 Accessing Information	4 Communication	5 Decision-Making	6 Goal Setting	7 Healthy Behaviors	8 Advocacy
Understand the causes and symptoms of common menstrual disorders and irregularities.	Identify how period poverty/stigma disproportionately impacts different menstruators (depending on race, educational status, socioeconomic status, gender) and the consequences this has on menstruators' health.	Compare and contrast menstrual products. Evaluate the cost, safety, comfort, and environmental impact of both disposable and reusable period products.		Understand when a menstrual health concern should be discussed with a doctor or other healthcare professional.	Design a personal health goal for maintaining menstrual health independently, analyze how family, peers, and healthcare providers might support or hinder its achievement, and evaluate progress towards its achievement.		Identify areas in which their own communities are not supporting menstrual needs and provide possible solutions.
Understand the effects of birth control use on the menstruation cycle.		Explain how appropriate menstrual health care can help prevent, detect, and treat menstrual health concerns.					

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