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# EVERY DAY.



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PARTNER

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**COURSE ABOUT  
MENSTRUATION**

YOUNGER PLAYERS

# FOR COURSE EDUCATORS

**Through the Every Day course we want to raise the issue of menstruation in football in order to increase knowledge among coaches, educators and players and make it easier to talk about the topic. The course helps ensure that girls, women and female coaches are better placed to play and continue with football. Every Day is an initiative from the Swedish Football Association in cooperation with UEFA.**




## **RUNNING THE COURSE**

This tutorial should aid the educator in managing the course's content and timings in an efficient and educational manner.

The content is presented via a slideshow which deals with the various sections. Each section opens with an introductory slide which is then followed by graphics that give participants some input. The slideshow varies between information, activities, discussions and moments for reflection in groups. It is important that you as an educator explain the slides as clearly and simply as possible. Aim to give plenty of time for discussion and reflection.

Each participant should feel that they have benefitted from the training. As an educator, you are responsible for making sure everyone's voice is heard. Aim to create a friendly atmosphere that will make everyone feel comfortable to talk about the topic.

## **THE COURSE CONSISTS OF THE FOLLOWING SECTIONS:**

-  What do you know about the menstrual cycle
-  Facts about the menstrual cycle
-  It's important to talk about the menstrual cycle

As an educator, you need to be very familiar with the material and have read the tutorial. Use the tutorial and comments found in the slideshow. We recommend you carry out the course in a space that makes it possible for the participants to sit in small groups. It is possible and potentially beneficial to divide the course into different sessions and carry out the activities, discussions and reflection in a different location. Feel free to share the material with coaching colleagues and players after completing the course.

The recommended age for this course is 10 to 15 years old.






*Good luck in your role of educator!*

# PLANNING SUGGESTIONS

Below you will find timing suggestions for the course.

Regarding course timings: Note that the times specified for each section are approximate. Be prepared to spend more time on questions which feel important, if there are a lot of questions and good discussions.

## TIMINGS:

- |  |        |
|--|--------|
|  Introduction                                     | 5 min  |
|  What do you know about your menstrual cycle      | 15 min |
|  Facts about the menstrual cycle                  | 40 min |
|  It's important to talk about the menstrual cycle | 10 min |
|  Summary and feedback                             | 10 min |

# TUTORIAL

## 1. INTRODUCTION (5 MIN)

### Slide 1. Every Day

Welcome the participants, present yourself and tell them they are going to complete a course about menstruation.

### Slide 2. Today's plan

Present the course schedule.

### Slide 3. Introduction

Introductory slide "Introduction".

### Slide 4. Objectives and purpose of the course

Read the points out loud and explain the objectives and purpose of the educational course. Explain the meaning of the points as necessary.

- ◆ Break taboos and get more people talking about the menstrual cycle
- ◆ Provide support as needed
- ◆ It should be normal to talk to coaches and teammates about the menstrual cycle
- ◆ Get more people to keep playing football

### Slide 5. We need to be better at...

Read the points out loud and answer any questions.

- ◆ Talking about the menstrual cycle in an open and normalised way
- ◆ Increasing awareness through education
- ◆ Understanding that different people may have different symptoms
- ◆ Understanding and putting our needs into words
- ◆ Talk to an adult you feel safe with
- ◆ Seek help at the youth clinic, gynaecologist, school nurse, health center if menstruation prevents you from training and matches

## 2. WHAT DO YOU KNOW ABOUT YOUR MENSTRUAL CYCLE? (CA. 15 MIN)

### Slide 6. What do you know about your menstrual cycle?

Introductory slide “What do you know about your menstrual cycle?”

### Slide 7. Quote

Read the quote from the picture out loud and make sure everyone understands the fact that many players feel this way. We want to change this feeling and ensure more people feel able to talk openly about the menstrual cycle. Half of the population menstruates at some point in their lives.

*Quote: “I’m not feeling my best today, but I don’t want to say anything...”*

If players feel that they have problems that limit them, it is important to get help. Help is available via the youth clinic, gynecologist/midwife.

### Slide 8. You are not the only one who feels like this...

In 2021, a survey was carried out by the Swedish Football Association, which wanted to find out in what ways the menstrual cycle affected female players. 462 players and 200 coaches answered the questionnaire.

- ◆ 50% of the female players who responded feel talking about periods is a taboo
- ◆ 50% of the female players who responded say that their period has prevented them from training football

On the Swedish Football Association’s website, you see the survey in full:

[We break taboos and broaden knowledge of periods! Organisation and Community \(svenskfotball.se\)](#)

### Slide 9. Description of activity

Line Activity. Draw a line on the floor where one end represents “Fully agrees ” and the other “Fully disagrees”. The middle represents “Don’t know”. After the statements have been read out, the participants should stand somewhere on the line, based on their opinion.

#### The activity can be carried out in several ways, for example:

- ◆ Carry out a four-corner activity using the answer options “Agree”, “Disagree”, “Don’t know”, “Unsure/other”
- ◆ Make a Kahoot quiz with the questions
- ◆ Ask the participants to close their eyes when the questions are being asked. When the questions are being asked, the participants should raise their hand if they agree with the question (if they do not agree, they keep their hand down).

### Slide 10-15. Carrying out the activity

1. Read the question on each slide
2. Have the participants think a bit before answering each question
3. Continue with all questions between slides 10-15

### 3. FACTS ABOUT THE MENSTRUAL CYCLE (CA. 40 MIN)

#### Slide 16. Facts about the menstrual cycle

Introductory slide “Facts about the menstrual cycle”.

#### Slide 17. Why do we get our period?

Explain why we get our period:

1. Roughly once a month, an egg leaves the ovaries and is picked up by one of the fallopian tubes
2. The egg travels towards the uterus via the fallopian tube. While the egg is in the fallopian tube, it can be fertilised
3. At the same time as the egg is beginning to mature, mucous membrane builds up on the walls of the uterus. This is needed for the egg to attach to the uterus, if it is fertilised
4. An unfertilised egg does not attach to the mucous membrane of the uterus. Instead, the mucous membrane detaches and comes out through the vagina. This is your period.

#### Slide 18. When will your period start?

- ◆ Explain that your first period starts sometime during puberty
- ◆ Usually your first period starts when you're between 10-15 years old, but it can also come earlier or later
- ◆ If your period has not started by the time you're 16 years old, it may be useful to get help get things started

#### Slide 19. The menstrual cycle

Information about the menstrual cycle.

- ◆ Clarify that menstruation is not only the bleeding part, but that it is a cycle experienced in different phases
- ◆ Clarify that the follicular phase is before ovulation and the luteal phase is after ovulation
- ◆ You can remind them what ovulation is with slide 18 “Why do we get our period”

#### Slide 20. Menstrual bleeding

Explain that menstrual bleeding can have many different colours and can change colour from day to day. Menstrual blood can be thin, and sometimes it can be more slimy. This is due to the fact that it is not only blood flowing out, but also the mucous membrane.

### **Slide 21. Period products activity**

For this activity you will need various period products, glasses of water, measuring tapes and scissors.

1. Have participants experiment with the products by feeling, squeezing, dropping and dunking them
2. Discuss period products while you are experimenting. Examples of discussion questions can be found on the next picture 22

### **Slide 22. Why do we use period products?**

Examples of discussion questions from the previous image:

- ◆ What can you do if you suddenly get your period during football practice and don't have any period products?
- ◆ What do you think would happen if you stopped using period products?
- ◆ What type of period products would you like to use when playing football?

### **Slide 23. Period pain**

It is common to feel pain in your stomach or other parts of the body. Pain appears most commonly in the lower abdomen, but it can also be felt in your back and legs. The reason is that the uterus contracts in order to push out the mucous membrane, and this can feel like a cramp in your stomach. The uterus is a strong muscle that works hard: you could say that the uterus has a cramp!

### **Slide 24. What can help with period pain?**

- ◆ Exercising regularly can prevent menstrual cramps
- ◆ For some, period pain can worsen with exercise
- ◆ Rest if you need
- ◆ Use a heat pad where it hurts
- ◆ Over-the-counter painkillers, ask an adult which type
- ◆ You can also seek help at a health centre or youth health clinic

### **Slide 25. PMS**

- ◆ PMS stands for Premenstrual Syndrome
- ◆ PMS is common but the exact problems you experience may vary between people
- ◆ Many people get PMS, but not all
- ◆ Some people may feel extra angry, sad or tired in the days before their period
- ◆ Some may also have sore breasts or have a stomach ache
- ◆ It can be helpful to understand why and when you feel that way
- ◆ It's a good idea to write a diary about how you feel and make a note of when your period starts, to understand how you're feeling
- ◆ It's a good idea to write a diary to map out your symptoms to see possible patterns in your cycle

### **Tips for your diary:**

- ◆ Mark the first day of bleeding
- ◆ Make a note of any symptoms you get and which symptoms they are
- ◆ Compare the cycles over time. Make a note of any patterns you find

## 4. IMPORTANT TO TALK ABOUT THE MENSTRUAL CYCLE (CA. 10 MIN)

### Slide 26. Important to talk about the menstrual cycle

Introductory slide “Important to talk about the menstrual cycle”.

### Slide 27. Why is it important to talk about the menstrual cycle?

Ask the question to the whole group, “Why is it important to talk about the menstrual cycle?”. The answers to why it is important to talk about the menstrual cycle will come from the participants. Go through these points after the discussion:

- ◆ So your coach can understand and support you
- ◆ So coaches can customise football training so that you don't need to skip it
- ◆ So your teammates can understand when you're not feeling your best self
- ◆ To normalise the menstrual cycle and remove taboos

### Slide 28. Activity

The purpose of the task is to get more people talking about periods. The activity can be carried out by participants at another time

#### Instructions for the activity:

- ◆ Participants get to interview someone who has menstruation, either at home or in the club
- ◆ The participants get to choose the questions themselves, preferably covering what they are wondering about
- ◆ Keep in mind that the person being interviewed can decide how much they want to tell
- ◆ We recommend you follow up on the task at another time with the group

## 5. SUMMARY AND FEEDBACK (CA. 10 MIN)

### Slide 29. Summary and feedback

Introductory slide “Summary and feedback”.

### Slide 30. Where can I get help?

This is a list for players of where to get help if they have problems with their menstrual cycle.

### Slide 31. Summary and feedback

Discussions in small groups (in threes): let participants discuss and share their experiences with each other. Then summarise everything with the whole group.

- ◆ Have you had the opportunity to discuss what you think is important?
- ◆ Is there something you think is missing from the course?
- ◆ Have you learned anything new during the course?
- ◆ Is there anything you're going to do right after the course which you haven't done before?

*Recommendation:* Follow this up after a few months with the players in a group. Have they done anything differently and changed any of their behaviour after the course?

The educator should then use the QR code to complete the evaluation of the course. It should take between 1-5 minutes.

### Slide 32. Thanks

Closing slide - thank the participants for their participation.