

# SEND Puberty

## SEND Puberty

### Coping with Periods at School



Experiencing periods and what you get out of them, especially if you aren't in line of support, means many girls and women in mainstream schools. It's really important that you feel prepared and confident so that your period doesn't interfere with your day.

It's here to help you with practical tips to help you cope with periods. You're already comfortable with handling unexpected situations. We'll also discuss what you can do if things start to go wrong and how teachers and support staff can help if you need them.

Periods are a normal part of life and with the right strategies, they don't have to disrupt your life or education. There's something you need to know about coping with periods at school.



#### What should I take to school?

To manage the school day as well as your period, you should have:

- hygiene and sanitary products
- spare trousers or nightgown
- spare underwear
- water
- body spray or perfume
- a spare or backup bag
- hand sanitizer
- a wet wipe, tissue or handkerchief
- a bottle of water
- a cloth



### Coping with Periods at School

#### What happens if I miss school?

Unexpected situations are likely to arise in all aspects of life. There are some common period-related situations that you might like to prepare for ahead of time.

#### What happens if I get my period unexpectedly at school?

This is likely, with more classes than you think if your period catches you off guard, get one and someone you trust (like a friend, teacher, school nurse or other member of school staff) for a pad or tampon. It's also a really good idea to put a little packet of pads in your school bag, so you have something you can turn to if you have something you need to hand about the situation arise - you could include tampons, pads, wipes and anything else that would help you to feel more comfortable and confident.

#### What happens if I have period or unexpected health issues?

With periods often comes period pain, which can be hard to manage if you



#### What happens if I lose, forget or break my clothes?

Again, this is likely a more common occurrence than you think, so please don't worry if this happens to you. It's a really good idea to pack some spare clothes in your school bag, but if this isn't the case and you do look through your clothes, the school nurse or school office will be able to offer you spare clothes or clothes from the store. If you need a quick fix, you could go to your jumper or jacket around your waist.

Teachers and school staff will always be happy to help, so even though it might feel embarrassing, try not to worry about asking for

### Coping with Periods at School



What happens if I have a period at school?

It's important to be prepared for any situation that might arise. This includes having a spare bag or bag to put your period products in, so you can keep your school bag as clean as possible.

#### What happens if I have a period at school?

If you do need to use the toilet during a lesson, you should use a small packet, rather than a pad, that is easy to put in your bag or trousers, or you could look for a toilet that has a private area.

#### What happens if I have a period at school?

It's so easy to get completely lost in the afternoon, but don't worry yourself - you're taking care of your health, and it's important you feel comfortable before returning to your class.

#### What happens if I have a period at school?

Wash up and look and teachers and support staff in the morning have provided - they won't be pleased that the toilet because they think they



# Coping With Periods

**Bruce N. Carpenter**



## **Coping With Periods:**

Coping with Periods Diana Sanders,1985      **The Routledge Handbook of the Uncertain Self** Patrick J.

Carroll, Kimberly Rios, Kathryn C. Oleson,2025-02-25 The second edition of this handbook explores the social cognitive motivational interpersonal clinical and applied aspects of personal uncertainty It showcases both the diversity and the unity that defines contemporary perspectives on uncertainty in self within social and personality psychology Featuring chapters written by distinguished scholars from a range of disciplines in psychology this book explores the similarities and differences between personal uncertainty and other psychological experiences in terms of their nature and relationship with human thought emotion motivation and behavior It takes an interactionist perspective to examine what social and personality psychology knows about the experience of self uncertainty in its various forms exploring its determinants and consequences within and across individuals and groups The new edition has been extensively revised and updated and includes new material on self uncertainty within intimate relationships in groups and within spiritual and educational contexts There is also new content on conspiratorial thinking as well as on the uncertain self within the broader context of uncertainty associated with the COVID 19 pandemic Throughout strategies specifically designed to assist others in confronting the unique challenges posed by self uncertainty in ways that emphasize healthy psychological functioning and growth are promoted Featuring cutting edge theory and research on the determinants experiences and consequences of uncertainty in the self the handbook is an invaluable resource for researchers practitioners and senior undergraduate and graduate students in social and personality psychology clinical and counseling psychology educational psychology and developmental psychology

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María Cristina Richaud, Rubén N. Muzio, Viviana Noemí Lemos, Sebastian Urquijo, Gustavo Carlo, 2022-10-25 **Official**

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**Periods of English Architecture** Edmund Sharpe, 1888 **Summary of Work Accomplished During the Period ...**

**Including Financial Statement for the Year ...** Chicago (Ill.). Commissioners of Lincoln Park, 1894 **The Georgian**

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