

POWER OVER PERIODS



The truth about 6 common period myths



MYTH

You can't get pregnant on your period

.....



FACT

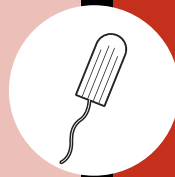
You CAN get pregnant on your period

.....

MYTH

Tampons are always painful

.....



FACT

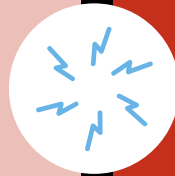
Pain with tampon insertion can be improved & may be a warning sign if it persists

.....

MYTH

Periods are meant to hurt

.....



FACT

Mild discomfort may be expected but severe pain needs evaluation

.....

MYTH

You should NOT exercise during your period

.....



FACT

Exercise can actually help period pain and give you more energy

.....

MYTH

Period blood is best dealt with using one specific product

.....



FACT

Tampons, pads, menstrual cups - mix and match until you find what's right for you

.....

MYTH

Periods should last exactly 5 days every month



FACT

Your body is unique and so is your monthly cycle

