

MARI'S MONOLOGUE

I'm sure most of you dread this chat? Especially you boys! But listen, it's a natural part of growing up for girls, and why shouldn't the boys be a part of the discussion so that they can start understanding what happens to girls bodies as they grow up? I promise, it's not too embarrassing, and who knows, you may learn something new?

Watch Mari's Monologue once again. It's an experience every girl will have during their lifetime, so why not learn all the facts before considering how you'll deal with it when the time comes?

Have you ever been in the same situation as Mari?

Feeling like you've fallen into a deliberate trap set by one of your family?

Have you ever done anything to avoid talking about a subject that's just too embarrassing?

What was the main thing that was discussed in the video?

Periods

What do you already know about Periods?

- **It can affect people's moods**
- **It happens once a month**
- **It's something girls have to deal with every month for many years**

Do you have more facts? If not, you should look for more facts about periods.

These are some of the questions that worried Mari:

- When will this start?
- What is the first thing that will change?
- Am I going to be in pain?
- What if it happens whilst I'm having a swimming lesson?
- What if I'm the first in my year to get them?

Do you have these questions in your head too?

Do you know what kind of things can happen to the body? Do some of these changes happen to boys too?

- Body changes shape
- Grow hair in new places
- Maybe in pain every month
- Skin changes
- Hormones develop
- Emotions develop

Have you ever felt like your head is going to explode after too much information? When? Can you explain? How did you get over that feeling?

What was Mari's message at the end of the monologue?

'YOU DON'T HAVE TO WORRY ON YOUR OWN'

More often than not, someone else worries about the same issues as you, so share the burden. Discuss them with someone you trust in order to reduce the problem in your head. Don't hold everything in until you pop like a bottle of fizzy pop!



TASKS

Helping others

Several girls have contacted BEX about their worries. Can you help BEX solve these dilemmas? Try answering these queries!

NOTE 1:

Dear BEX,
My friends have been making fun of me at school because I haven't started my period yet. All my friends have started and they tease me saying I'm a little girl!!

What should I do?

NOTE 2:

Dear BEX,
Recently I've started having periods and I need a little advice because I'm too embarrassed to go to my parents. Now that I've started having periods, what should I do differently? How often should I carry a 'pad' in my bag with me? Or should I start using a 'tampon'? I don't know, what's the best thing to do?

Documentary

How about creating a video on Puppet Pals or I Can Animate or iMovie or creating a simple Documentary educating others on Periods? Think about what information they need to know so that they don't feel unsure or worry too much.

Remember to mention what changes could be happening to the body!

- Body changing shape
- Growing hair in new places
- Maybe in pain every month
- Skin changing
- Developing Hormones
- Developing Emotions