

Creating Period



Confident Sport Clubs

Key Facts

42%

of girls don't take part in sport when on their period

48%

of girls are embarrassed by their period

75%

of girls have concerns about sports kit and uniform

Being Period Supportive

1. Provide basic period products at your club or facility



2. Break down barriers by having open and honest conversations about periods with players



3. Consider the colour of your clubs kit. For example. black shorts instead of white!



4. Be mindful and understanding of the changes in mood and energy players may experience during their cycle



Useful Links



[Exercise and the menstrual cycle>](#)

[The Well HQ, Resources>](#)

[Period Tracking Apps>](#)



Join the Movement by ensuring your club is Period Supportive!

[Watch our recent Webinar>](#)