

## **Lesson Plan: Menstrual Health Education for Trans Girls**

### **Objective:**

To provide trans girls with inclusive, affirming information about menstruation, menstrual health, and self-care, ensuring they feel supported and empowered to manage their periods.

### **Target Audience:**

Trans girls aged 12-18, who may or may not be menstruating, and their allies.

### **Duration:**

1 hour

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### **1. Introduction (10 minutes)**

- **Inclusive Objective Overview:**
  - Explain the focus of the lesson: understanding menstruation in the context of trans experiences, discussing menstrual health, and exploring self-care strategies.
- **Safe Space Agreement:**
  - Establish a safe, respectful environment where everyone's experiences and identities are affirmed. Encourage open discussions but respect privacy and confidentiality.

### **2. Understanding Menstruation for Trans Girls (15 minutes)**

- **What is Menstruation?**
  - Provide a simple explanation of menstruation, acknowledging that not all trans girls will experience periods, but it's important to understand for those who do.
- **Body Awareness:**
  - Discuss how menstruation is related to the reproductive system, and acknowledge that some trans girls might find this distressing. Normalize these feelings and provide reassurance.
- **Hormonal Influence:**
  - Explain how hormones affect menstruation, and discuss the potential impact of hormone therapy on periods. Emphasize that each person's experience is unique.

### **3. Menstrual Hygiene and Health (15 minutes)**

- **Product Options:**
  - Introduce menstrual products with an emphasis on inclusivity: pads, tampons, menstrual cups, period underwear. Discuss which products might be more comfortable for trans girls who experience dysphoria.

- **Hygiene Tips:**
  - Offer tips on maintaining hygiene, including how to discreetly manage periods if that's a concern. Mention options like black underwear, special pouches, or apps for tracking periods.
- **Addressing Dysphoria:**
  - Provide strategies for managing dysphoria during menstruation, such as using gender-affirming clothing, focusing on self-care, and finding supportive peers or communities.

#### 4. Emotional and Mental Well-being (10 minutes)

- **Emotional Impact:**
  - Discuss the emotional challenges that menstruation might bring for trans girls, including dysphoria, anxiety, or discomfort. Normalize these feelings and offer coping strategies.
- **Support Systems:**
  - Encourage seeking support from trusted friends, family members, or counselors who understand their experiences. Mention the importance of building a supportive community.

#### 5. Debunking Myths and Facts (5 minutes)

- **Trans-Inclusive Myths:**
  - Address and debunk common myths about menstruation, particularly those that might affect trans girls (e.g., menstruation defines womanhood, only cis girls menstruate).
- **Open Q&A:**
  - Create a space for questions, allowing participants to anonymously ask anything they might be curious or concerned about.

#### 6. Empowerment and Self-Advocacy (10 minutes)

- **Being Informed:**
  - Encourage trans girls to educate themselves about their bodies and periods, including understanding their rights in schools and public spaces.
- **Advocating for Yourself:**
  - Discuss how to advocate for their needs in medical settings, schools, and at home, ensuring they receive respectful and appropriate care.
- **Celebrating Identity:**
  - Reinforce that menstruation (or lack thereof) doesn't define their gender. Celebrate their identity and encourage them to embrace who they are fully.

#### 7. Closing and Recap (5 minutes)

- **Recap Key Points:**
    - Summarize the session's takeaways, focusing on understanding menstruation, managing menstrual health, and supporting emotional well-being.
  - **Resources:**
    - Provide a list of trans-inclusive resources, such as online communities, support groups, and healthcare providers.
  - **Final Encouragement:**
    - End with a message of empowerment, reminding them that they are not alone and that their identity is valid and respected.
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**Materials Needed:**

- Inclusive diagrams of the reproductive system.
- Menstrual products with a focus on trans-friendly options.
- Handouts on menstrual health tailored for trans experiences.
- Information on trans-inclusive healthcare providers and support groups.

**Follow-Up:**

- Offer opportunities for one-on-one conversations or small group discussions for those who may need additional support or have specific questions.

This lesson plan is designed to provide trans girls with the knowledge and support they need to navigate menstruation in a way that affirms their gender identity and promotes their overall well-being.