

## **Lesson Plan: Understanding Period Health for Neurodivergent Girls**

### **Objective:**

By the end of the lesson, students will have a basic understanding of menstrual health, including what periods are, how to manage them, and how to care for their bodies during menstruation.

### **Materials:**

- Visual aids (charts, diagrams, or videos)
- Period products (pads, tampons, menstrual cups, period underwear)
- Sensory-friendly items (e.g., textured fabrics, fidget toys)
- Handouts with clear, simple language and visuals
- A safe, comfortable, and quiet space

### **Lesson Duration:**

60 minutes

### **Lesson Structure:**

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

- **Welcome and Ground Rules:** Start by welcoming the students and setting some ground rules, such as respecting each other's privacy and asking questions whenever they feel the need.
- **Purpose of the Lesson:** Explain that today, they'll learn about periods in a way that makes sense to everyone. Reassure them that it's okay to feel unsure or have questions.

#### **2. Understanding What a Period Is (15 minutes):**

- **Explain with Visuals:** Use a visual chart or video to explain what a period is, why it happens, and what to expect. Keep the explanation straightforward, avoiding unnecessary jargon.
- **Use Analogies:** For example, compare the uterus shedding its lining to a tree shedding its leaves in the fall—something natural that happens regularly.

#### **3. Period Products and Their Use (20 minutes):**

- **Show and Tell:** Display various period products (pads, tampons, menstrual cups) and explain how to use each one. Offer a tactile experience if appropriate, letting the girls touch and feel the products.
- **Step-by-Step Demonstration:** Use simple, clear instructions to show how to apply a pad or use other products. A visual guide can be helpful here.

#### **4. Sensory Considerations (10 minutes):**

- **Discuss Sensory Sensitivities:** Acknowledge that some period products might feel uncomfortable due to sensory sensitivities. Discuss options like period underwear, different pad textures, or reusable cloth pads.
- **Coping Strategies:** Offer strategies for dealing with discomfort, such as wearing loose clothing, using heating pads, or choosing unscented products.

#### 5. Self-Care During Periods (5 minutes):

- **Emotional and Physical Care:** Discuss the importance of self-care during periods, including resting when needed, eating balanced meals, and practicing hygiene.
- **Encouraging Independence:** Emphasize the importance of listening to their bodies and taking care of themselves in a way that feels comfortable.

#### 6. Q&A and Reflection (10 minutes):

- **Open the Floor:** Allow time for any questions the girls may have. Encourage them to share any concerns or thoughts they have about periods.
- **Closing Thoughts:** End with positive reinforcement, emphasizing that periods are a normal part of life and that they can manage them with the right tools and support.

#### 7. Follow-Up Resources:

- Provide a list of resources, such as websites, books, or local organizations, where the students can find more information if they need it.
- Offer contact information for a trusted adult or health professional they can talk to if they have further questions.

#### Adaptations for Different Needs:

- **Breaks:** Allow for short breaks during the lesson if needed.
- **Simplified Language:** For students who may struggle with complex language, keep explanations short and to the point.
- **Alternative Learning Methods:** Offer alternative methods for learning, such as through apps, videos, or interactive games, if that better suits their needs.

This lesson plan ensures that neurodivergent girls receive the information in a way that is accessible, supportive, and empowering.