



Female Athlete Education.

THE MENSTRUAL CYCLE : TIME TO TALK

Why talk?

Speaking to someone about your menstrual cycle helps you to **get the appropriate support you might need**. For example, if you're experiencing:

- Period pain and other symptoms
- Heavy menstrual bleeding
- Absent or irregular periods

Additionally, maintaining an open dialogue with those supporting you (e.g., a coach) might help you to **keep being active and/or optimise your performance and training**, particularly if you're struggling to train/compete at certain points in your cycle.

Reminder: You don't always have to talk to someone about your menstrual cycle. It is entirely up to you how much information you want to share with others around you.

If you're wondering who you can speak to, here are some examples...

1

A parent/guardian

A parent/guardian can be a **great place to start** talking about your menstrual cycle. They might also help you approach others (e.g., doctor/ coach).



A coach

2

Your menstrual cycle might be affecting your ability to keep being active, perform in competition and/or train optimally. Speaking to your **coach, or others supporting you** (e.g., S&C coach) might help you.

3

Friends/ teammates

Another great place to start having open conversations about your menstrual cycle. But, it's important to remember that **your experience of your menstrual cycle might not be the same as your friends or teammates** and others (e.g., doctor/ coach) might be able to help support you better.

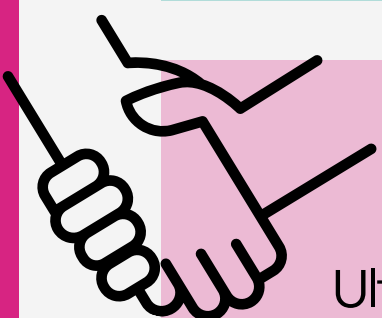


4

Doctor/ medical practitioner



It's important to **seek medical advice** if you're struggling with your menstrual cycle and/or notice a change in what's 'normal' for you. They can provide you with the support you need.



Someone you trust

6

Ultimately, the most important point is to find **someone you can trust** to have this conversation.

Female health officer

5

Your sports club/ organisation might have a **specific person (e.g., a female health officer)** that you can speak to about your menstrual cycle. Ask around to find out if you have one!



For more Female Athlete Education Resources see:

Website: www.SHEResearch.ie

Twitter: @SHEResearch_TUS



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