

[Menstrual Dignity for Students Toolkit](#)

Menstruation Instructional Materials Resources

The following resources are optional and do not replace school district processes for instructional materials review. The grade level designations are provided by the author organizations. ODE highly recommends that school/district staff preview any resources listed below before sharing more broadly or viewing with students.

Inclusive Video & Audio Resources

- [The Period in Third Period](#), Amaze, Video (Grades 4+); Includes definitions and step-by-step instructions for using tampons, pads, and cups, and disposal instructions
- [Menstruation: What to Expect](#), Amaze, Video (Grades 4+)
- [Period Hygiene: Tampons, Pads and Menstrual Cups](#), Amaze, Video (Grades 4+)
- [Menstruation Sensation: All About Getting Your Period](#), Amaze, Video (Grades 4+)
- [Puberty & Transgender Youth](#), Amaze, Video (Grades 4+)
- [Menstruation Stigma](#), Amaze, Video (Grades 2+) Straightforward video normalizes menstruation, reducing shame for all students.
- [Puberty, Every Body Curious](#) Video Lesson Series, Shaftesbury Kids (Grades 3-7)
- [Puberty & You](#), Video, Seattle Public Schools (Grades 3-12)
- [Ep 18 - Let's talk about periods - Level One](#), Six Minute Sex Ed, Podcast
- [Ep 12 - All about puberty - Level One](#), Six Minute Sex Ed, Podcast

Instructional Materials & Resources for Elementary

- [Lessons: Learning About Our Bodies, K-2 Lesson 1](#), [Learning About Our Bodies, 3-5 Lesson 1](#)
- [Lesson: Respecting Ourselves, Respecting Others, K-2 Lesson 3](#)
- [Lesson: Puberty & Reproductions, Grade 5](#)
- [Lesson: Making Sense of Puberty](#), 4th Grade, Rights, Respect, Responsibility (3Rs).
- [Lesson: Puberty and Reproduction](#), 5th Grade, Rights, Respect, Responsibility (3Rs).
- [Lesson: Puberty – My Period – All About Menstruation: Lesson 5*](#), For Students with Differing Abilities, Teaching Sexual Health.ca (English & French)
- [Growing Up OK](#), Calgary Sexual Health Centre
- [Vaginas and Periods 101: A Pop-up Book](#) by Christian Hoeger and Kristen Lilla
- [My Period*](#), Primary Schools Pack, Hey Girls UK
- [Pads & Tampons*](#), KidsHealth for Kids (English & Spanish)
- [All About Periods*](#), KidsHealth for Kids (English & Spanish)
- [You got your First Period... Now What?](#) Print / Digital Flyers, PERIOD.

Instructional Materials & Resources for Middle School

- [Lesson: Changes, Lesson 1](#), 6th grade, My Future-My Choice, Oregon DHS.
- [Reproduction Basics, Grade 7.](#)
- [Anatomy & Periods, Grade 7 Lesson 2.](#)

- [Growing Up OK](#), Calgary Sexual Health Centre
- [You got your First Period... Now What?](#) Print / Digital Flyers, PERIOD.
- [What can I expect when I get my period?](#), Planned Parenthood
- [What happens during puberty if I'm intersex?](#), Planned Parenthood
- [Menstruation](#), TransHub, ACON
- [On the Rag: A Guide to Menstruation](#), Scarleteen

Instructional Materials & Resources for High School

- [Lesson: Let's Talk About Ourselves, High School Health 1 Lesson 2](#)
- [Gender, Body Science and Conception](#), Blume
- [My Period*](#), Secondary Schools Pack, Hey Girls UK
- [All About Periods*](#), KidsHealth for Teens (English & Spanish)
- [What's up with periods?](#), Planned Parenthood

**These resources include references to menstruating "girls" or other gender binary language. See page 17 of the Menstrual Dignity Toolkit for recommended gender-affirming language adaptations.*