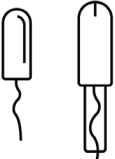
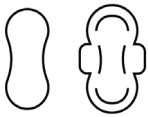





## What are Menstrual Products?

Illustration	Product Name & Definition	Variety examples
	A <b>tampon</b> is a disposable menstrual product designed to absorb menstrual fluids by insertion into the vagina during menstruation.	<ul style="list-style-type: none"> <li>• Light, regular, super, super plus, and ultra</li> <li>• Plastic, cardboard, and without applicators</li> </ul>
	A <b>menstrual pad</b> , or just <b>pad</b> , is a disposable menstrual product designed to absorb menstrual fluids by affixing to underwear during menstruation.	Absorbency and size options vary by brand, but often include panty liner, light, regular, heavy, overnight
	A <b>menstrual cup</b> is a bell shaped cup designed to collect menstrual fluids by insertion into the vagina during menstruation.	Menstrual cups come in different shapes, sizes, and are made of different materials.
	A <b>cloth pad</b> is a washable menstrual product designed to absorb menstrual fluids by affixing to underwear during menstruation.	Cloth pads also come in different shapes, sizes, and absorbency levels, and are made of different materials.
	<b>Period underwear</b> are washable menstrual products designed to collect menstrual fluids during menstruation.	Period underwear comes in different absorbency levels, sizes, and styles, which can be especially affirming for trans and non-binary students.

### Where can students go for more information about menstruation?

- See the [At a Glance: Menstrual Dignity One-Pager](#) for a brief project summary
- [You got your First Period... Now What?](#) Print / Digital Flyers, PERIOD.
- [Your Period, Your World: A Menstrual Health and Equity Guide for Youth](#), Aisle
- [Growing Up OK](#), Calgary Sexual Health Centre
- [On the Rag: A Guide to Menstruation](#), Scarleteen
- [What's up with periods?](#), Planned Parenthood
- [What can I expect when I get my period?](#), Planned Parenthood
- [What happens during puberty if I'm intersex?](#), Planned Parenthood
- [Menstruation](#), TransHub, ACON
- LGBTQ2SIA+ Virtual Support Spaces
  - [SMYRC](#) PDX virtual drop-in groups ages 13-23
  - [Gender Spectrum](#) online groups ages 10-12
  - [Trevor Space](#) ages 13-24
  - [Q Chat Space](#) ages 13-19