

# BEING ACTIVE ON YOUR PERIOD

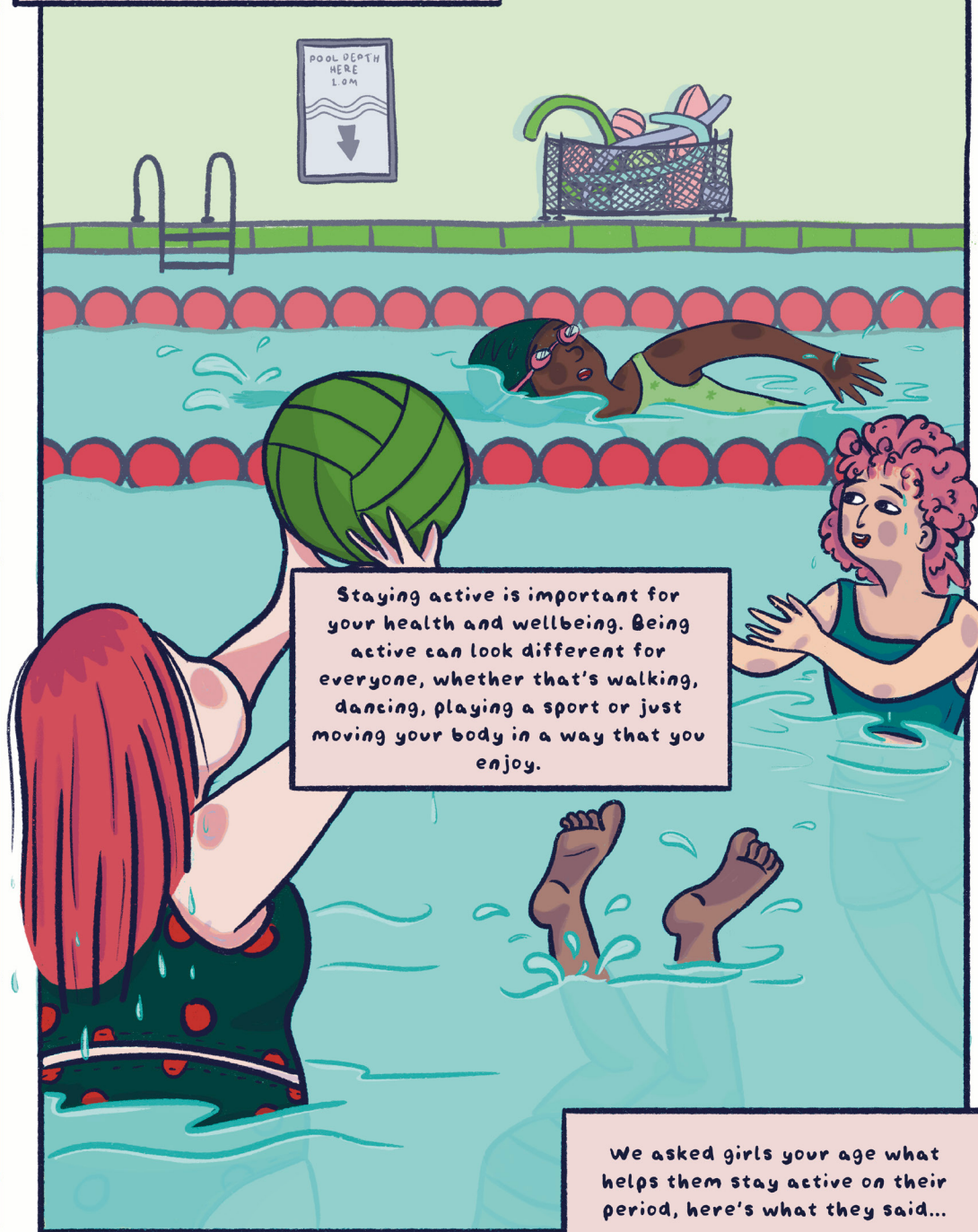


Advice from  
UK girls

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Periods are a normal part of life. But that doesn't mean they are always easy, especially when it comes to being active.



Staying active is important for your health and wellbeing. Being active can look different for everyone, whether that's walking, dancing, playing a sport or just moving your body in a way that you enjoy.

We asked girls your age what helps them stay active on their period, here's what they said...

For a lot of girls, feeling prepared is a good place to start.

Being prepared can make being active on your period feel easier and less stressful.

Having what you need with you and knowing what to expect can help you feel more confident.

# BEING PREPARED

"Always come prepared, so make sure you have pads, whatever you use, in your bag"

"I feel like when you're doing sports, if you're playing hockey somewhere and all you've got is your hockey stick and then you start your period and you're like, 'What am I supposed to do?' because all your stuff is in your bag. So just carry stuff with you all the time"

"Also keep track because if you keep track, you're able to see if it would fall on a day that you do sports. Miss out on a few things to start with, and then once you know what kind of period you've got, then you can do it"

"Always carry spare pants, because in case you start and you're like, 'oh dear'"

What you use and wear can also make a difference...



# PRODUCTS AND FEELING SECURE

There are a range of period products you can use to make you feel comfortable, secure and enable you to be active in the ways you choose. But some girls talked about how having a back-up plan or ensuring they had the right products available made a real difference.

"When I'm on my period I'll wear school shorts where you have two layers"

"You know like nighttime pads, I use them for sports and stuff"

"When I use the period pants, which I quite like, I normally wear a pad on top of that as well, especially for sport"

"Ask a friend"

"If you have a tampon or a pad and you know you're not going to leak, it does help"

"Or even a jacket to tie around your waist if you leak, and then people won't notice"

"I switch between pads and tampons depending on my activities for the day."

"I like wearing black leggings when I'm doing sports so it doesn't show"

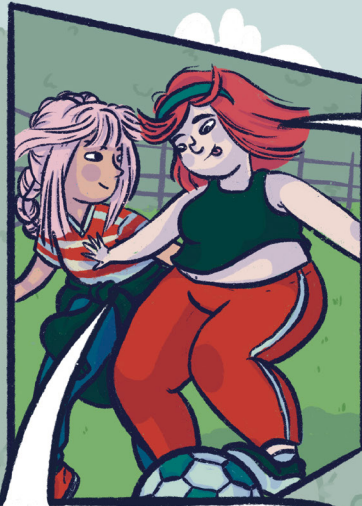
Alongside this, there are other small things that can help you feel better...



# WHAT HELPS

There are some things that might help you feel better on your period. Even gentle movement or doing something you enjoy can make a difference.

"Going for a walk is a good thing because I think being active does actually help your cramps"



"I think also being around people, doing sport and doing something you like helps distract you a bit"

"Everyone's periods are completely different. One person may never experience cramps while another may experience the worst there is. I think we are lucky that we have the internet, and we can speak to people. If we experience something others don't, or to a new level, that's when you should seek support"

"I use the best pain killer, it's called a hot water bottle"

"I think high-intensity exercise and things that require a lot of energy can be really difficult, so you don't always want to do that. But even just going out for a little walk and getting some fresh air can really make you feel better"

But what helps can look different for everyone...

# DO WHAT'S RIGHT FOR YOU

There's no one way to be active on your period.  
Everyone's body and experience is different.  
It's okay to do what feels right for you.

"Find the right thing for you.  
Find what works for you"

"I think just listen to what  
your body tells you. If it's  
something that you struggle  
with when you're on your  
period, then listen to that"

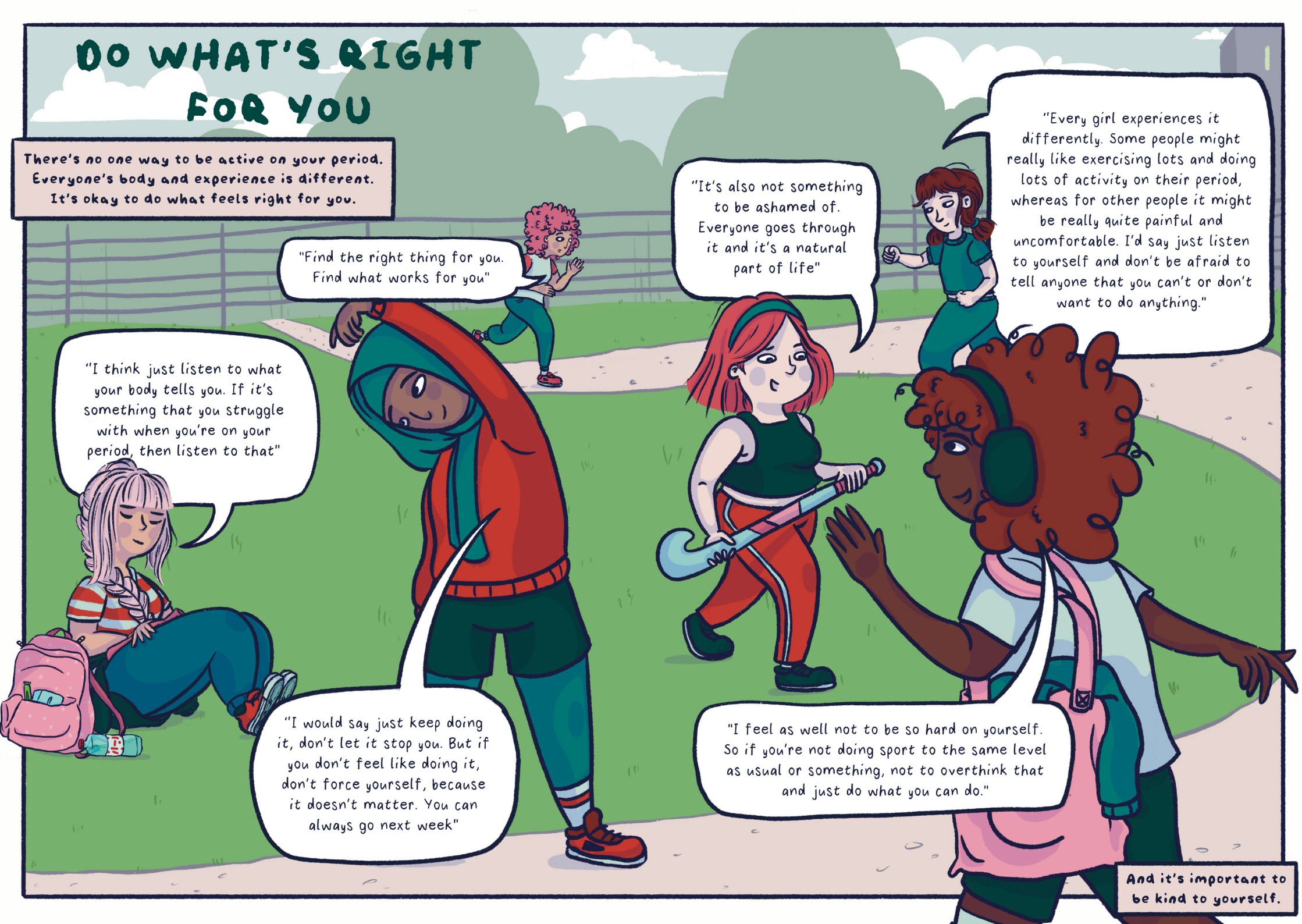
"I would say just keep doing  
it, don't let it stop you. But if  
you don't feel like doing it,  
don't force yourself, because  
it doesn't matter. You can  
always go next week"

"It's also not something  
to be ashamed of.  
Everyone goes through  
it and it's a natural  
part of life"

"Every girl experiences it  
differently. Some people might  
really like exercising lots and doing  
lots of activity on their period,  
whereas for other people it might  
be really quite painful and  
uncomfortable. I'd say just listen  
to yourself and don't be afraid to  
tell anyone that you can't or don't  
want to do anything."

"I feel as well not to be so hard on yourself.  
So if you're not doing sport to the same level  
as usual or something, not to overthink that  
and just do what you can do."

And it's important to  
be kind to yourself.



These are real experiences and advice  
from girls in UK secondary schools,  
shared in research studies with the  
University of Bath

## Resources

- **Health for Teens:**

[https://www.healthforteens.co.uk/  
growing-up/puberty/periods-just-the-  
facts/](https://www.healthforteens.co.uk/growing-up/puberty/periods-just-the-facts/)

- **NHS - Starting your periods:**

[https://www.nhs.uk/conditions/periods/  
starting-periods/](https://www.nhs.uk/conditions/periods/starting-periods/)

- **Childline - Periods:**

[https://www.childline.org.uk/info-  
advice/you-your-body/puberty/periods/](https://www.childline.org.uk/info-advice/you-your-body/puberty/periods/)



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