

# THE MYTHS AND THE FACTS ABOUT PERIODS

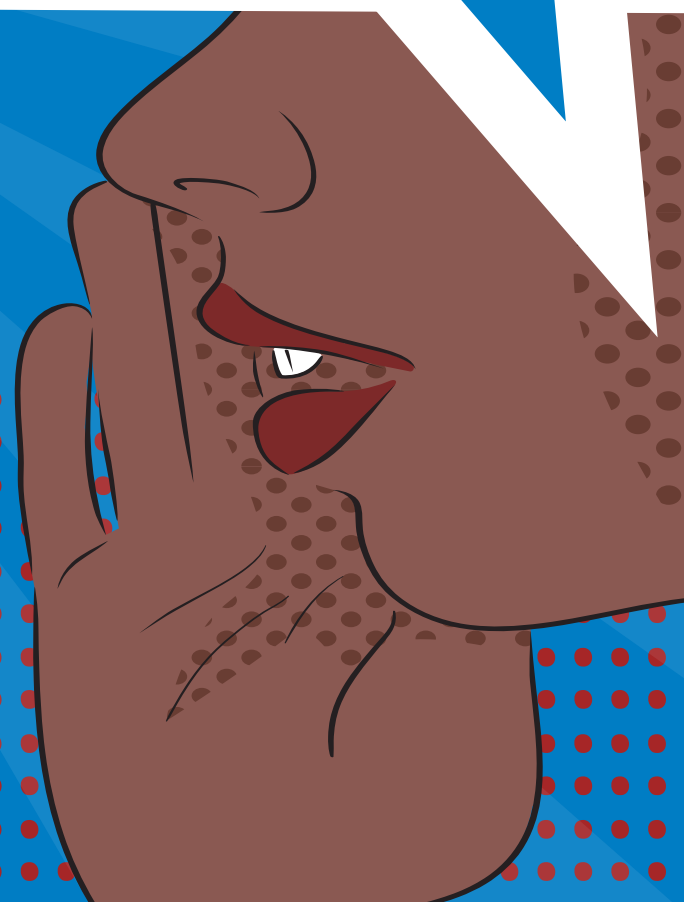
Periodini

**MYTH:** You can't go swimming or do any form of exercise

**FACT:** You can go swimming, do sports and take part in PE lessons – exercise can help to relieve cramps. If you do go swimming, consider using tampons or menstrual cups and change them regularly.

**MYTH:** Everyone can tell when you're on your period.

**FACT:** No one can tell when you're on your period, unless you choose to tell them.



**PERIODS ARE NORMAL –  
LET'S GET THE FACTS RIGHT.**