



MENSTRUATION MYTHS

#TalkAboutItPeriod



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MYTH

**Period blood is
dirty.**



FACT

Period blood is a natural bodily fluid made up of blood and tissue. It is sanitary and poses no health risks.

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**A bad mood before
your period is
always due to
hormone
fluctuations**

FACT



Physical and
emotional health
have a greater
impact on your daily
mood than your
menstrual cycle.

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Exercise should be avoided during your period

FACT



Exercise can actually help alleviate some of the common symptoms associated with menstruation, such as bloating, cramps, and fatigue.

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**Periods should not
be talked about
openly in public.**

FACT




We don't hesitate to
talk about our hair,
nails, or our clothes.
Talking about
periods is no
different!


MYTH

Menstrual pain is normal and should be tolerated without seeking treatment.

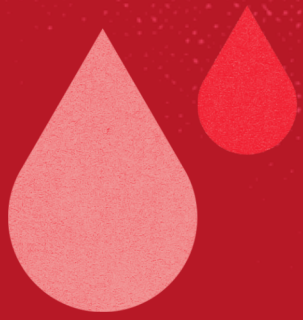
FACT



While some discomfort during menstruation is expected to happen, severe menstruation pain, known as dysmenorrhea, is neither okay nor normal and deserves medical attention.



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Debunk a menstruation
myth and share it on your
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hashtag #TalkAboutItPeriod





MYTH



FACT