

FACTS & TIPS PERIODS



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8/10 Girls
do not know what a period
is when they experience
their first period

Change your
period protection
regularly

You can go swimming
during your period?

yes no

1 in 3 girls miss on
average 3-4 days per
month due to period
pain or lack of access
to sanitary wear

Bear Earth CIC is a non-profit
organisation and has set up a
new initiative to help fight
period poverty among
disadvantaged women and girls
around the world.

Girls shouldn't
use tampons for their
first periods
true false



Collect your free period products from:

Providing a sanitary product subscription service to help end global period poverty.