



Investigating sanitary products

Activity: 5-6.9.3

Key Message

- There are a range of products available to assist girls and women to manage menstruation.

Purpose

To develop an awareness of the sanitary products available.

Teaching notes

This is a great homework activity as it opens up communication with a parent/carer about puberty changes and growing up. It is aimed specifically at girls, as they are the consumers of these products, but there is no reason why boys could not do this activity too. Most of the manufacturers of sanitary products have very good websites which the students could also access, in class or as a homework activity with a parent/carer.

Procedure

1. Ask the students to brainstorm any questions they have about sanitary products.
2. These might include: cost, size, features, absorbency, efficacy, age suitability or the differences between panty liners, pads and tampons.
3. As a homework activity, students are to find the answer to these questions. They may wish to go to the supermarket with a parent/carer to investigate particular products.
4. Allow sufficient homework time for everyone to complete the activity. Ask the students to report their findings to the class. This could be in a written format of their choice or as an oral presentation. Either way, it is important to allow some class discussion about their learning.

Activity Details

Victorian Curriculum

Health & PE Investigate resources to manage changes and transitions associated with puberty VCHPEP106

Time 10 minutes

Levels 5 & 6

Equipment • pen and paper

