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EMPOWERMENT



Holistic Sex Ed Radio

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August 13th 2020: How Menstruation Makes Everything Worse

What's your relationship with your period like? As girls, we get a lot of negative messaging around menstruation. It's this life-changing event that happens suddenly, without warning. There's an expectation that "The Curse", will make everything harder or worse. Yet, we're taught to hide menstruation and pretend that everything is just like any other day. It can be difficult to keep it all bottled up inside. Girls have a lot of anxiety around their period. It can be traumatizing when menstruation starts unexpectedly and instead of female classmates showing compassion and helping out, more ofte

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