

👉 點圖看

惡魔經期 你每個月的惡夢



生理期相關英文怎麼說？

月經 Period

I am on my period.

(我月經來了)

She missed her period and
was worried.

(她因為月經沒有按時來，非常擔心。)



月經副作用

Period pains ; Cramps

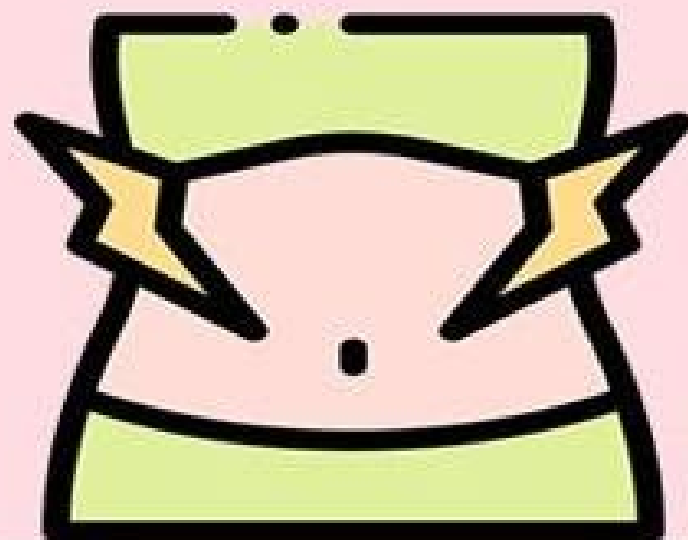
生理痛、經痛

Feel bloated

肚子脹脹、悶悶的

Premenstrual syndrome (PMS)

經前症候群



生理用品

Sanitary napkin ; Pad

衛生棉

Panty liner

護墊

Tampon

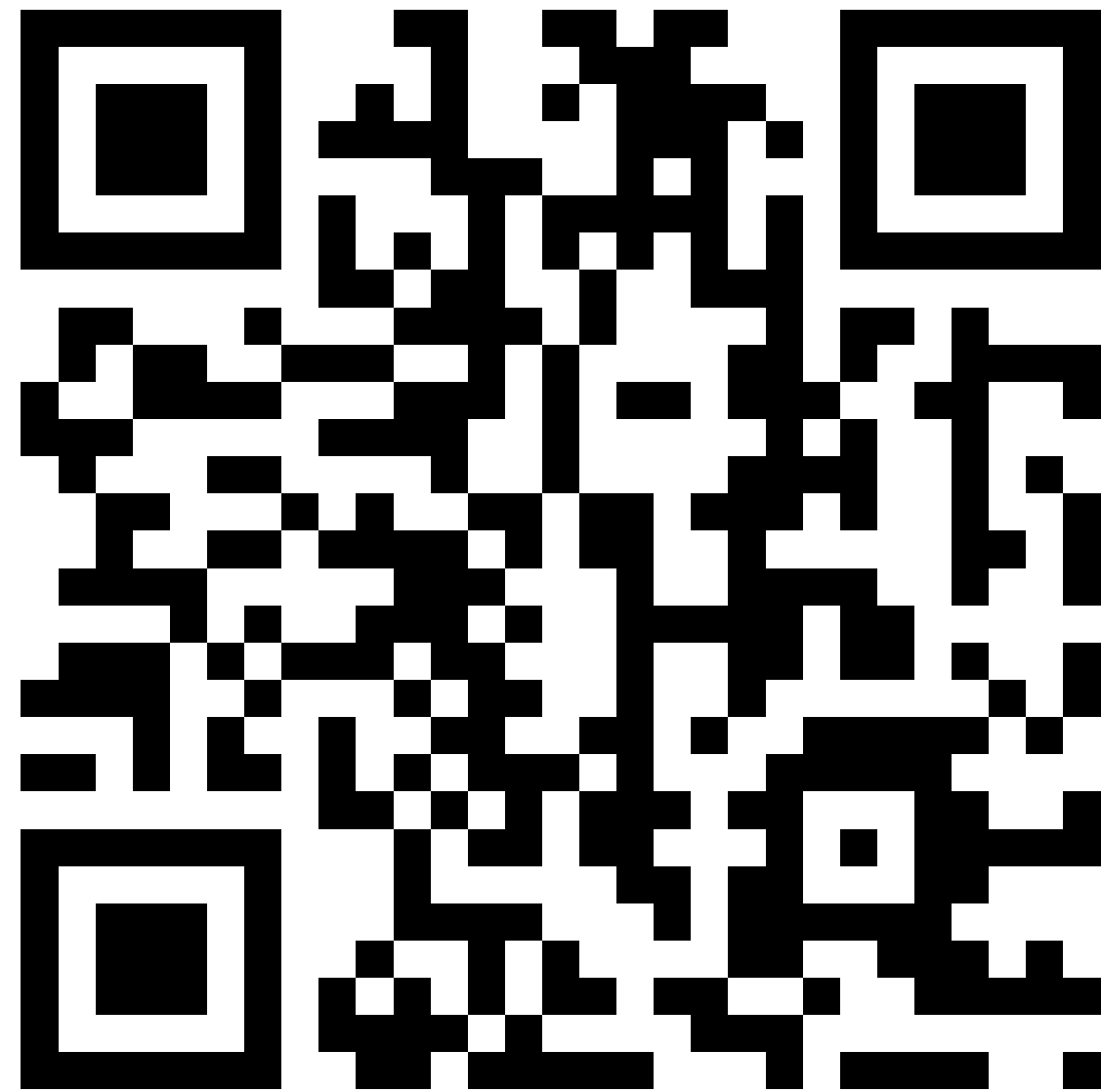
衛生棉條

Menstrual cup

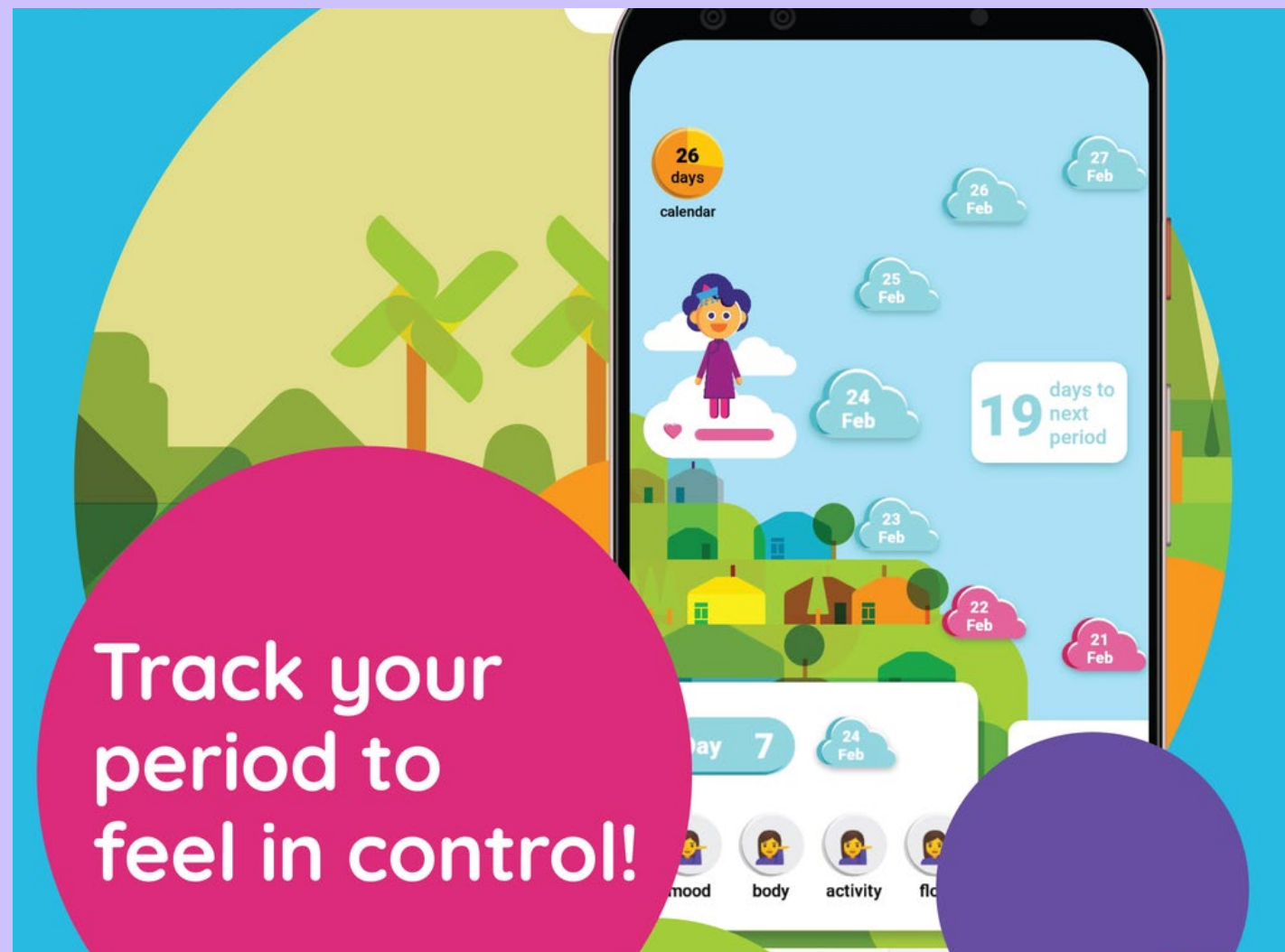
月亮杯



Period Quiz



Period Tracking Apps



Oky

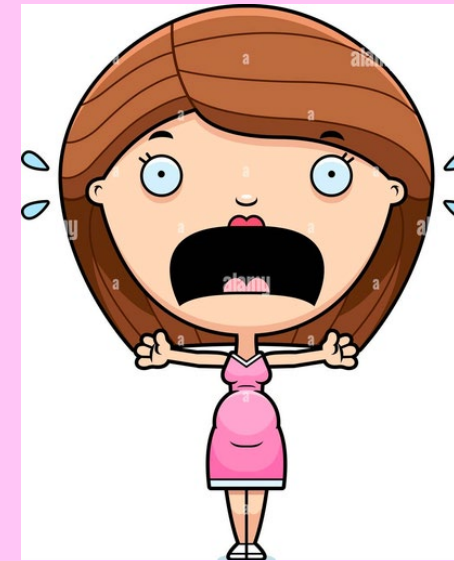


Magic Girl

Period Myths



Myth: Period blood is **dirty** blood.

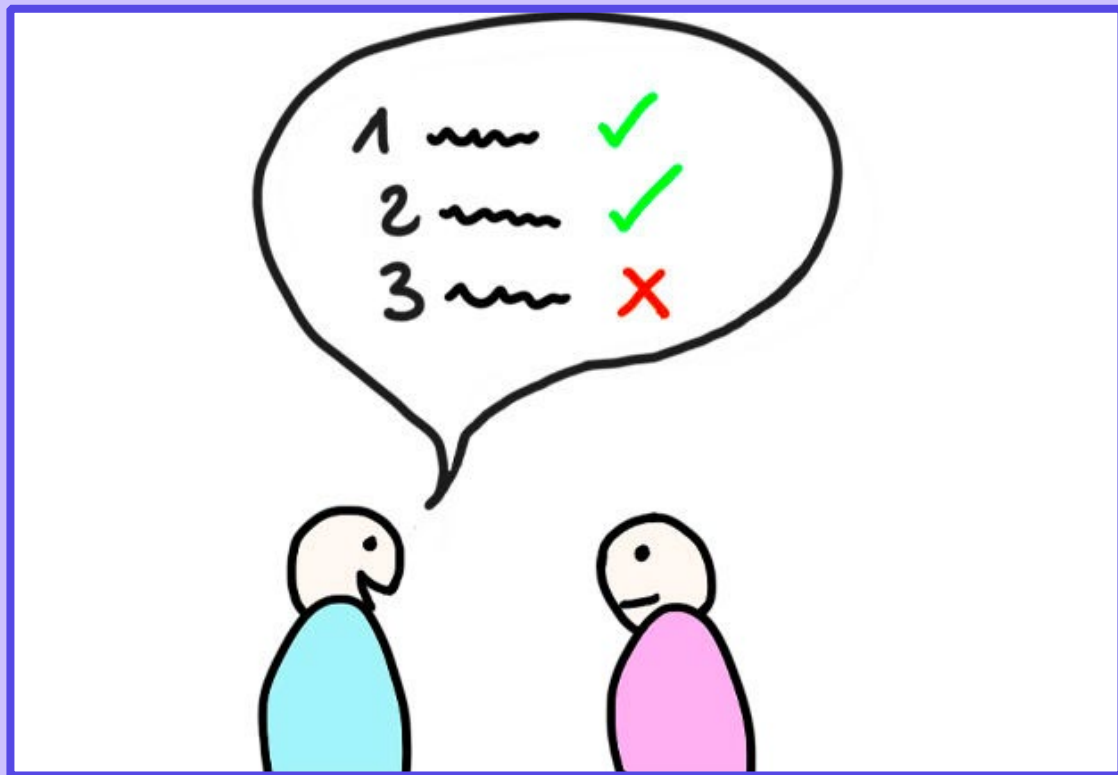


Myth: If you miss your period, you are **pregnant** 懷孕.

Fact: Periods are a **natural part** of growing up.

Fact: **Stress** 壓力 and **staying up very late** can be the causes of your missed period.

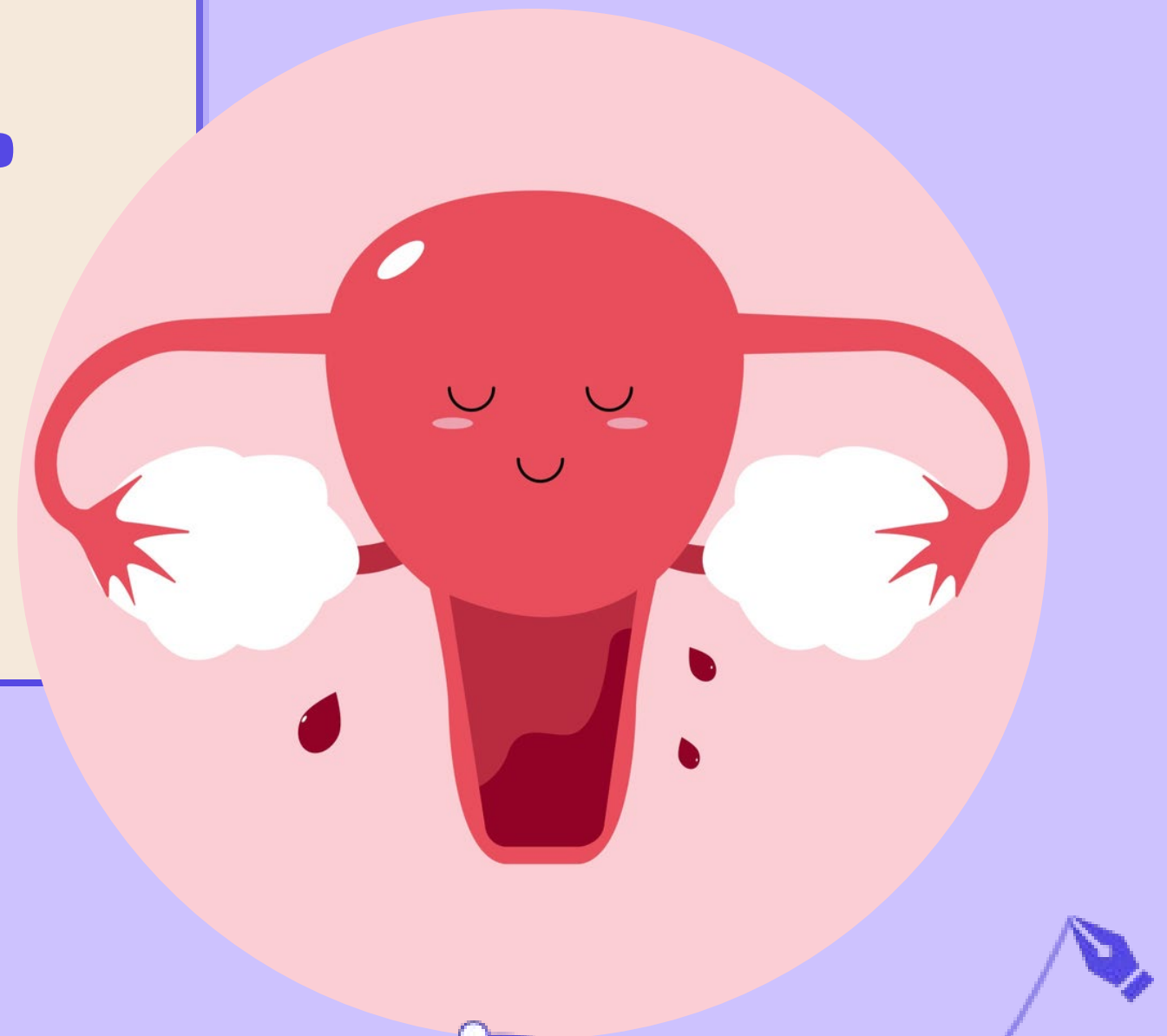
Two Truths and a Lie



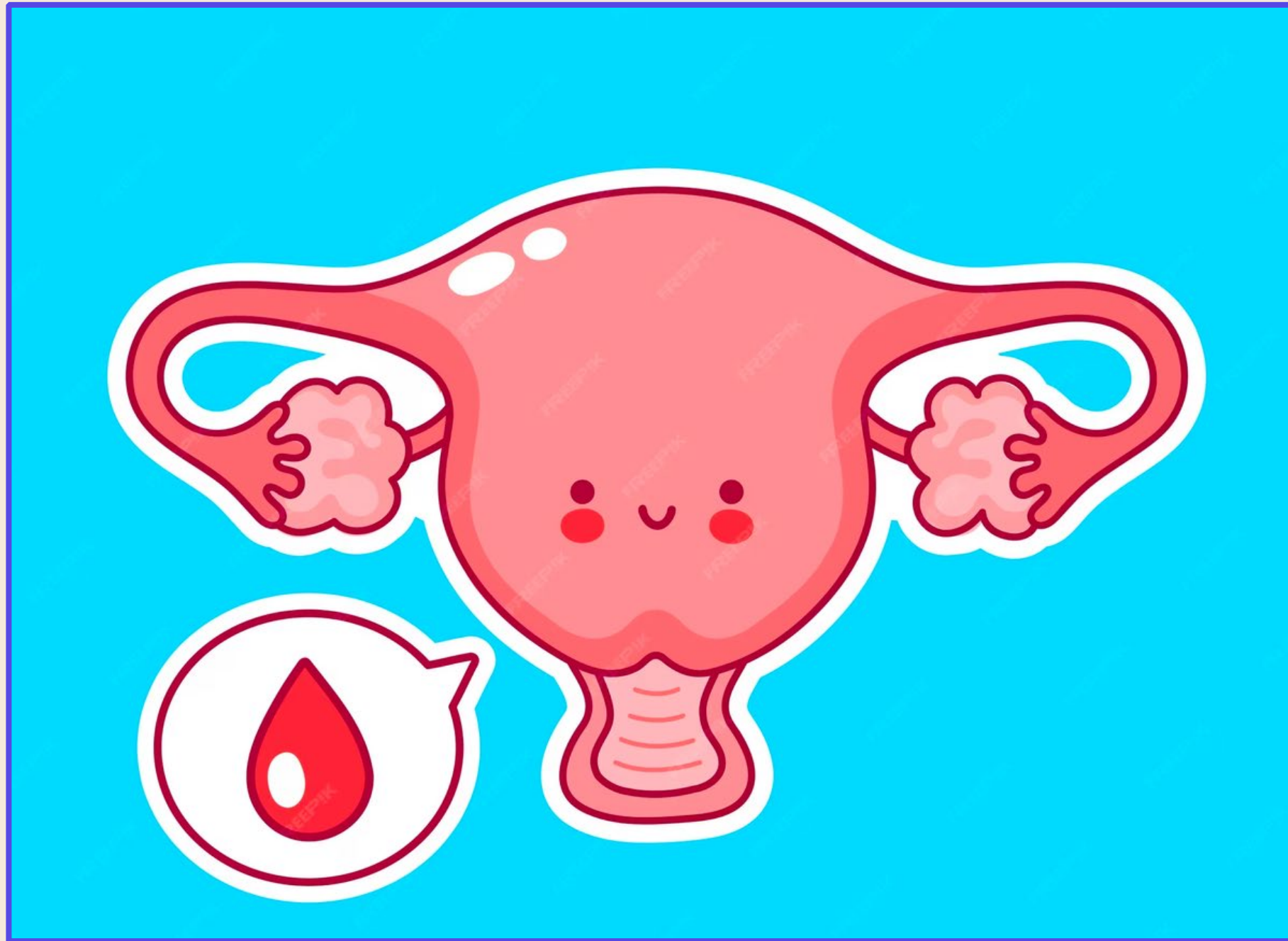
Can you **detect** the lie?



Now time for the...



Period Version



How Do You Play?

1

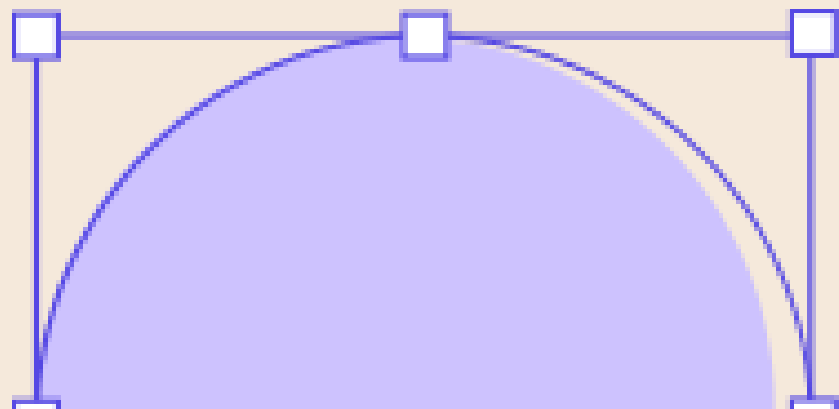
There will be **three statements** 説明 on the screen. One of the statements is a **myth** 迷思.

2

I will **call on someone** and have them **guess** which statement the **myth** is.

3

We will **check the answers** together.



Two Truths, One Lie

A

Your period will last **exactly 剛剛好** one week every month.



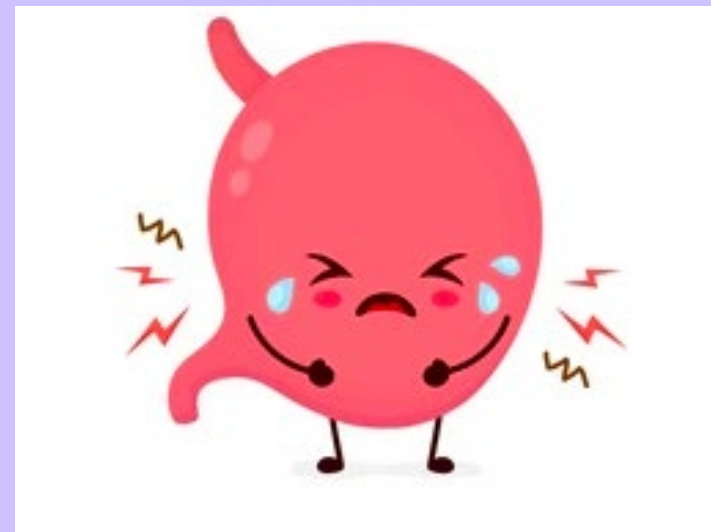
B

You should **avoid 避免** cold foods on your period.



C

It is normal to **get cramps 腹痛** on your period.



**Which one is
the lie?**



The First One

Your body is
unique, and so is
your monthly cycle.



Two Truths, One Lie

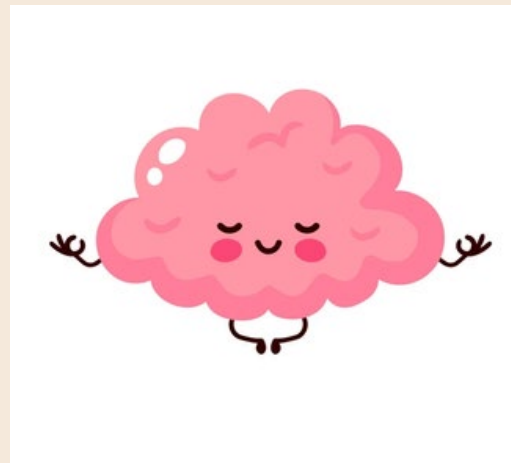
A You can **swim** on your period.



B You cannot **exercise** on your period.



C Exercise will **ease your pain**.



**Which one is
the lie?**



The Second One

You can **exercise** on your period. It will **actually ease your pain.**



Two Truths, One Lie

A

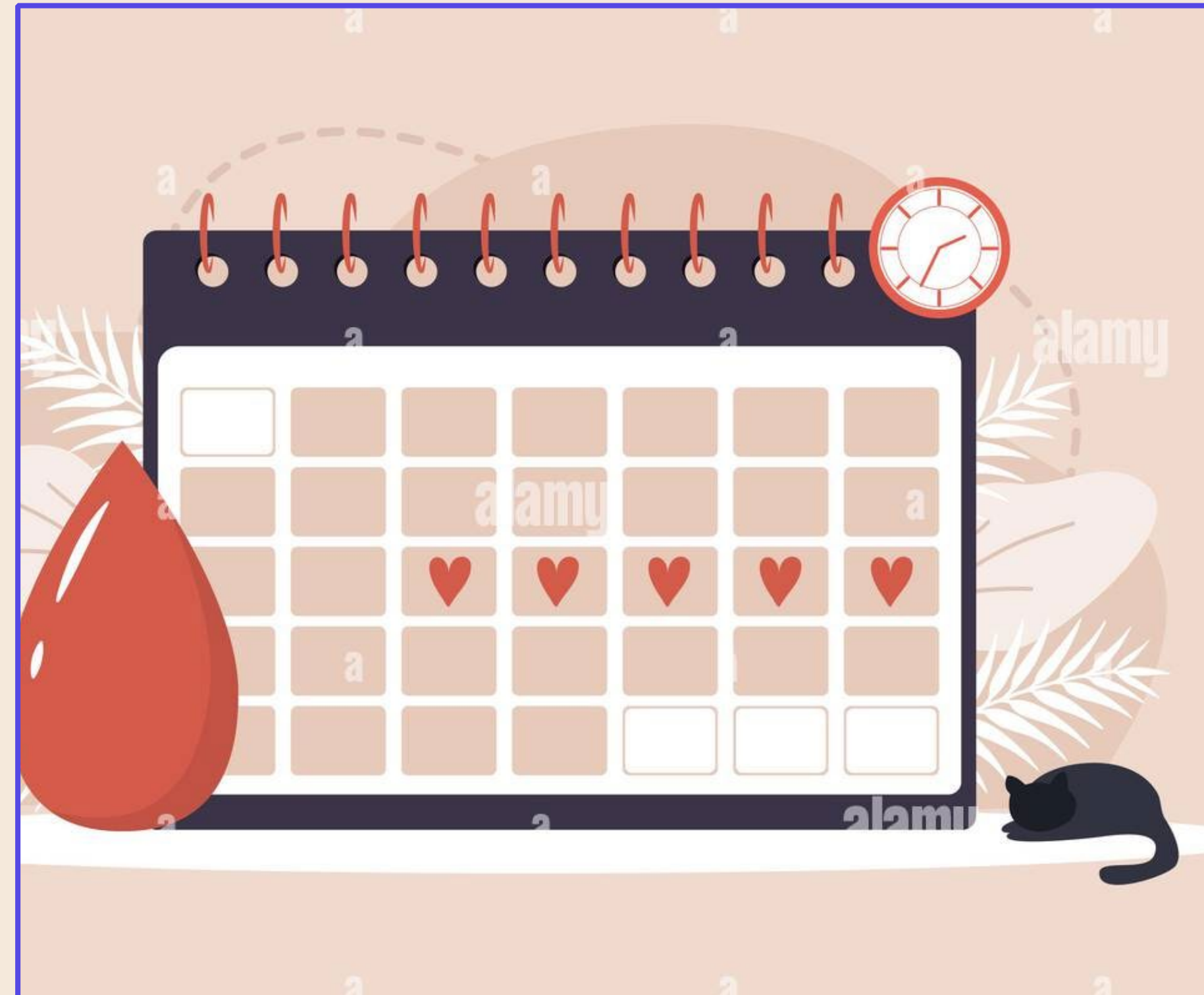
The 2nd or 3rd day is when you release 排出 the most blood.

B

You release 80 - 100 mL of blood on your period

C

Period blood can only be red.



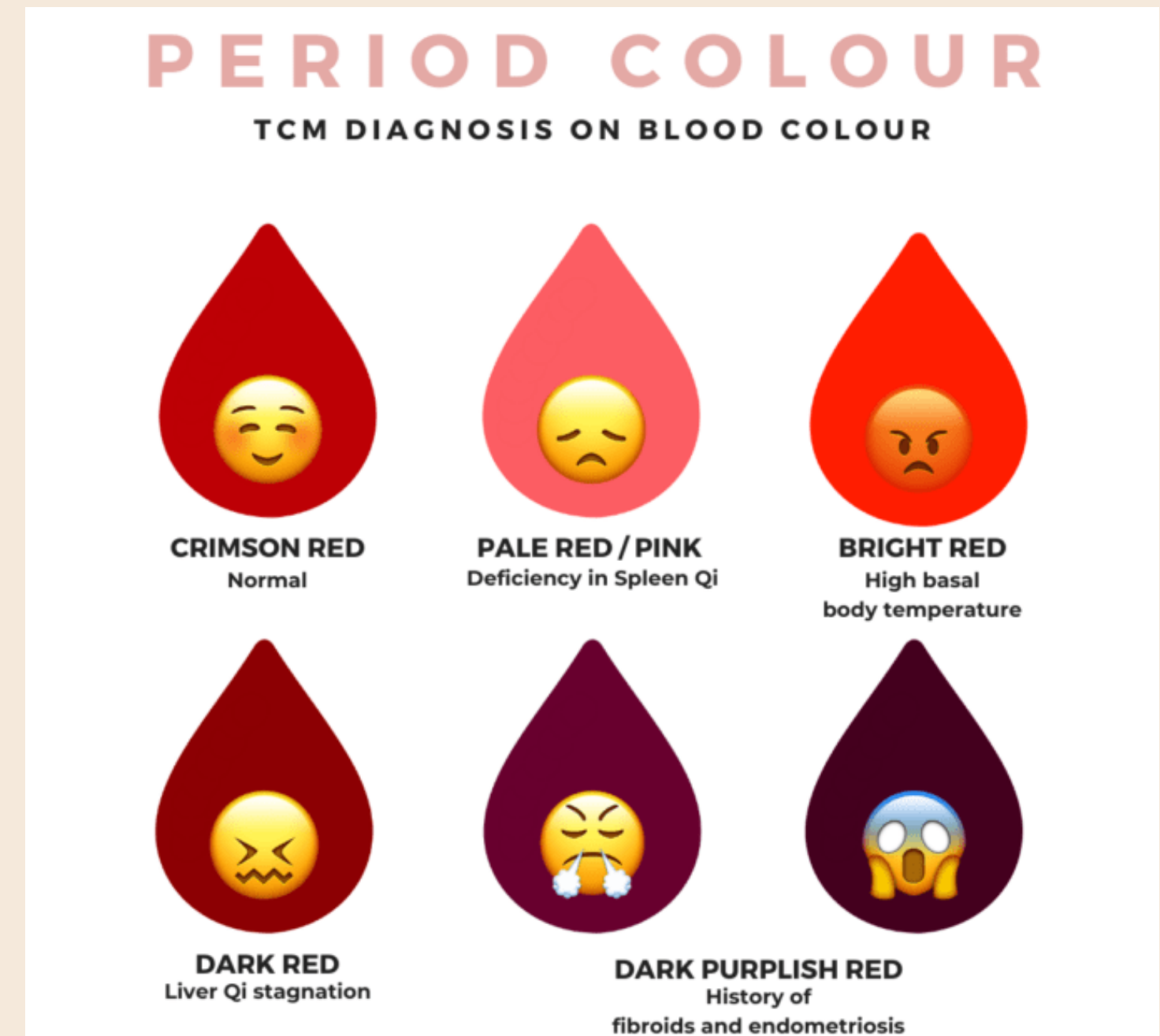
**Which one is
the lie?**



The Third One

Period blood can be
brown, red, or black.

This is because your **flow**
affects the **color.**



One Truth, Two Lies

4

A

Eating **dark chocolate** will help **relieve** 減輕 your pain.

B

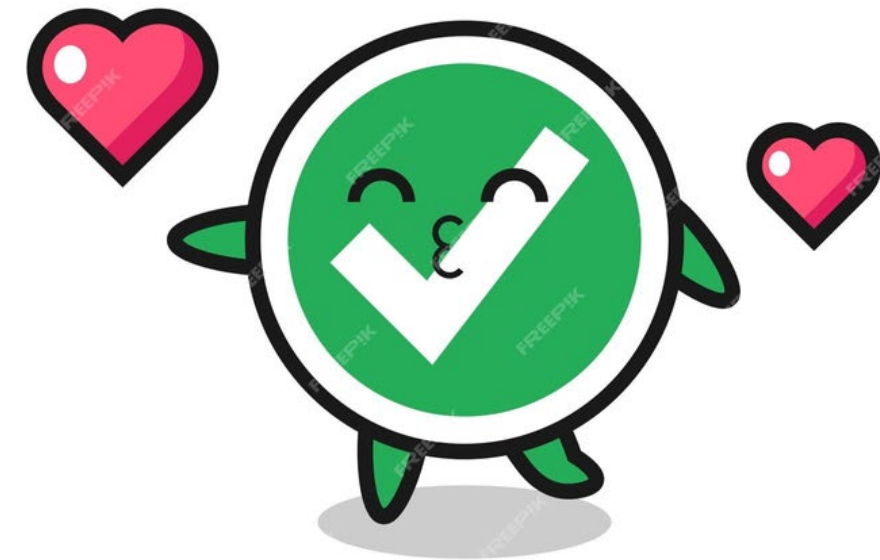
Ice cream is the best food to eat on your period.

C

Eating **candy** on your period will not make you fat.



**Which one is
the truth?**



The First One

Eating **dark chocolate** can help relieve the pain, but **don't eat too much of it!**



PERIOD SELF-CARE

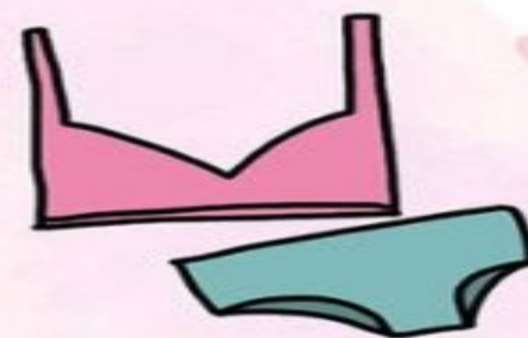


TAKE A
HOT SHOWER



ELIMINATE
CAFFEINE
& ALCOHOL

DRINK LOTS
OF WATER
INSTEAD



WEAR COMFY
UNDERWEAR



PRAY OR
MEDITATE



USE A
HOT PATCH



PRIORITIZE
SLEEP & REST



EAT
PERIOD-SAFE
FOOD



USE LAVENDER
AROMATHERAPY



CHANGE YOUR
PADS FREQUENTLY



TAKE A PAINKILLER
IF NECESSARY



WEAR WARM
& COMFY
CLOTHES



PRACTICE YIN YOGA

All We Have Is A Happy Period



period planet

Want to learn more about puberty and periods? Welcome to Period Planet. An adventure game where you will demystify the menstrual cycle, bust through stigmas and conquer uncertainty with the power of knowledge. There's even special freebies for our Period Planet heroes at the end!



Are you the hero that will transform Period Planet?



Personalize your own unique avatar and adventure gear.



Look into the mirror to see how

