

## *Examples of activities for:*

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# HIGH SCHOOL SUBJECTS OTHER THAN PDHPE CURRICULUMS

## ENGLISH

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Class discussion or short written activities on a variety of menstrual ideas;

- Why don't fictional characters get their Periods?
- What movies have mentioned the lead character/s having their period? What was the movie genre, target audience age?
- If having your Period came with a superpower for a week, which power would you suggest and why?
- One-minute debating topics, e.g. "That reusable sanitary products belong in the past", "When it comes to period care, plastic is fantastic"

## MATHS, ECONOMICS

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- Discuss environmental and monetary savings of conventional versus modern sustainable menstrual products
- Calculate associated cost and burden of disposables in terms of rubbish collection and disposal (sanitary bins), and landfill.
- In many developing countries, menstruating people stay at home when bleeding due to lack of access to menstrual products. Using Australian average wages as a guide, calculate the loss of income over a year for a menstruating person in a variety of job roles (eg. Shop assistant, administration clerk, corporate), assuming 13 menstrual cycles per year. Compare this to a non-menstruating person and discuss.

## SCIENCE

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- Calculate carbon emissions from incineration of conventional pads and tampons from one person's month worth of menstrual waste
- Explore pesticide and chemical additive effect on biological tissue associate with the cotton industry (organic verse non-organic farming practices)
- Compare over a few weeks breakdown of cotton or fibres from pads in different environments e.g. Organic soil vs sterilised soil, pond water, sea water vs sterile water, O<sub>2</sub> vs CO<sub>2</sub> environments.

## HISTORY

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- Discuss historical representations of menstruation in different cultures and centuries.
- Compare and discuss historical sanitary items to our modern alternatives.

## GEOGRAPHY

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- Explore how menstruation is viewed in different cultural groups
- Explore accessibility and the ways of dealing with menstruation in different countries compared to Australia's modern sanitary products.

## CREATIVE ARTS, TECHNOLOGY

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- Analyse the user experience/social media/advertising of menstrual products verses sustainable products
  - In small groups, collect one shopping bag of rubbish (paper, plastics, bottle, etc.) and make a creative art work
  - In small groups, allocate one sustainable period product and have the group present an exciting promotional 1-minute 'advertorial' to the class
  - Explore how the different products used to make sanitary are produced, and compare properties of each product that make them useful as a sanitary material.
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