



Pantliners

- Worn outside your body, in your underwear
- Can be used:
 - When your period is light
 - As a backup to tampons
 - To help keep you fresh every day



Sanitary Towel

- Worn outside your body, in your underwear.
- Many different absorbencies.
- Wings provide extra protection.
- Change frequently to keep fresh and dry (generally every 4-6 hours, more often when your period is heavy).
- They will start to leak if you don't change them!



Period Knickers

Absorb blood, washable and re-useable
- environmentally a better choice than tampons, sanitary towels etc. some period pants can even be used for swimming now without leakage!



Tampons

- Worn inside your body in your vagina to absorb menstrual flow.
- Different range of absorbencies.
- Good for swimming and gymnastics.
- Should be **changed regularly** (every 4-8 hours, more often when your period is heavy).

Menstrual Cups



Menstrual Cups

Worn inside the vagina

Cups can hold more blood than other methods, leading many women to use them as an eco-friendly alternative to tampons.

Reusable