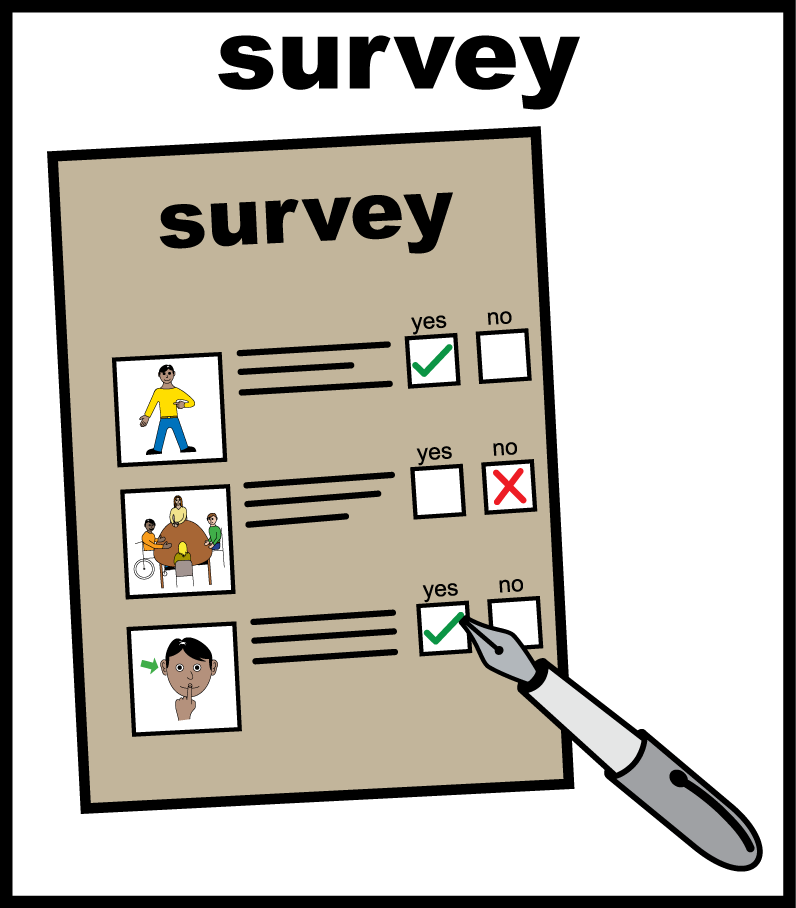
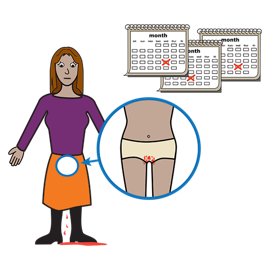
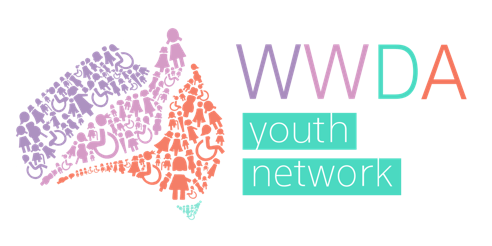
Women With Disabilities Australia

wwda.org.au

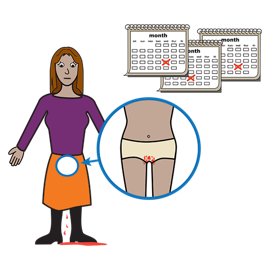
******WWDA Youth Survey**

**Part 2.   
Your Period**



******About Part 2**

  
This is **Part 2** of the WWDA Youth survey about your period and safer sex.



This part is about **your period.**

Learn about **your period**.   
Read it in Easy English.



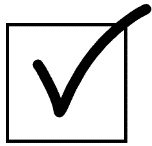
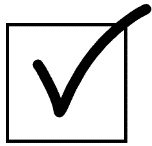
Go to **www.oursite.wwda.org.au**

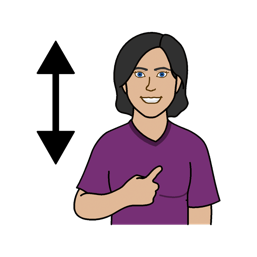
Open the search window

Type **WWDA Easy English Book.**

**Your period.**

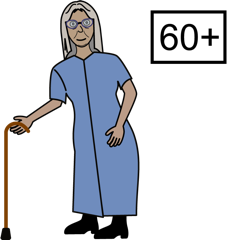
1. **Tick the option that   
   best describes you.**





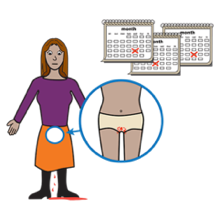


* I currently have a period



* I used to get a period



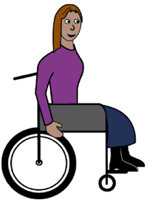


* I will have a period in the future





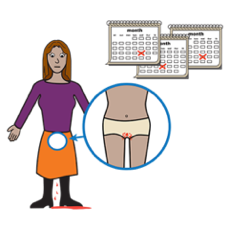
* I have never and will never have a period

1. **Do you have a disability that changes your period?**

Like



Endemetriosis is a disaility that can make periods hurt a lot.

1. **How much do you know about your period?**



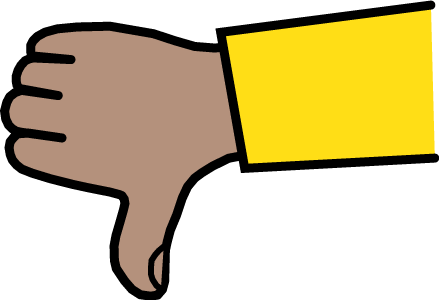
* I know a lot



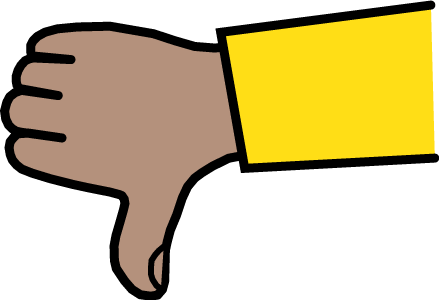
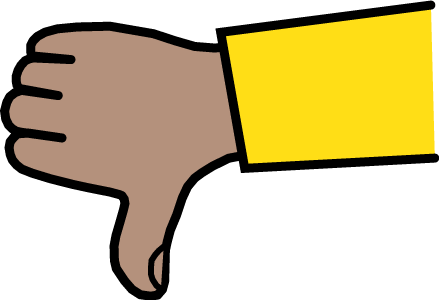
* I know a little bit



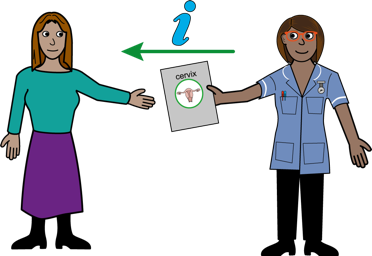
* I am not sure



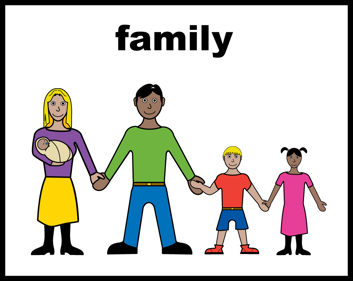
* I do not know much



* I know nothing

1. **Where did you first learn about your period?**

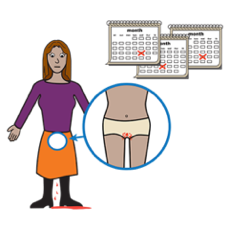
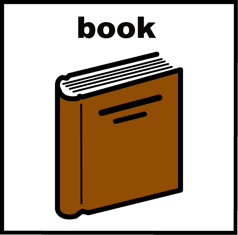
Like



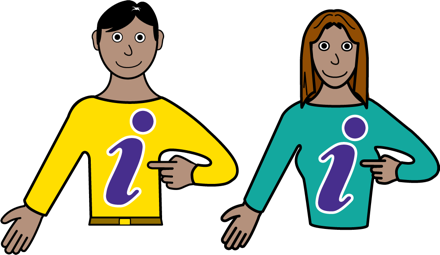
* a parent told you

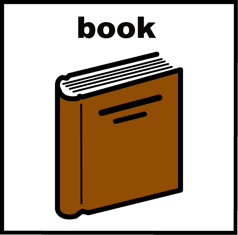


* a friend told you

****

* you read a book about periods.

1. **Is there any information on your period that you have found helpful?**

Like

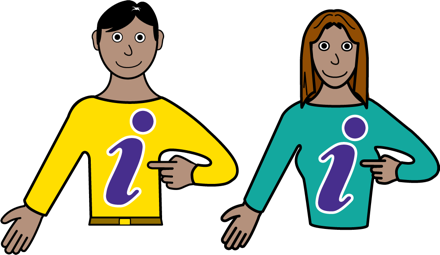
* a book

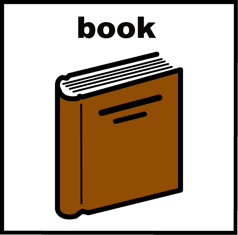


* an Easy English fact sheet

]

* a website.

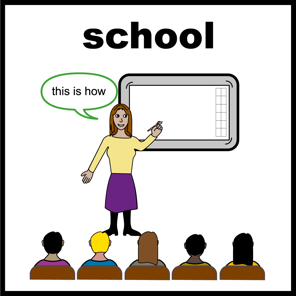
1. ** Is there any information on your period that you have found not helpful?**

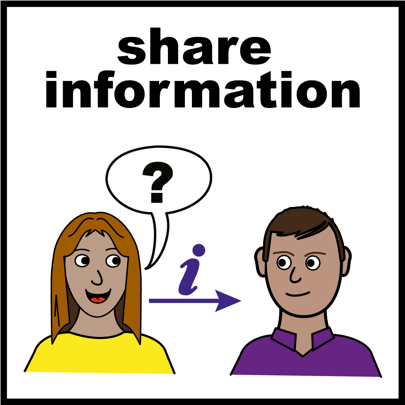
Like

* a book

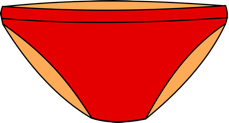


* a website.

1. ******What would help you learn about periods?**

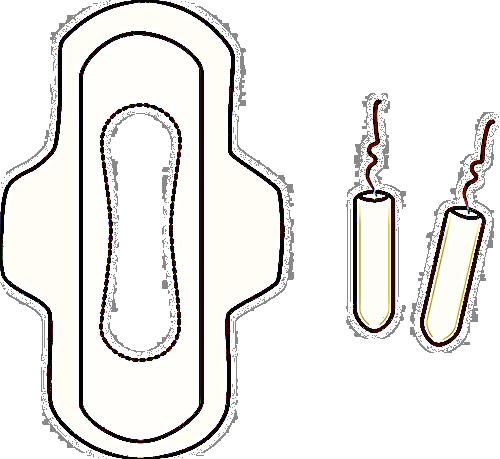
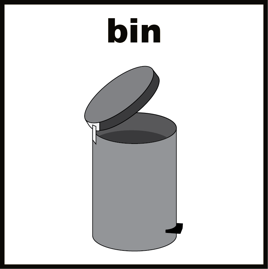
  
Like

* information on different period products
* advice from older people.

1. **What do you wear to catch the blood when you have your period?**



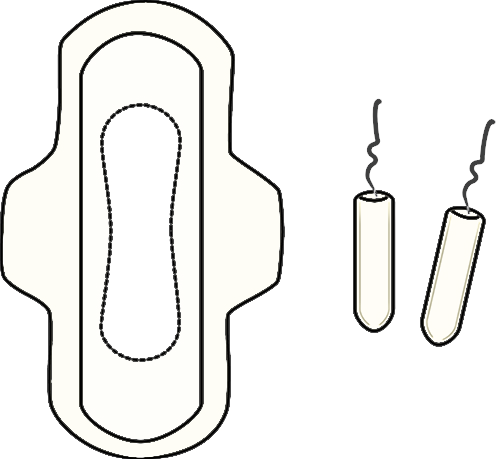
* pads that you can wash.



* pads you throw in the bin.



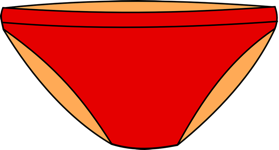
* liners



* tampons



* menstrual cups



* period underwear



* sea sponges

****

* other (tell us below)

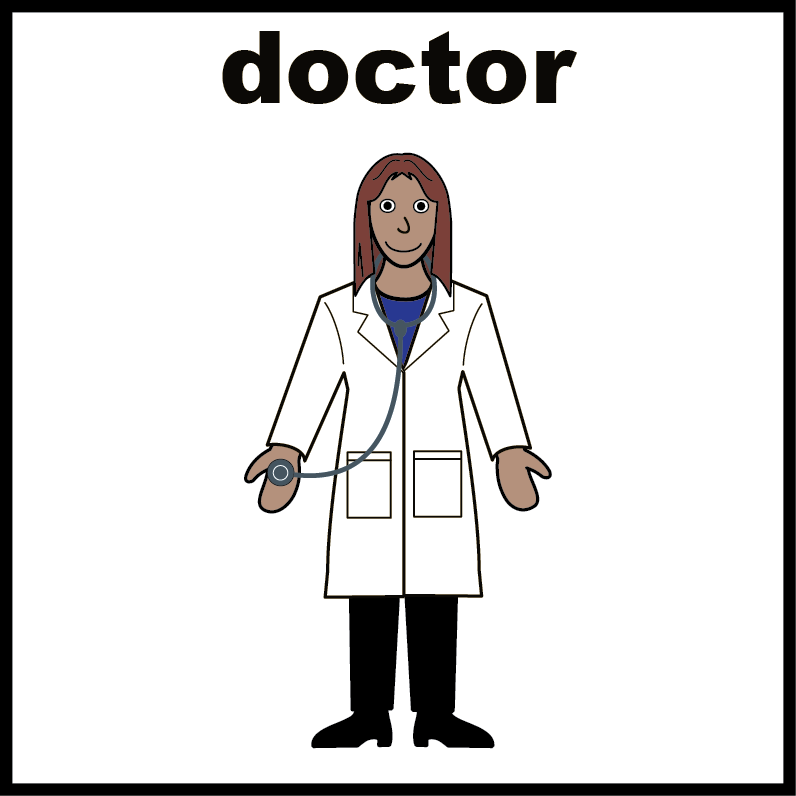
*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. **Where do you get your period products?**

* a supermarket  
  Like
* Coles
* Woolworths.



* a pharmacy or chemist

****

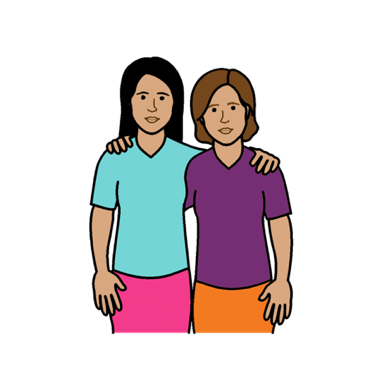
* a doctor or GP

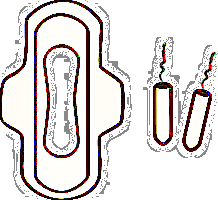


* a sexual health service



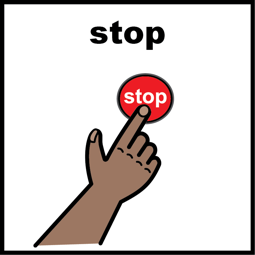


* I buy products on the internet
* I don’t know. Someone else buys them for me.  
  Like
* a parent
* a support worker.



* I don’t buy period products
* ****other (tell us below)

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. **Do you use anything else to help with or stop your periods?**

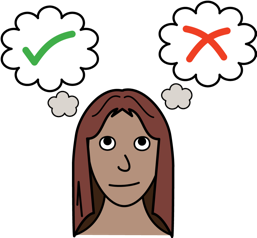
Like

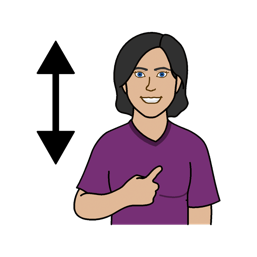
****

* pills to stop you bleeding

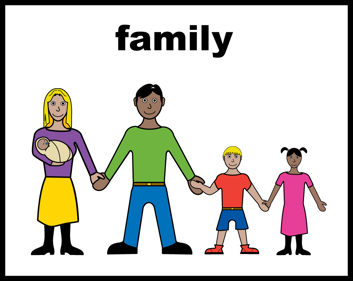


* a heat pack or hot water bottle to help with pain.

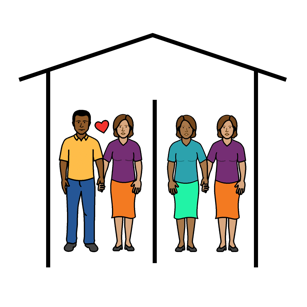
1. **Who chooses what products or medications you use for your period?**



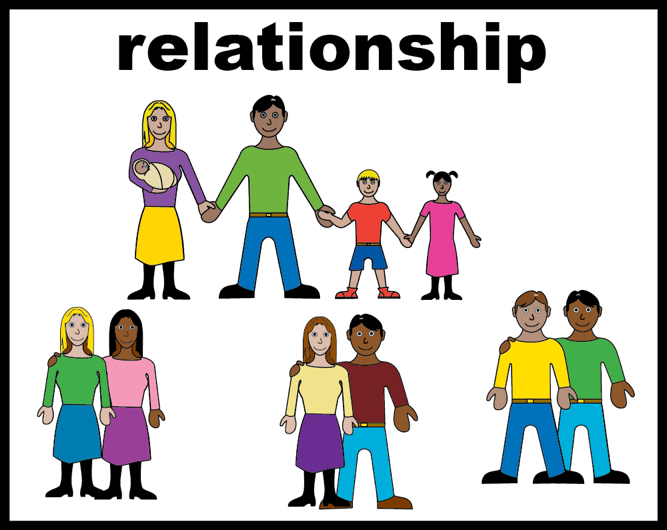
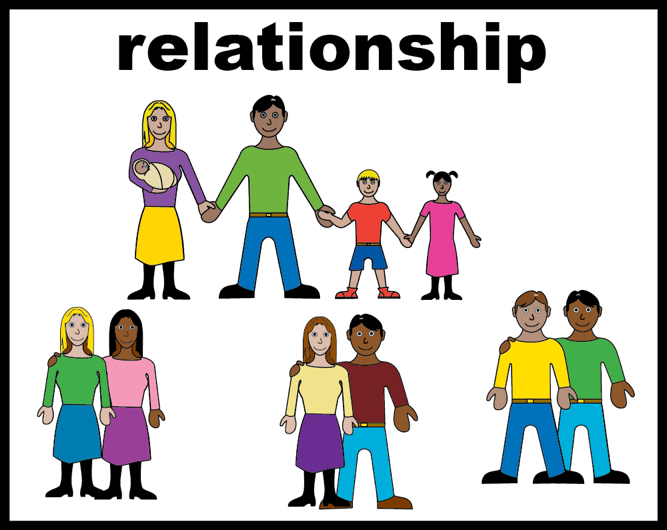
* me



* my mum or dad

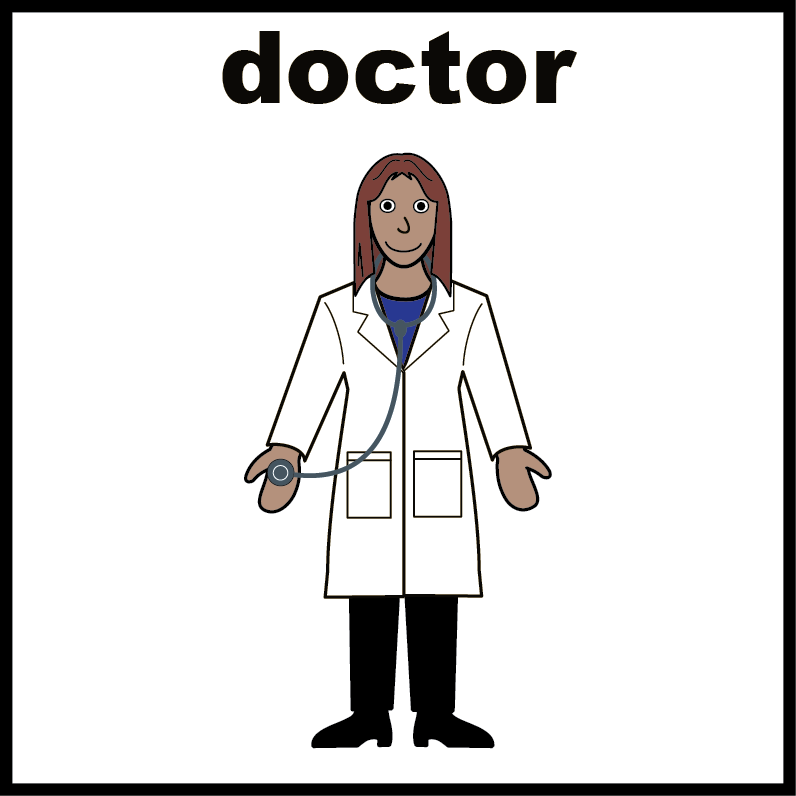


* my boyfriend or girlfriend

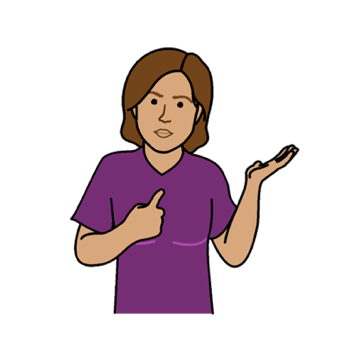


* my sister or brother

* ****my carer or support worker

****

* my doctor



* it changes. Sometimes I choose.   
  Sometimes someone else does.



* I am not sure

* ****other (tell us below)

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

1. **What support do you need to get or use products to help with your period?**

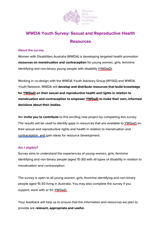
Like

* you need help with the cost
* you need help with putting in a tampon or pad.

1. **What questions about periods would you like answered?**



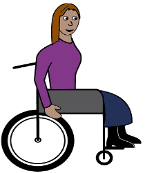
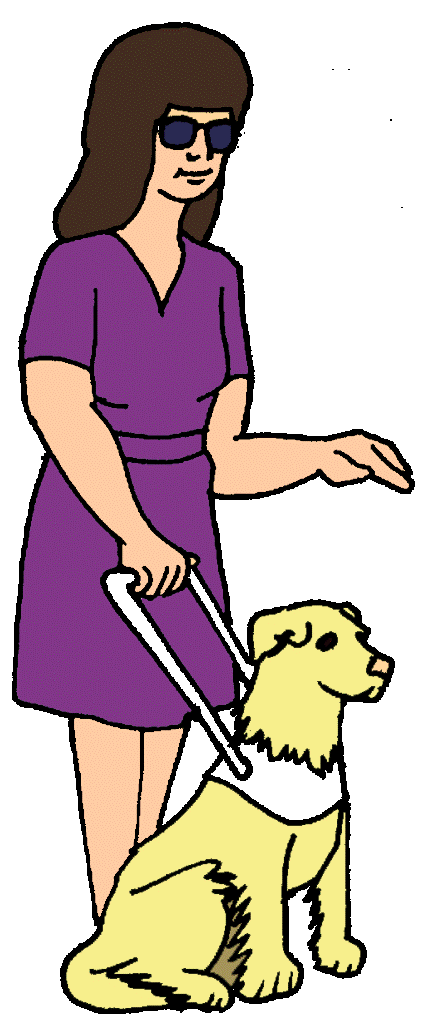
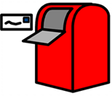
1. **Is there anything else you would like to say?**

 **This fact sheet**

# This fact sheet is based on the WWDA Youth Survey: Sexual and Reproductive Health Resources.

# **Who wrote this survey?** Women With Disabilities Australia wrote this survey in 2021. 2021. **Copyright** © Copyright Women With Disabilities Australia (WWDA) Inc. 2021. All intellectual property rights, including copyright and patents, in this survey is owned and licensed by Women With Disabilities Australia Inc.

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