

MORE INFORMATION & SUPPORT

Brook provide high-quality sexual health and wellbeing services that includes education, training and advocacy. Brook has clear, easy to read explainers about periods with useful FAQs so you can find any answers you might need.

Search for: [Brook periods](#)

Always are one of the biggest names in period products in the UK. On their YouTube channel, they have collections of videos looking at periods, some of the key questions about menstruation that come up and explainers about the science behind the monthly cycle.

Search for: [Always UK \(@AlwaysUK\) on YouTube](#)

Bloody Good Period give period products to those who can't afford them and provide reproductive health education to those less likely to access it. They also work to help everybody talk about periods!

Search for: [Bloody Good Period](#)

You may have seen one of Bodyform's videos in your lesson. Bodyform are another of the big companies selling period products. They have an empowering campaign called It's Never Just a Period. The company's Global Taboo Tracker will also give you an insight into the research and talking that still needs to happen.

Search for: [Bodyform Never Just A Period](#)

Please Note: If you have any concerns, please speak to a trusted adult, such as a teacher or caregiver.