

# Period Language Guide

DO ✓	DON'T ✗	WHY?
Period products/materials Menstrual products/materials	Feminine hygiene products (or any mention of female and hygiene) Sanitary products	Periods aren't unhygienic. Periods aren't just experienced by females. Period products are for periods – sanitary is a very vague term and hides what products are really for.
People who menstruate Menstruators	Women, girls, females	Not all people who menstruate are female and not all females menstruate.
Period/menstruation	Shark week, That time of the month, Visit from Aunt Flo, On the rag, Moon time, Crimson tide, Lady business	We use euphemisms because we are told not talk about menstruation, but we need to talk about it and use the correct name so we can smash the stigma.

#PeriodJustice @periodjustice\_SA

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