

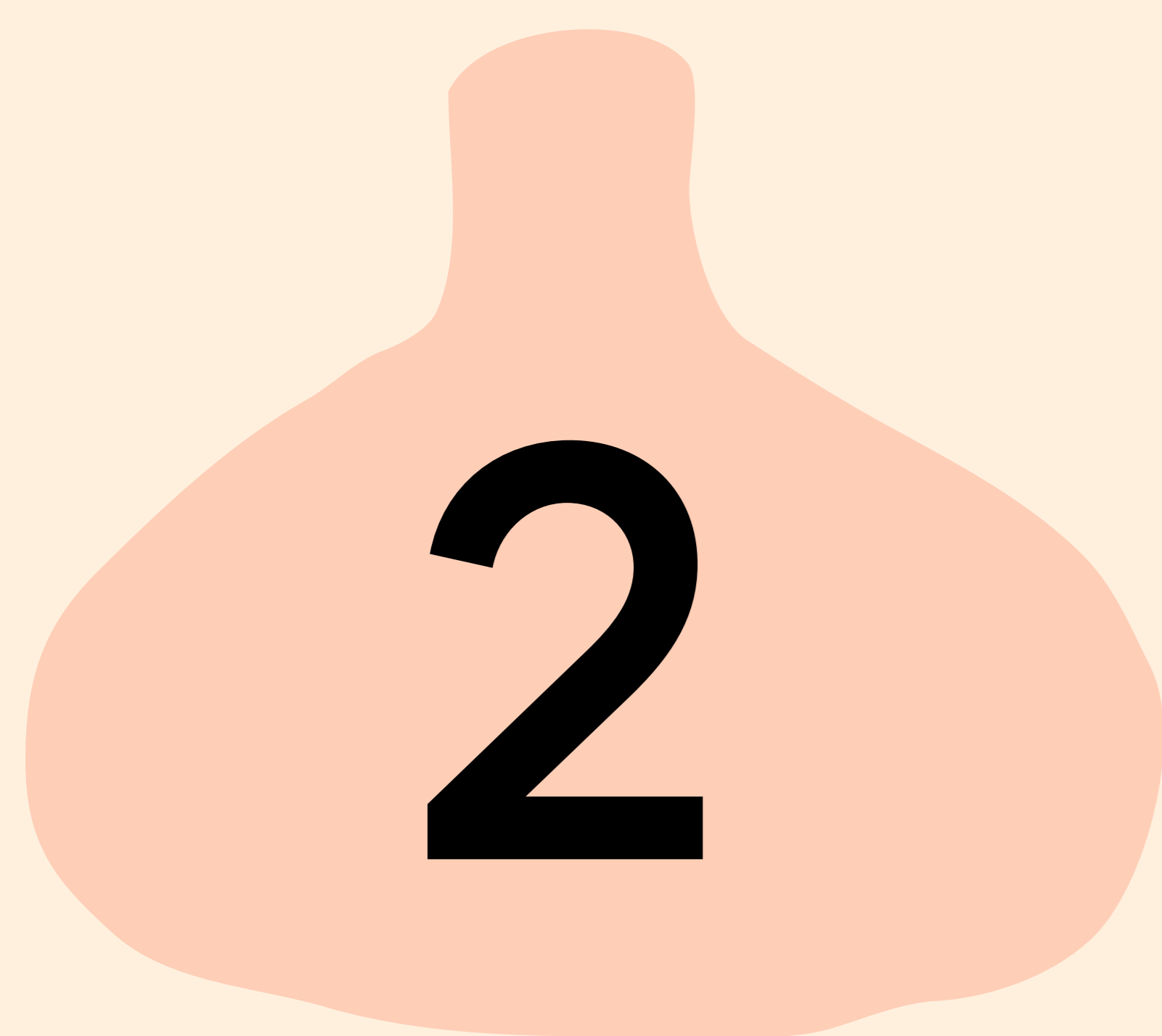
5 period myths and what non-menstruators should know



periods are dirty.

The belief that periods are dirty, embarrassing, and shouldn't be talked about are all related myths, and this idea has a serious impact.

People with periods aren't dirty. Menstruation is a natural, healthy part of life for 1.8 billion people across the world. Despite this, misbeliefs and negative messages to the contrary can create shame and stigma. The resulting silence can threaten the mental and physical wellbeing of those who experience menstruation, by prohibiting their access to information or period supplies.



periods are always painful.

While period symptoms can include pain like menstrual cramps that affect some menstruators, periods are different for different people.

Cramps can occur as the uterus contracts during a period, causing pain in the lower abdomen and sometimes the lower back, and headache or nausea are possible. However, periods themselves are not inherently painful, and while it is common, pain is not normal. They can be pain-free for many, sometimes with the help of a doctor.



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periods make you irrational.

It is a common myth that people on their periods or experiencing PMS do not have control of themselves emotionally.

Periods are one part of a month-long menstrual cycle that involves hormonal changes in the body. For some, periods and the days leading up to them can involve a shift in hormones that may impact mood. However, the idea that people are “hormonal” around their periods is a misnomer, as hormones are part of all bodies and are responsible for many body functions including metabolism, reproduction, and growth.



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you can't get pregnant on your period.

While this is uncommon, it is possible for ovulation to occur during someone's period which can result in pregnancy.

Fertilization is possible when an egg is released, and sperm can live up to 3 days, which could allow someone to become pregnant during or just after their period. While there is a specific window of time when this can occur in each cycle, it can be difficult to track someone's ovulation, especially if their period is not regular. Many tools such as period trackers can only estimate ovulation timing, but individual cycles vary greatly. This variability makes protected intercourse advisable during all parts of someone's cycle when pregnancy is not intended.



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only women get periods.

Menstruation and periods are often referred to as something that women and girls experience, however, periods are a part of many people's lives of different genders.

Periods are something that occurs for people related to their hormones and reproductive systems, sometimes aligned with, and sometimes different from their gender. This means that some women do not menstruate, and some men, nonbinary individuals, and gender-diverse people do. Speaking about topics related to menstruation in a non-gendered way can make information more inclusive and less uncomfortable for many trans and nonbinary individuals who menstruate, especially as some of them may experience dysphoria related to this experience.