

GET **B**ODYWISE

what is Body Literacy?

Body Literacy is a term to describe the pursuit of increased education and understanding about our own bodies and their functions. Without this education, there is a rise in misinformation, shame, and stigma in connection to our bodies and their very normal functions.

ThinX believes in the importance of challenging the societal stigmas around peeing and bleeding at all ages that arise from a lack of Body Literacy.

by empowering people at all stages of life to better understand their body through shame-free Body Literacy Education, we can destigmatize topics around periods, hormones, and incontinence,

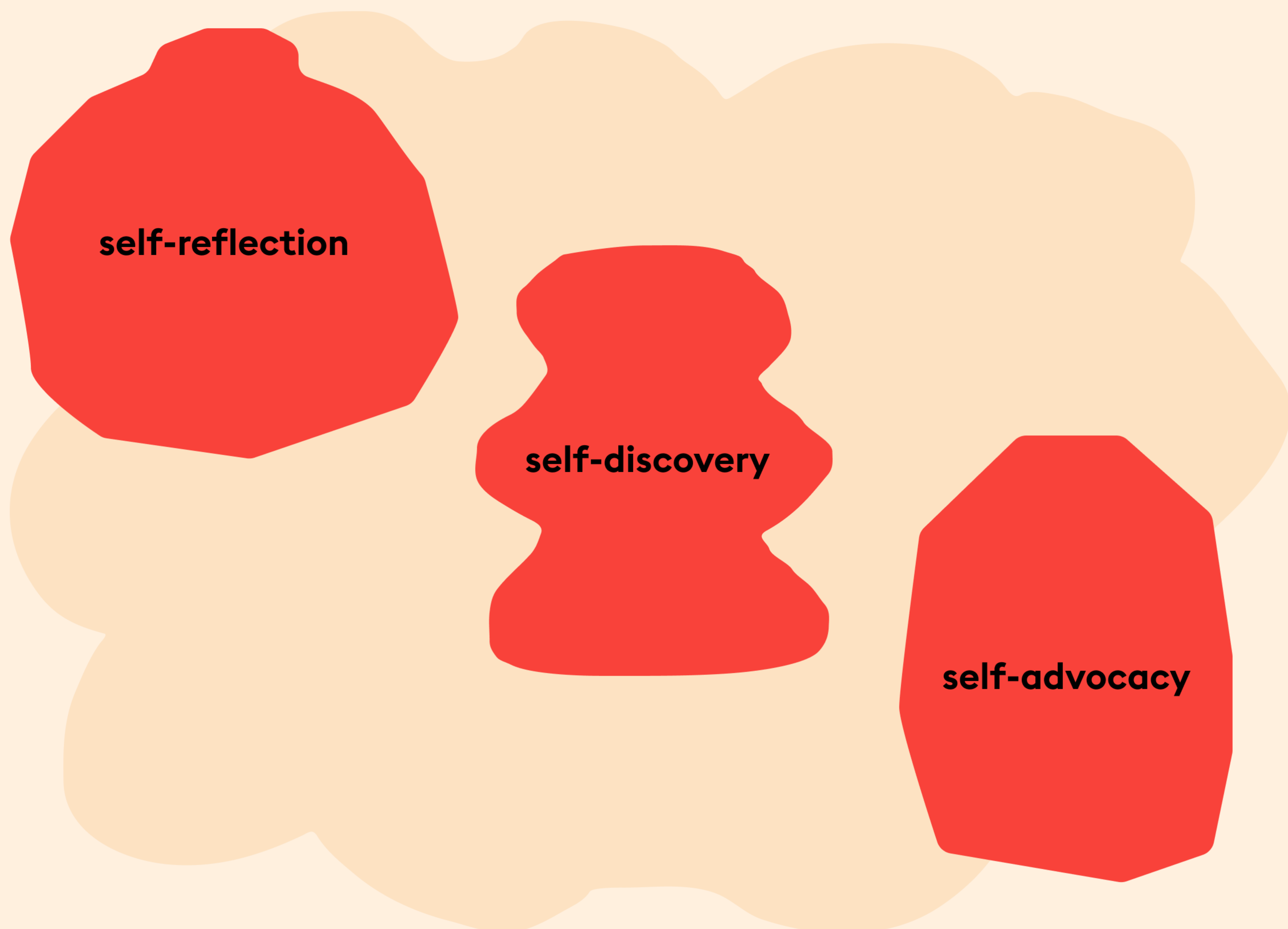
better understand our bodies and their normal functions, and advocate for ourselves when something doesn't seem "normal".

As you become more comfortable with your body and what it does, we urge you to continue this practice and encourage others to do the same! While it can be hard talking about peeing, bleeding, leaking and hormonal changes, the more we share with others, the more information we exchange, the more we can learn, and the more we can feel supported.

so...what is Body Literacy and what can we do in our everyday lives to normalize these types of conversations around our bodies?

below are 3 ways we can practice Body Literacy in our everyday lives:

Thinx's Body Lit Kit:



self-reflect: what do you wish you had a better understanding of when it comes to your body?

- can you predict when your cycle or period symptoms will start, or does it feel like a big mystery?
- when it comes to your hormones, cycle, and overall health, do you feel you understand what happens to you and WHY?
- is there anything your body does that you don't understand or want to understand better?

start tracking: once you have an idea of what you want to be more Body Literate about, begin tracking your bodily systems!

- 👤 this can mean tracking your digestive system, period cycle, activity levels, sleep activity, temperature, and more!
- 👤 talk to your doctor about what they think you should track.
- 👤 make it part of your daily routine. Eventually, you will begin to see how different habits, times of the month, or food/drinks you have impact your body!

talk to your doctor: Once you begin to understand what's 'normal' for your body, you may also get a sense of what is NOT normal.

this type of Body Literacy will help you advocate for yourself in the doctor's office if something ever feels off. here are some self-advocacy tips:

- bring the receipts! Point to where/when/how your body's symptoms occur. a lengthy track record helps the doctor understand the larger context.
- ask ALL your questions! Sometimes it's easy to shut down or not ask all the questions you have, because the doctor moves quickly or assures you that you're OK.
- get a second opinion! If you don't feel heard by your healthcare provider, try someone new until you feel heard, respected, and understood.