

Comprehensive Sexual Health Education Instructional Materials Review 2026

Introduction to Menstruation

Year Published/Revised: 2026

Publisher: PERIOD

Website: [Period.org | Education](https://period.org/education)

Full or Supplemental: Supplemental

Grade Level: 5–8

Student Population: General

Duration/Number of Lessons: One 75-minute lesson or five 20-minute lessons

Format and Features: Digitally available curriculum with a supporting facilitators guide.

Materials Provide Support for online or in-person learning: Yes

Available in Multiple Languages: English (publisher is working on Spanish, French, and Hindi translations).

Evidence-based/informed: Not evident

National Standards Alignment: No

Consistent with WA Health Education Standards? Yes

Consistent with Comprehensive Sexual Health Education Law? Yes

Consistent with AIDS Omnibus Act? N/A

Inclusive Materials/Strategies: Yes

Bias-Free Materials: Yes



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Primary Subject Areas and Topics Required by Law:

- ☒ Anatomy and Physiology, Reproduction, and Pregnancy (Pregnancy for Grade 6+)
- ☒ Growth and Development/Puberty
- ☐ Self-Identity (gender stereotypes, gender identity, sexual orientation, etc.)
- ☐ Prevention (general)
 - ☐ HIV/AIDS Prevention
 - ☐ Pregnancy Prevention
 - ☐ STD Prevention
 - ☐ Health Care and Prevention Resources
- ☐ Healthy Relationships (general)
 - ☐ Affirmative Consent
 - ☐ Bystander Training
 - ☐ Intrapersonal and Interpersonal Communication Skills for Healthy Relationships
 - ☐ The development of meaningful relationships and avoidance of exploitative relationships
 - ☐ Understanding the influences of family, peers, community, and the media throughout life on healthy sexual relationships

Reviewer Comments:

OSPI Note: Reviewed as a resource for grades 3–5 but determined to be age-appropriate for grades 5–8.

Med. Acc. Reviewer ID 416

Curriculum was very fun and engaging. They gave good and accurate information with helpful videos and demonstrations. They included references that provided good resources on where to get period supplies and who to see if you are having trouble with your period. The curriculum encouraged learner participation and worked to include discussions to decrease stigma throughout. They also focused on factual information to help with myth debunking. The appendix also had more great resources and accurate factual information that was easy to understand about the cycles and disorders that can affect periods. Great resource and appropriate for the designated age group.



Med. Acc. Reviewer ID 414

This is some of the best content in this curriculum. This information could and should be shown to all adolescents!

There is a slide talking about scented soaps and infection. You may want to consider changing infection to irritation or infection/irritation as it usually starts with irritation.

Med. Acc. Reviewer ID 415

Found this material accurate and appropriate.

Reviewer ID 407 (comments in reference to grades 3–5)

Starts with materials appropriate for 3–4 grade and progresses into more advanced, detailed information suitable for 5–7 graders. Points for discussion and action. Good, broad list of optional support people. Clear, complete facilitator's guide.

Lesson plans are clear step-by-step instructions with links and discussion questions. Handouts are clear with a summary of frequently asked questions.

Gr 5, example slide # 12 grammar, punctuation and word choice are wrong: "if someone receive their period"... Periods are not received.

Over-emphasis on menstrual stigma and period poverty in a biased way. The material claims to be global but ignores other major factors contributing to those "statistics", like hunger. Slide # 11 presents biased statistics: "84% missed a class or know someone who missed a class... they don't have access to menstrual products. 66% stated they don't want to be in school during their period."

""They know someone"" is not an accurate sample and many don't want to be in class because they don't feel well, not necessarily from stigma or poverty.

Reviewer ID 408

The slides are current and made in Canva. The videos on how to use menstrual products feature a voiceover by a younger person, which appeals to young women. There are no assessment materials or learning targets. However, the Presentation is broken down into 5 specific learning areas. There are also 5 appendices.

Reviewer ID 409

The curriculum is appropriate and accessible for 5th grade, but I would not recommend it for younger grades. There is too much complex information about anatomy, how to talk to healthcare providers, etc. that is too complicated for younger than 5th grade. There are no learning objectives and no clear desired outcome besides gaining knowledge.



Reviewer ID 403

I could not find the age group for this assignment, so that may need to be moved.

Page 3 slide 7 says the eggs just pops up into the ovary (not scientifically correct),

Slide 8, the lining of the uterus is not just for soft cushion, (it thickens so they egg can implant, then it nourishes the fetus by becoming more vascularized and is made up of epithelial cells, immune cells, stromal cells and vascular cells).

Slide 17 should give the abbreviation as well (ie OB/GYN) since that is likely how you would find an appropriate doctor for an appointment and what the abbreviation means.

Tampons are not inserted into the uterus, they are inserted into the vaginal canal

Reviewer ID 405

This curriculum is strong, accurate, and body positive. It effectively normalizes menstruation and provides practical guidance for students. As it is, though, it's probably too long and too detailed for grades 3–5. Some of the slides are text heavy and medically complex. With some trimming to stick to the basics (what a period is and how to talk about it positively) and simpler language, the minimum recommended content Part 1+Part 5 could work well for upper elementary. The videos on how to apply different period products are pretty easy to follow and might be useful too (e.g., pads and period underwear). Overall, it's a great resource, just needs to be simplified for this age group.

