



CEREDIGION'S
PERIOD DIGNITY SCHEME

MENSTRUAL HEALTH LITERATURE

Available at all secondary schools, through-age schools and town libraries in Ceredigion, is a selection of books carefully chosen to help young people navigate the world of menstrual health and periods!





THE AUTISM FRIENDLY GUIDE TO PERIODS (AGE 9-16)

Robyn Steward



FI YDY FI (AGE 8+)

Sian Eirian Lewis



THE GIRL'S GUIDE TO PUBERTY (AGE 9-15)

Shanicia Boswell



OWN YOUR PERIOD (AGE 9+)

Chella Quint



MY CHANGING BODY (AGE 10+)

Dr Giulia Marchesi & Francesca Palazzetti



MY PERIOD (AGE 9-11)

Milli Hill



YOU GROW GIRL! (AGE 9-12)

Dr Zoe Williams



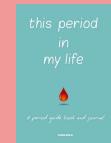
THE PERIOD POSITIVITY BOOK (AGE 11+)

Claire Chamberlain



THIS PERIOD IN MY LIFE (AGE 11+)

Saskia Boujo



WELCOME TO YOUR PERIOD (AGE 9-12)

Yumi Stynes & Dr Melissa Kang



GROWING UP FOR GIRLS (AGE 9-11)

Dr Emily MacDonagh



MY FIRST PERIOD BOOK (AGE 8-12)

Maris Grey





WELCOME TO THE FIRST PERIOD CLUB (AGE 9-14)

London Carousel



THE COMPLETE FIRST PERIOD GUIDE (AGE 8-14)

Rebecca Whitlock



FIRST PERIODS MADE EASY (AGE 8-12)

Bright Girl Press

For more information about
Ceredigion's Period Dignity Scheme, visit:

