



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



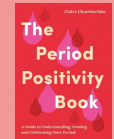
YOU GROW GIRL! (AGE 9-12)

Dr Zoe Williams



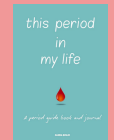
THE PERIOD POSITIVITY BOOK (AGE 11+)

Claire Chamberlain



THIS PERIOD IN MY LIFE (AGE 11+)

Saskia Boujo



WELCOME TO YOUR PERIOD (AGE 9-12)

Yumi Styne & 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:

