

me PERIOD


BLACK WOMEN'S
HEALTH IMPERATIVE

Film Discussion Guide





Welcome to the Me Period Discussion Guide

This guide is designed to help you spark meaningful conversations after watching the Me Period film. You can use it in many different settings:

- In classrooms with students
- With advocacy groups focusing on reproductive health issues
- For parents and caregivers talking with young people
- At community centers or health clinics
- For faith-based youth groups
- During women's health workshops
- At mother-daughter events or retreats
- Wherever people feel there is a need for open conversation about periods

Our goal is to open up honest talks about periods in a way that breaks down shame and builds understanding. Feel free to pick the questions that work best for your group and setting.

How to Use This Guide

- Watch the Me Period film with your group
- Choose topics from this guide that feel right for your setting
- Start with easier questions before moving to deeper ones
- Make sure everyone feels safe to share or just listen
- Remind everyone that there are no "wrong" feelings or experiences

The Film Serves as a Platform for:

- Breaking down stigmas around menstruation in our communities
- Sharing untold stories about navigating puberty
- Creating spaces for healing conversations between generations
- Providing factual information about menstrual health and body autonomy while dispelling harmful myths
- Addressing period poverty and access to menstrual products
- Bridging the gap between talking about reproductive health issues across the board
- Empowering people to become advocates for their own health and wellbeing



About the Film

"Me Period" is a powerful documentary presented by the Black Women's Health Imperative that explores menstruation, puberty, and motherhood through heartfelt intergenerational conversations. Featuring families and celebrities like Sheryl Lee Ralph and Tabitha Brown with their daughters, the film reveals how we navigate sensitive conversations about our bodies and periods with the next generation.

The film continues the legacy of BWHI founder Byllye Avery, who in 1987 created "On Becoming A Woman," one of the first films focused on destigmatizing menstruation and sexual education between mothers and daughters. Today, "Me Period" aligns with BWHI's key programs: My Sister's Keeper and Positive Period, which raise awareness about period poverty, normalize period conversations, and develop young advocates for reproductive health.

Why This Film Matters Now

Menstruation is a natural biological process, yet it remains wrapped in silence and shame in many communities. Despite steps forward, stigma continues to cast a shadow over the topic, keeping essential conversations and resources from reaching those who need them most.

This film arrives at a pivotal moment. Some states are attempting to delay menstrual education until the 6th grade—often well past when many young people experience their first period. It is essential for parents, caregivers, schools, and community organizations to equip young people with the knowledge and resources to become champions for their bodies and overall wellbeing.



TOPIC 1

FIRST PERIOD STORIES

DISCUSSION STARTERS

In the film, we hear many different stories about first periods – some filled with confusion, some with laughter, and some with tears.

- Which first period story from the film stayed with you the most? Why did it touch you?
- Did any of the first period experiences remind you of your own journey or someone close to you?
- How might we transform first period experiences into moments of celebration rather than shame?
- Many people in the film weren't prepared for their first period. What wisdom could help young folks feel more ready?

REFLECTION POINT

The way we first learn about our periods can color how we feel about our bodies for years to come. Sharing our stories breaks the silence and shows us that we aren't walking this path alone.



TOPIC 2

TALKING ABOUT PERIODS

DISCUSSION STARTERS

Many voices in the film spoke about the struggle to discuss periods openly with family members.

- Why do you think periods are often wrapped in silence or treated as something to whisper about?
- What creative ways could we make conversations about periods more comfortable in our homes and communities?
- Who deserves a seat at the table when we talk about periods? (Fathers, brothers, teachers, etc.)
- What was your introduction to learning about periods? Who guided you through that knowledge?



REFLECTION POINT

The way we first learn about our periods can color how we feel about our bodies for years to come. Sharing our stories breaks the silence and shows us that we aren't walking this path alone.

TOPIC 3

PERIOD EDUCATION & MYTHS

DISCUSSION STARTERS

The film showed that many myths and wrong ideas about periods get passed down.

- What myths or misconceptions about periods did you hear growing up?
- Dr. Chambers corrected many myths in the film. Which one surprised you the most?
- Why is it important to know the correct names for body parts?
- How might better period education in schools help young people?

REFLECTION POINT

Knowing the facts about our bodies helps us make better choices and feel more confident. When we learn accurate information, we can let go of shame based on myths.

TOPIC 4

PERIOD POVERTY & ACCESS

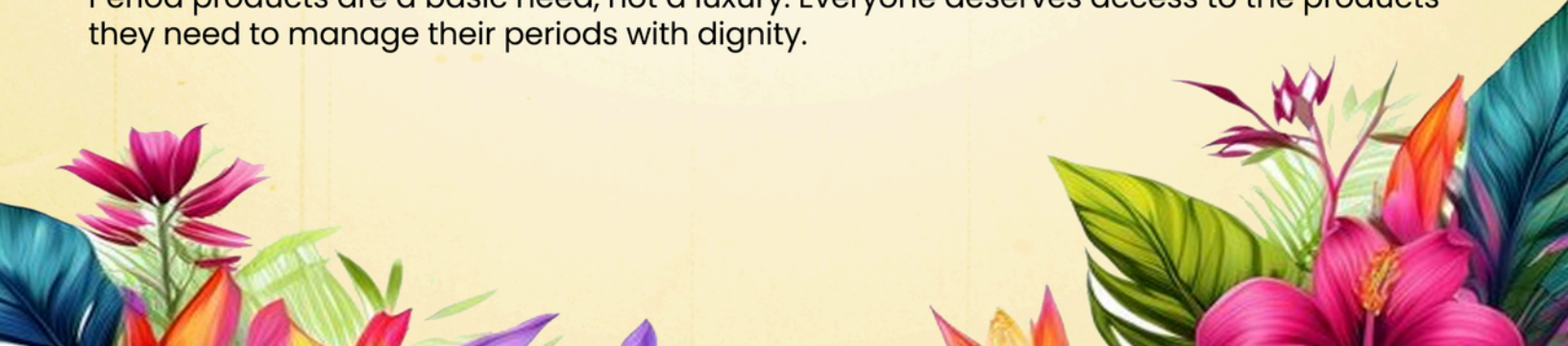
DISCUSSION STARTERS

Some women in the film talked about not being able to afford period products and having to use tissues or paper towels.

- How might not having proper period products affect someone's daily life?
- What could communities do to help make period products available to everyone who needs them?
- Why do you think period products aren't free in public bathrooms like toilet paper is?
- How might period poverty affect someone's education or work?

REFLECTION POINT

Period products are a basic need, not a luxury. Everyone deserves access to the products they need to manage their periods with dignity.



TOPIC 5

BODY IMAGE & DEVELOPMENT

DISCUSSION STARTERS

The film showed how puberty and periods can affect how young people see their bodies.

- How might early development affect how others treat young Black girls?
- What pressures about clothing and appearance did you notice in the conversations?
- How can we help young people feel good about their changing bodies?
- What did you think about the different conversations about "becoming a woman"?

REFLECTION POINT

Bodies develop at different rates, and there's no "right" timeline. Young people need support to feel comfortable with their changing bodies, no matter when those changes happen.

TOPIC 6

FAMILY COMMUNICATION & HEALING

DISCUSSION STARTERS

The film showed mothers and daughters sharing deeply personal stories and healing together.

- What touched you about the mothers' letters to their daughters?
- How can sharing stories across generations help families?
- What makes it hard for parents to talk about sensitive topics with their children?
- How can families create "safe spaces" for difficult conversations?

REFLECTION POINT

Open communication across generations can help break cycles of silence and shame. When parents share their experiences and listen to their children, everyone grows.

TOPIC 7

SELF-CARE & SUPPORT

DISCUSSION STARTERS

The film emphasized the importance of self-care for parents and support for young people.

- What self-care practices might help during difficult period days?
- How can friends support each other around period challenges?
- What does the statement "self-care is not selfish" mean to you?
- What kind of support do you wish you had received around puberty and periods?

REFLECTION POINT

Taking care of ourselves helps us better care for others. Creating supportive communities around periods and puberty benefits everyone.

TOPIC 8

SAFETY & BOUNDARIES

DISCUSSION STARTERS

The film touched on difficult topics around safety, consent, and protecting young people.

- How can we teach young people about setting boundaries while also keeping them safe?
- What conversations about online safety should families be having?
- How can we balance protection with allowing young people to grow and express themselves?
- What does "safe space" mean to you after watching this film?

REFLECTION POINT

Young people need both protection and the skills to navigate the world safely. Open conversations about boundaries and safety help prepare them for independence.

TOPIC 9

ADVOCACY & ACTION

DISCUSSION STARTERS

The film shines a light on the vital importance of fighting for better education and access to period products.

- What roadblocks to menstrual education do you see in your community, and how might we knock them down?
- How would you respond to those who claim young people are "too young" to learn about their bodies?
- What changes would you love to see in schools regarding period education and access to products?
- How can we stand tall as advocates for period dignity in our homes, schools, and communities?

REFLECTION POINT

Advocacy blooms in many gardens – from kitchen table conversations with our own families to marching for policy changes. Each of us holds the power to create a world where periods are honored with respect and dignity.

WRAP-UP ACTIVITIES

PERSONAL REFLECTION

Take a few minutes for everyone to write down:

- One new thing they learned
- One conversation they want to have with someone
- One action they might take based on the film

GROUP COMMITMENTS

As a group, discuss:

- What is one small thing we could do to make talking about periods more normal?
- How might we support period dignity in our community?
- What resources do we need to learn more or take action?

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