

Product information sheet - FPA's Period Pack

There are a huge variety of period products accessible and at FPA we want to simplify your journey when teaching about 'periods' and the products available. Below is a list of some of the most popular products.

The Period Pack includes:

- 15 x Periods Booklet
- 15 x 4 Girls Booklet
- 15 x 4 You Booklet
- 1 x Period Pants
- 1 x Menstrual Cup
- 2 x Tampax Regular
(cardboard applicator tampons)
- 2 x Tampax Super
(cardboard applicator tampons)
- 2 x Tampax SuperPlus
(cardboard applicator tampons)
- Lil-lets teens starter pack:
 - 4 x teens day pads
 - 2 x teens night pads
 - 2 x lite non-applicator
 - 2 x regular non applicator tampons
 - 1 x super non applicator tampon
 - 1 x becoming a teen booklet



Remember to always wash your hands before and after using period products.

The information in this sheet is suitable for those 8 years old and upwards who are close to entering puberty, or who may even have started their periods already. FPA appreciates that not all girls who will have this experience will identify as a girl and this should be taken into consideration.

*FPA do not promote any brand.
We have worked closely with a number of
manufacturers in producing the Period Pack.*

Product information sheet - FPA's Period Pack

Pads

Pads are rectangles of absorbent material that come in a variety of sizes, from normal, long to night. Some have wings for extra security. And all come with a sticky backing strip that holds onto underwear so they don't move around. They have different absorption capacity and pads that you can use at night, which are longer.

Tampons

Tampons are period products that are worn inside the vagina, they all come with a string that hangs outside the body for removal.

There are two types of tampons; applicator and non-applicator.

Non-applicator tampons are guided into place by using your fingers. Applicator tampons come with a plastic or cardboard tube that you use instead of your fingers, the tubes help push the tampon into place.

They come in a variety of absorbencies and every pack of tampons carries full instructions for use and important health and safety information.

Panty liners

These are just like pads but thinner and smaller. They can be used to help capture discharge, keep you feeling clean and fresh, or on very light days of your period, usually at the beginning or end.

Period pants

Reusable pants come with extra absorbent layers in the gusset section. They can be rinsed and washed in cold water and reused again and again.

Menstrual cup

Just like tampons menstrual cups collect fluid from inside the body. They can be worn for 4-8 hours before emptying, cleaning and then reinserting. They are made of a soft silicone making them easy to insert and remove.



Period Pack
Available at
fpa.org.uk