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Hello October

Are you gearing yourself up for **the period talk** with your class at Lancashire Healthy Schools Programme? Use our **free and interactive resources** to empower you to deliver the topic with confidence and ease, plus we ensure you're fully supported with our comprehensive delivery notes, student booklets and parent letters.

Over **99% of you would recommend our resources to a colleague** - yep, we're that good! So what are you waiting for?

[Go to resources](#)



Our animations are our most popular resource - they help explain how the menstrual cycle works and how to use a pad or tampon.

Have you visited our Tes x betty hub?

Tes and betty for schools have joined forces to explore **the most effective ways to approach teaching period education**. Expert teachers offer their advice on how to get the conversation started in your school, creative ways to put your class – and yourself – at ease, and how to dispel the myths and stigma around periods. Grab yourself a cuppa and have a read...

[Go to the Tes x betty hub](#)



bettypad samples

The demand for **our classroom sample packs** was HUGE - well done to the first 1,000 schools for snapping them up. We'd love to hear what you think about them and how you use them in lessons!

Want to know more about **bettypads**?

[Find out more](#)

Parents' hub

For even more advice and expertise on periods, pads and puberty, have you directed your students' parents to our Parents' Hub? They'll have all of their **puberty know-how** for both boys and girls in one handy spot, including top tips on mood swings.

[Go to the hub](#)





GO RED

the eve appeal protecting women from **gynaecological** cancers

Get involved with **Go Red!**

Our friends at The Eve Appeal are encouraging schools across the UK to hold their own **Go Red day** to help make sure that girls and boys know their bodies – and to show that you don't need to be embarrassed when talking about gynae health. Click the button below to sign up for **your free Go Red fundraising pack!**

The Eve Appeal raises funds for and awareness of all five gynaecological cancers – womb, ovarian, cervical, vulval and vaginal – to protect the women of the future.

[Get your pack](#)



Say hello to us [@bettyforschools](#) - we love to hear from you!

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