



Te Tāhuhu o
te Mātauranga
Ministry of Education

IT'S ALL GOOD!

EPISODE #1.

Marama's First Period

EPISODE #2.

A Celebration for Marama

EPISODE #3.

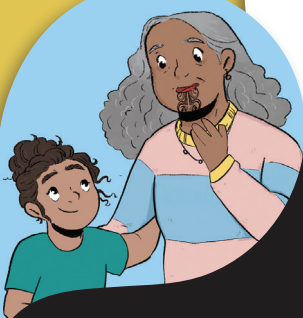
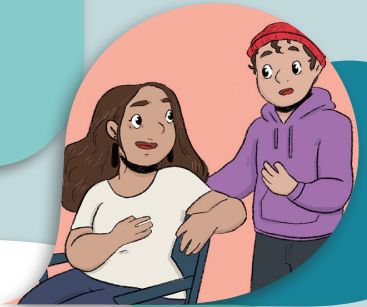
Marama's Next Ikura

EPISODE #4.

Marama's School Camp

EPISODE #5.

Marama Helps a Friend



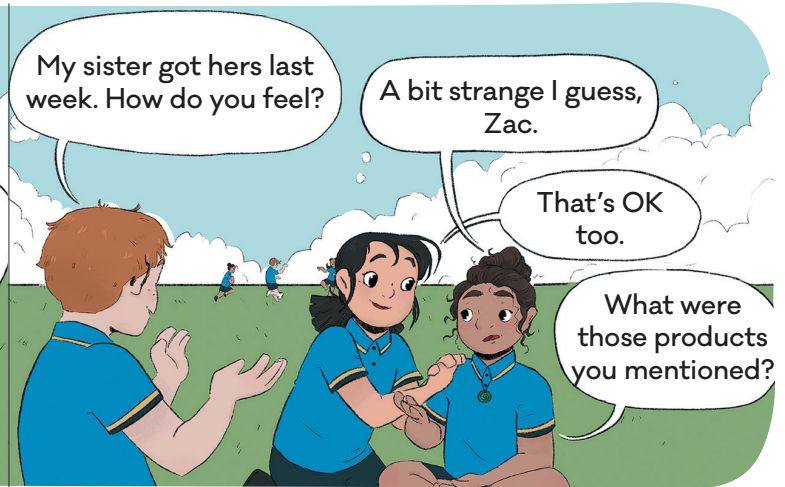
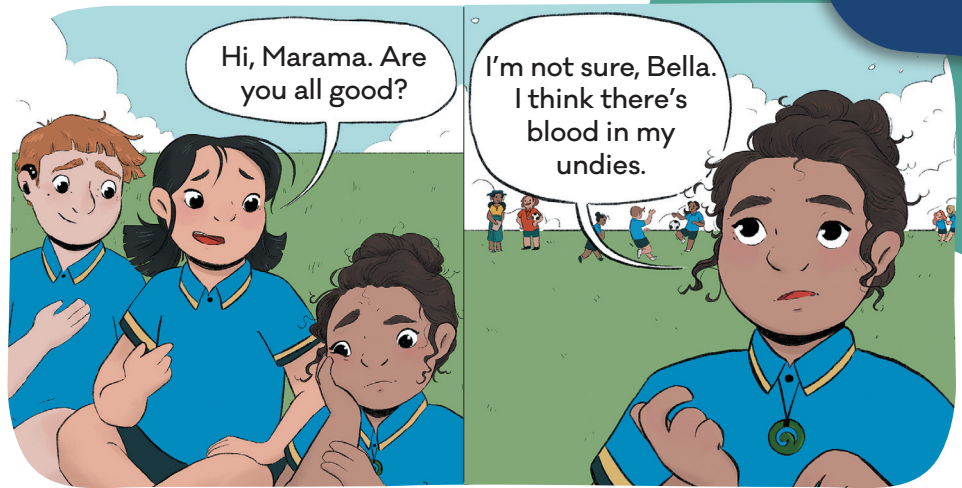
Ikura

Manaakitia te whare tangata
Period Products in Schools

IT'S ALL GOOD!

EPISODE
#1

Marama's First Period.



Ikura
Manaakitia te whare tangata
Period Products in Schools



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MARAMA'S FIRST PERIOD.

In this story, Marama's Ikura (period) arrived for the first time. Read the story, then see if you can answer these questions.

- How do you think **Marama felt** at the start of the story?
- How do you think **Marama felt differently** at the end of the story?
- How did Bella and Zac each **help and support** Marama?
- Who will Marama and her friends **ask for help** to get a pad from school?



Get the facts: THE ARRIVAL OF IKURA

IKURA (A PERIOD), is when blood and tissue from inside the womb (uterus) leaves the body through the vagina. A person will know that their period has arrived when there is blood coming out of their vagina. Ikura has many names, including period, menstruation, moon-blood and waiwhero. **Do you know any other words for ikura?**

THE FIRST IKURA WILL ARRIVE WHEN A PERSON'S BODY IS READY, usually between 9 and 15 years old. The average age for ikura to start is 13 years old. Bleeding usually happens about

once a month, but at first, it may arrive earlier or later for a few years. After that, there are usually about 23 to 35 days between the start of one ikura and the next. **Bleeding usually lasts 3 to 7 days depending on the person.**

IF YOU THINK THAT YOUR IKURA MIGHT START SOON, it's a good idea to talk to an adult you trust. You could talk to someone at home or a teacher. They can help you find a period product, like a pad or tampon, which will catch the blood before it gets onto your clothes.

IF YOUR IKURA HAS ALREADY STARTED, and is a little bit different from other people's, don't worry. You will get used to what

is normal for you. If your ikura is not what you expect, or if you are worried, check with someone you trust.

STARTING YOUR FIRST IKURA IS PART OF 'PUBERTY', a time when bodies start to change as people grow up from a child into an adult. In the story, Bella talks about some other parts of puberty, like growing hair and getting pimples. **Do you know any other signs of puberty?**

See if you can find out by talking to an adult you trust. They can support you with any changes you notice.



IKURA IS PART OF GROWING UP. Just like Marama, it's good to talk about this.

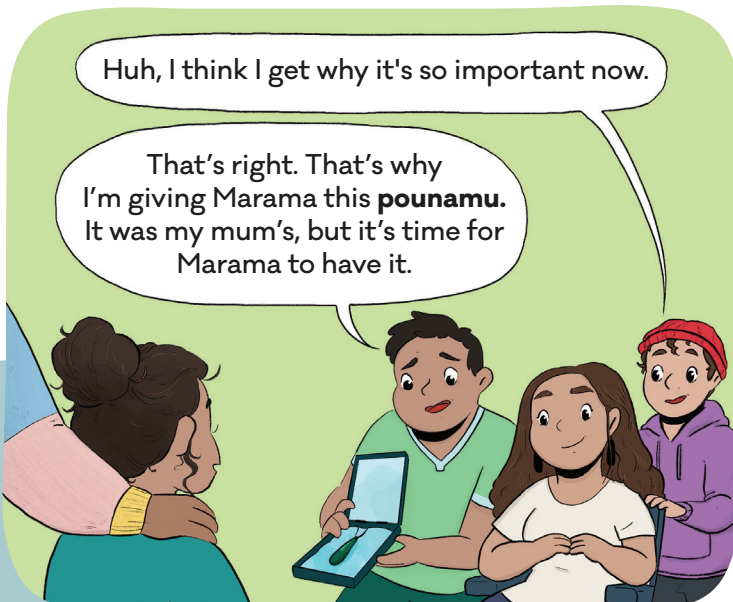
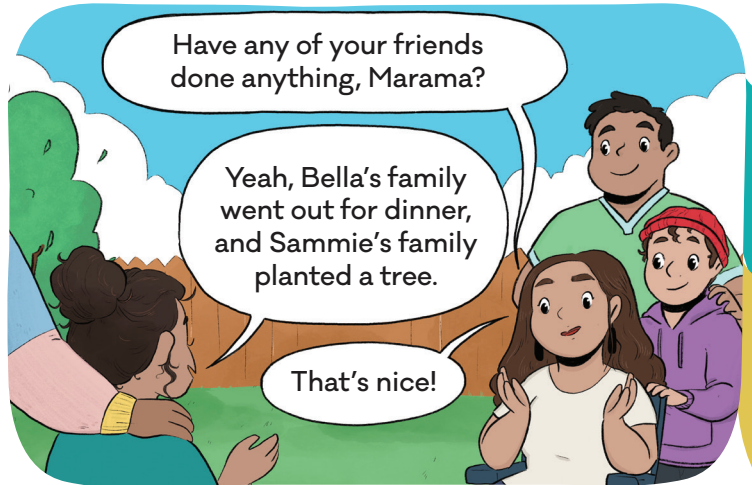
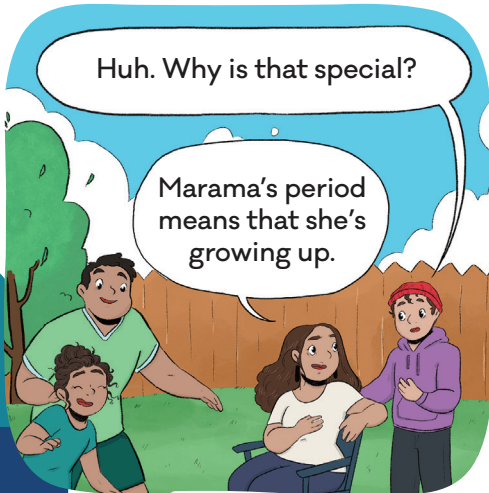
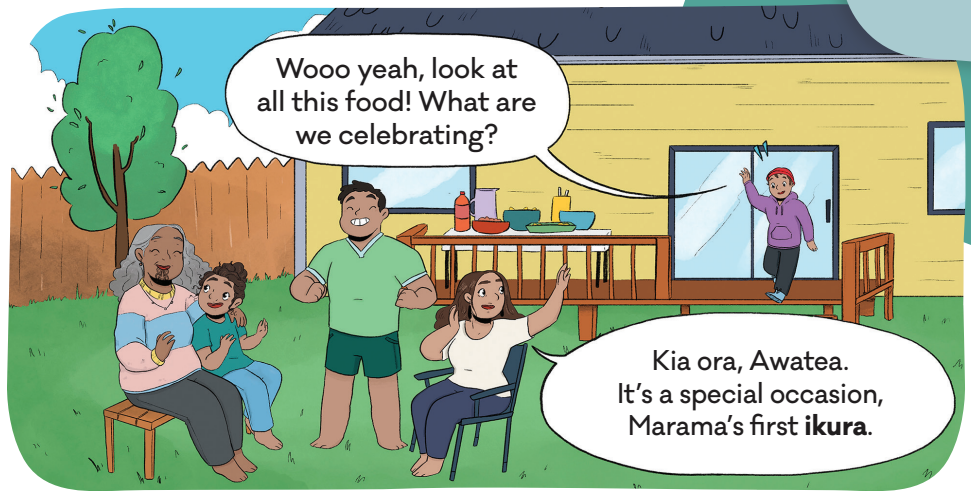
The Ikura | Manaakitia te whare tangata—Period Products in Schools Initiative from the Ministry of Education is supporting schools and kura around the country to offer free period products, including pads and tampons, to all students. **Talk to a teacher to find out whether they have free products available.**

Find out more about the Ikura initiative at the Ministry of Education website.

IT'S ALL GOOD!

EPISODE
#2

A Celebration for Marama.



Ikura
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A CELEBRATION FOR MARAMA.

In this story, Marama's whānau celebrate her **ikura** (period).
Read the story, then see if you can answer these questions.

- How does Marama's **whānau** **celebrate** her ikura?
- How many **different ways to celebrate ikura** can you find in the story?



Get the facts: CELEBRATING IKURA

IN THIS STORY, YOU READ ABOUT HOW MARAMA'S FAMILY CELEBRATED HER FIRST IKURA (PERIOD).

You also heard about how Marama's mum and nan celebrated their first ikura, with nan receiving her moko kauae. **Does your family have a special way of celebrating ikura?**

MARAMA'S FAMILY CELEBRATE BECAUSE THEY SEE IKURA AS SPECIAL, IMPORTANT, AND SACRED.

Celebrating ikura is part of Māori traditional customs and practices, which we know about thanks to the work of Dr Ngahuia Murphy. Marama's Nan said that ikura links back to a creation story—the **kōrero tuku iho**. See if you can find the story of Ranginui and Papatūānuku. **You could ask your teacher or look in a library.**

HAVING A CELEBRATION FOR IKURA ISN'T JUST SOMETHING FROM HISTORY. EVERYONE CAN DO IT!

Even if you have already started, it's never too late to celebrate. You don't have to do the same things as Marama's family. You could have a party, visit a special place, or just stay home and relax.



GLOSSARY

Moko kauae—Cultural tattoo on a Māori woman's chin and lips. A moko kauae represents a woman's whānau, whakapapa, reclamation, a journey, symbolism that resonates with the individual.

Kai—Food

Kōrero tuku iho—Stories that have been handed down through generations that link right back to **atua Māori** (traditional deities) and the creation story.

Papatūānuku—Earth Mother in Māori traditional stories

Pounamu—Greenstone, a treasure or gift

Whānau—Family

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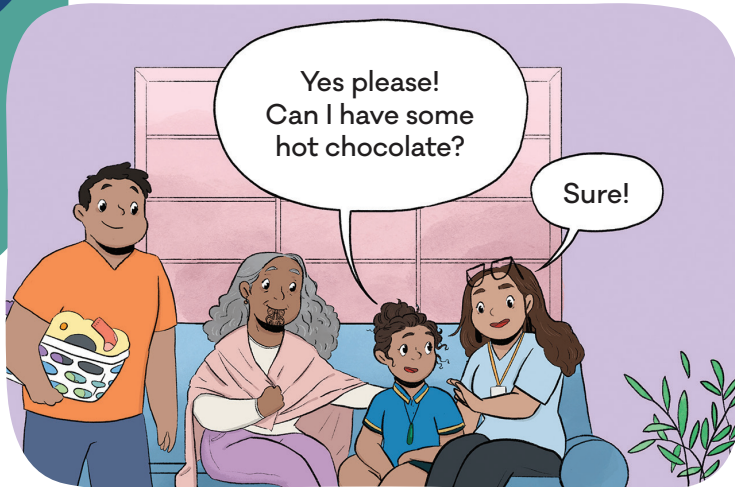
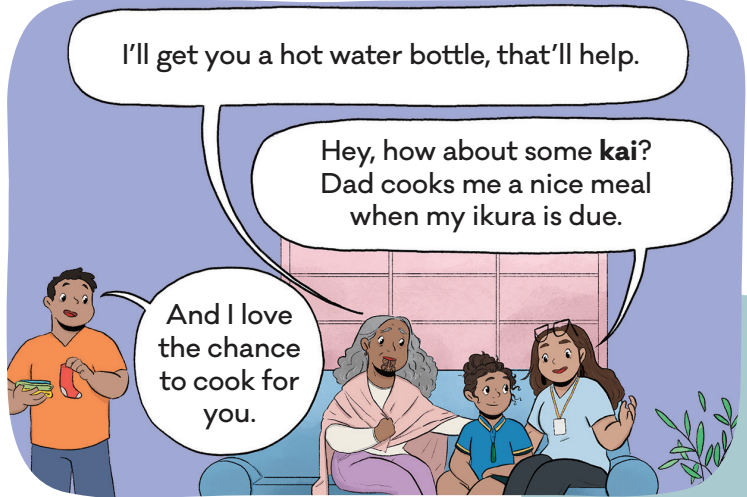
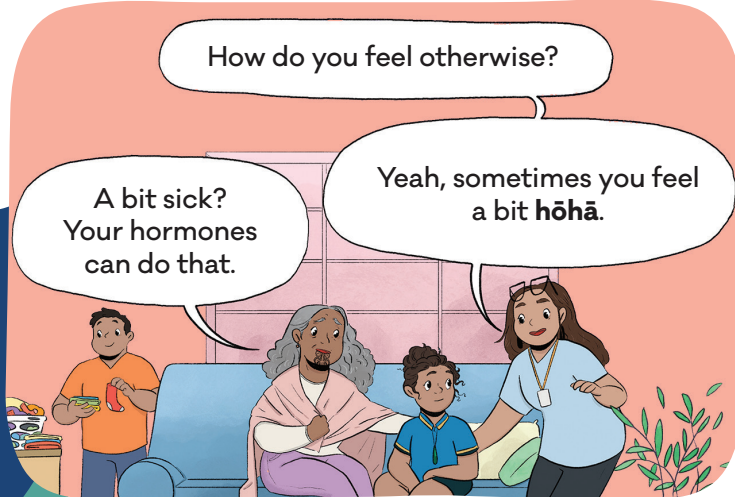
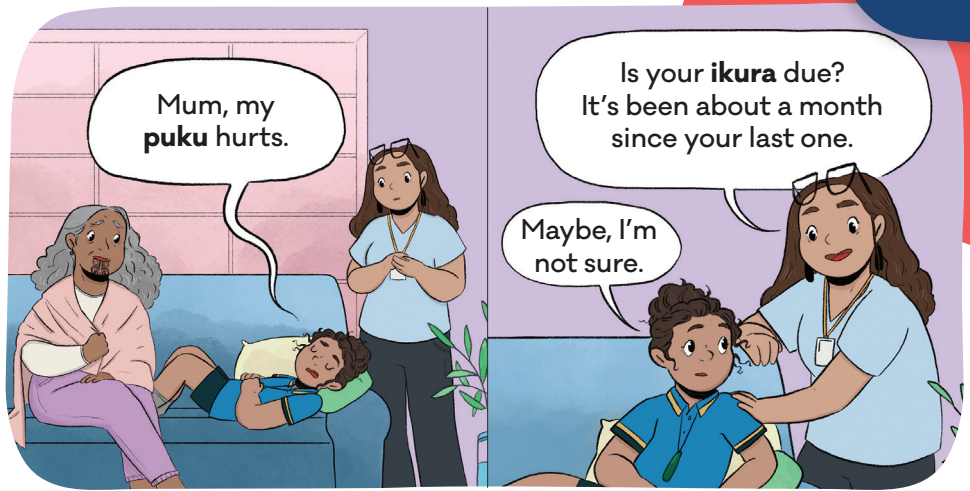
Ikura

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Period Products in Schools

IT'S ALL GOOD!

EPISODE
#3

Marama's Next Ikura.



Ikura
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IT'S ALL GOOD!



MARAMA'S NEXT IKURA.

In the story, Marama's family help her when she is expecting her **ikura (period)**. Read the story, then see if you can answer these questions.

- What helps you **feel better** when you **feel unwell**?
- If you had a sore puku like Marama, **who would you go to for help?**
- What did **Marama's mum and nan** say could help her feel better?



Get the facts: PMS AND THE MENSTRUAL CYCLE

LEADING UP TO THE FIRST DAY OF THEIR PERIOD, some people feel the same as usual but some people, like Marama, feel unwell. We call this **pre-menstrual syndrome, or PMS**.

PEOPLE WHO GET PMS MIGHT FEEL A FEW DIFFERENT THINGS like a headache, stomach pain (cramps) or bloating, or sore breasts, in the week before their ikura. They might also feel a bit anxious, tired, more hungry than normal, or have mood swings.

If you are worried about PMS, it's ok—these feelings don't usually last a long time. Most of them stop soon after the first day of your ikura. It's all part of the **menstrual cycle**, the natural changes which happen around puberty. We call it a 'cycle' because it keeps happening each month or so.

You won't keep having a menstrual cycle forever. Only until you're about 45-55 years old, then it stops. We call this **menopause**.

IF YOU OR SOMEONE YOU KNOW HAS PMS, HERE ARE SOME THINGS YOU CAN DO TO HELP:

- **Eating healthy food, like vegetables and fruit**, and food that has calcium in it like yoghurt, cheese and lentils can help you feel better. Good quality protein and grains are also great for PMS.
- **Drinking enough water** on the days before and during your ikura will help you stay hydrated and feel better.
- **Using something warm, like a hot water bottle, wheat bag or warm bath**, can help with painful cramps or sore puku.
- **Exercising, moving, and getting outside into nature** can help you feel better and lift your mood.

If you feel a lot of pain, or if you are worried about PMS, talk to an adult as soon as possible. You can also talk to someone like a doctor or nurse. If someone you know has PMS or painful periods, **let them know that It's All Good for them to talk to other people and get some help.**

GLOSSARY

Hōhā—Grumpy or upset

Kai—Food

Puku—Stomach



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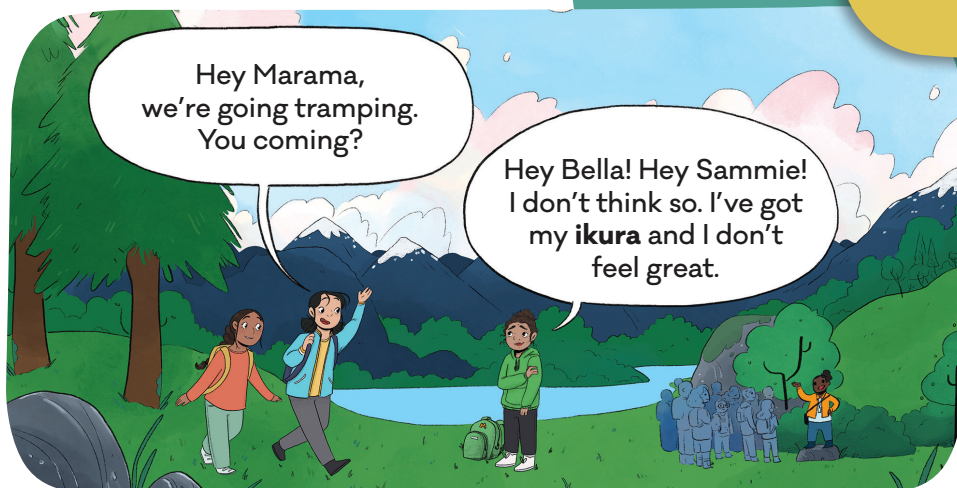
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EPISODE
#4

Marama's School Camp.



Ikura
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IT'S ALL GOOD!

MARAMA'S SCHOOL CAMP.



In this story, Marama's **ikura (period)** arrived while she was at school camp. Read the story, then see if you can answer these questions.

- If you were on camp with Marama, **what would you say** to help her feel better?
- Have you seen any bins for **period products at your school?** Where are they?
- Why do you think it's important to **wash your hands before and after** you change your period product?



Get the facts: DAILY LIFE DURING IKURA

YOU CAN'T USUALLY TELL when someone else has their **ikura (period)**. Many people do the same things like going to school or playing sports, even when they have their ikura.

If you've got your ikura you might want to get outside and be active, or you might feel like you need to rest up. For some people, resting, being outside and connecting to nature is important while they have their ikura.

IF SOMEONE YOU KNOW HAS THEIR IKURA, you can be a good friend, like Bella and Sammie, by asking what they want to do. They might want to choose some different activities for a few days. When you have your ikura, the choice is yours. Whatever you do—**It's All Good.**

USING PERIOD PRODUCTS

Ms Mene gave Marama some great advice about using **pads**, which also applies if you use **tampons**. Ms Mene said that it's important to wash your hands before and after you use a period product. This helps stop germs from spreading.

PADS AND TAMPONS NEED TO BE THROWN AWAY IN A BIN, not a toilet, after you've used them once. Some bathrooms have special bins for this, which are usually next to the toilet.

You'll know it's time to change your pad or tampon when it is covered with blood, or you have been wearing it for a few hours.

Some pads and tampons are larger so that you can sleep all night with no worries. No need to get up and change them. Some are also made for heavier flow, which means that they can hold more blood than other types. You might want to use them if you find you need to change your pad or tampon a lot. **Read the instructions that come with each product to find out what type you have.**

EVEN IF YOU DON'T HAVE AN IKURA YOURSELF, it's all good to talk about them and learn more so that you can help your friends and family.



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EPISODE
#5

Marama Helps a Friend.





IT'S ALL GOOD!

MARAMA HELPS A FRIEND.

In this story, Marama helps Sol to use a pad. Read the story, then see if you can answer these questions.

- How do you think Sol felt **at the beginning of the story?**
- Do you think Sol felt differently **at the end of the story?** What had changed?
- If your friend asked you **about using a pad**, how would you help them?



Get the facts: PERIOD PRODUCTS

IN THE STORY, SOL IS USING A PAD FOR THE FIRST TIME. But did you know that you can use other types of period products, not just pads?

PADS are long, thin strips of material with one sticky side and one soft side. The sticky side attaches to your underwear, and catches blood after it has left the vagina. The ones your school has are disposable. This means that you need to throw them away after using them once. Pads come in different sizes so you can choose one which fits comfortably.

TAMPONS are short, round tubes made of cotton wool-type material. They go inside the vagina and soak up the blood. Some tampons come with an applicator which guides the tampon into the vagina, and

some are pushed in with your finger. There are different sizes of tampons to choose from, so you can choose the right size that is comfortable for you.

TO FIND OUT WHICH PERIOD PRODUCT IS RIGHT FOR YOU, talk to someone that you feel comfortable with, like your parent, teacher, or someone in your family. Your school will have some pads and tampons for you to use. The tampons provided through the Ikura initiative do not come with applicators.

IF YOUR FRIENDS ASK YOU ABOUT PERIOD PRODUCTS, you can tell them what you know. Just like Marama, you can help your friends find out more about ikura. **It's great to share what you've learned.**

USING PERIOD PRODUCTS

No matter whether you use a pad or tampon, there are a few important things to remember before and after you use one.

- **BEFORE AND AFTER YOU USE A PAD OR TAMPON,** wash your hands with soap and dry them carefully. This stops any germs on your hands from getting onto the period product.
- **DISPOSABLE PADS AND TAMPONS NEED TO BE WRAPPED UP** and thrown away after one use. You could wrap them in toilet paper or use the wrap they came in.



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