

Talk about what parts of it are uncomfortable and what parts of it are exciting!

People's comfortability level may vary, and this is often due to how people have been socialized to view menstruation, blood, cleanliness, and bodies. While it is important to respect people's comfortability levels and boundaries, it can also be beneficial to discuss menstruation and the sexual stereotypes that surround it.

It's always essential to get consent before experimenting with sex and menstruation.

Sources:

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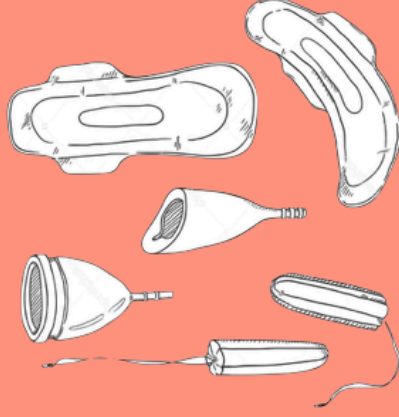


Menstrual blood can be a natural lubricant! And hormonal shifts that occur during menstruation leave some people feeling more sexually active than usual. Period sex is safe and natural; just always make sure to be aware of possible spills and stains!

It can get messy, but it's not "dirty" or "gross."

Sex and Menstruation

A queer sex ed community curriculum zine



A zine full of questions, myths, and fun facts about sex and menstruation.



Orgasms flood bodies and brains with lots of endorphins, and some of these have pain relieving effects! It's not a guarantee, of course, but many people claim that sex and masturbating help relieve their body aches.

Orgasms can relieve cramps and headaches!

Period sex isn't gross!

People of all genders menstruate and it happens every month! So not only is menstruation incredibly common, but it is incredibly frequent. This means that menstruation and sex undoubtedly cross paths. There are many sexual stereotypes, myths, and questions about having sex while someone is menstruating.

Menstruation occurs when the inner lining of the uterine wall sheds. This process can last from 3 - 6 days, during which people experience a wide array of **both pleasant and unpleasant** symptoms; cramps, headaches, cravings, shifts in mood, increased libido, and many more.



Yes! It is a pretty common myth that people can't get pregnant if they have sex while on their period. Often, the period of fertility, when a person is ovulating, directly follows menstruation. But menstruation cycles are different for everyone, and can be different month to month! This means that having sex while someone is menstruating does not prevent the chance of pregnancy; the possibility is very much still there.

Can someone get pregnant while they're menstruating?

Is it safe and clean to have sex while one of us is having their period?

Yes! Having sex while one or both partners are menstruating does not increase any health risks - but the usual risk of STI's, STD's, and pregnancy are still present.

