

# Sex During Period Menstrual Cup

**Out for Blood** - Breanne Fahs 2016-09-30  
Frames menstruation as a site of resistance, defiance, and shamelessness, showcasing the work of those who fight back against shame and silence. Winner of the 2017 Distinguished Publication Award presented by the Association for Women in Psychology Transporting the reader to worlds in which Komodo dragons prey on menstruating women, artists prowl the streets of Spain in blood-stained pants, and the myths of women bleeding in synchrony with each other are drawn and redrawn, these eleven essays on menstruation and resistance evoke thought-provoking tensions between silence and confrontation, shame and rebellion, and compliance and disobedience. Fusing together

gender and feminist theory, critical body studies, political activism, and menstrual anarchy, Breanne Fahs illuminates the troubling omissions of menstrual coming-of-age narratives in the museum, the outdated terminology of “feminine hygiene,” and the moral panics about blood that erupts from in and outside of our bathrooms, classrooms, and cell phones. Borrowing from a multitude of voices—single moms, trans teenagers, zine makers, menstrual artists, college students, tour guides, French philosophers, and culture jammers—Fahs forcefully argues for a new culture of menstruation, one where the joys, rhythms, and controversies of menstrual cycles collides with the defiant, shameless, and bold new

possibilities of menstrual resistance. Breanne Fahs is Associate Professor of Women and Gender Studies at Arizona State University. She is the author of *Performing Sex: The Making and Unmaking of Women's Erotic Lives*, also published by SUNY Press, *Valerie Solanas: The Defiant Life of the Woman Who Wrote SCUM (and Shot Andy Warhol)*, and the coeditor (with Mary L. Dudy and Sarah Stage) of *The Moral Panics of Sexuality*.

[Welcome to Your Period](#) - Melissa Kang  
2019-08-01

A frank, funny, age-appropriate guide for pre-teens about getting your period, from Dr Melissa Kang (a former Dolly Doctor) and Yumi Stynes (all-round excellent woman). Getting your period for the first time can be mortifying, weird and messy - and asking questions about it can feel even worse. But it doesn't have to be like that! This little book is packed with honest advice on all the things you need to know: from what cramps feel like to whether you can feel it

coming out, to what you should do if your pad leaks onto your clothes. *Welcome To Your Period* includes case studies, first-person accounts and questions from real teens (and answers from real experts - us!) so you can manage your period like a boss. Winner of the 2020 ABIA Book of the Year for Older Children. Longlisted for the 2020 ABDA Best Designed Children's Non-Fiction.

**The Hormone Diaries** - Hannah Witton  
2019-06-13

An honest, funny and feminist take on living with your period (and hormones!), by the award-winning sex education and body positivity champion, and author of *Doing It!*, Hannah Witton. When it comes to periods, we're often expected to cope with it quietly. But our periods and our hormones affect every area of our lives - so I am done with scuttling to the toilet with a tampon up my sleeve. It's clear that I'm not the only one aching to be more open about this.

When I reached out to the online community, I

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received an outpouring of raw, real and hilarious stories about what we go through simply for having a uterus. From first periods to first coils, pimples to hot-water bottles and PCOS to endometriosis, *The Hormone Diaries* is your essential companion on the hormone rollercoaster. Filled with Hannah's insights, fascinating research and those priceless crowdsourced stories, it's the reassuring hug we all need. At least 50 per cent of the world has to deal with this stuff - it's time we started talking about it.

[Be Period Positive](#) - Chella Quint 2021-07-08  
Period positivity starts with asking questions. This informative, irreverent, and absorbing book covers all your period-related questions - why they're taboo (and needn't be) and how to navigate the whole bleeding thing, from first periods to fertility, euphemisms to uteruses, menstrual products to menopause. Let's get period positive. It's about bloody time. Feel your best at any time of the month! This science-

backed menstruation book is full of good advice and friendly tips to give you the tools to re-frame your thinking and learn to love your cycle. This frank, funny, and fascinating menstruation guide from Period Positive movement founder and menstrual researcher, Chella Quint's offers: - A practical, science-backed guide to your period with arresting infographics, and anatomical diagrams - Answers to all your period-related questions, exploring topics like the functions and effects of hormones, when periods "normal" or "abnormal," hormonal birth control, sex, fertility, pregnancy - Explanations of common female health conditions such as PCOS and endometriosis Light or heavy, early or late, painful or painfully bad timing - periods can be a nightmare. With its beautiful visuals and question and answer format, *Be Period Positive* provides practical advice on managing the common symptoms most women have during their period - from easing cramps to using a menstrual cup, coming off the pill and managing

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PMS. Find answers to the common period myths like whether your menstrual cycle is linked to the moon or if period syncing is a thing. Explore how periods evolved and what is going on in your body to deepen your understanding of your cycle. This period positive book includes sections that will help you "hack your period". Learn how adapting your diet, exercise, and other strategies can help you manage hormonal fluctuations' physical and emotional effects. Learn how to recognise when you're at your most receptive, creative, and vulnerable so that you can get the best out of every stage of your cycle.

### **The Palgrave Handbook of Critical Menstruation Studies** - Chris Bobel

2020-07-24

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research

and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

*Women's Health Vagina University* - Editors of Women's Health Maga 2018-05-15

Class is in session! From IUDs to UTIs, periods to pregnancy, and menstrual cups to cervical caps, Women's Health Vagina University teaches the modern woman everything you need to know about your most intimate parts—even if you are uncomfortable saying "vagina" out loud.

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Women's Health Vagina University challenges stigmas directed at women's bodies and sexuality, offers advice and support, and explains how your vagina's health can impact your overall health. It also includes:

- A quick overview of all things anatomical and biological that you learned in health class in middle school. The birds and the bees haven't changed, but even the teacher's pet can use a refresher!
- Information on choosing the right gynecologist, birth control, period solution, and anything else a woman might have to choose in any circumstance. It is her right, after all.
- Eye-opening and entertaining facts about the history of women's healthcare and vagina-related issues all over the world.
- Straightforward guide to all the signs and symptoms that show up when there is something wrong down there and a trip to the OB-GYN is just what the doctor ordered.
- Body- and sex-positive discussions about consent, pleasure in its many forms, and achieving the all-important O in a world filled

with stereotypes and misinformation.

- Myth-busting truth-bombs that separate the cold, hard facts from the old wives tales, distortions, and misleading political rhetoric. Women's Health Vagina University aims to dispel the myths, unpack the lies, explain laws, and define words that confuse and limit women, and empower you to take full control of your health, your bodies, and your futures.

Puberty in Numbers - Liz Flavell 2020-11-26  
Embarrassment can do one! This entertaining guide to puberty gives you all the information you need to hold your head up and enter puberty armed with solid facts. Puberty need not be scary and unknown. With a colourful and cool design, and bite-size text with attention-grabbing numbers and visuals, find out the facts and stats behind growing up, from how much extra hair you'll grow, to how puberty might make you feel, and what happens when puberty hormones kick in. Written in a straightforward, down-to-earth way, this book will give you all the

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information you need to understand and be reassured by any changes puberty throws at you. The book emphasises body positivity and reassures you that everything you are experiencing is totally normal! It also includes a section on gender identity and sexuality. For children aged 9+, this book is an excellent resource for the PSHE curriculum, and the 2020 RSE curriculum, including consent. While it is perfect for parents, teachers and carers to use for discussion topics, it is also accessible for children to read for themselves.

[The Little Book of Vaginas](#) - Anna Lou Walker  
2021-08-12

It's time we talked about vaginas. Debunk the myths and gain a better understanding of everything you were never taught, including: The amazing things the vagina does Advice on the most common complaints The vagina in pop culture Separate fact from fiction and change the way you think and talk about your wonder down under.

**Flow** - Elissa Stein 2009-11-10

In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. Flow spans its fascinating, occasionally wacky and sometimes downright scary story: from mikvahs (ritual cleansing baths) to menopause, hysteria to hysterectomies—not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th grade. Flow answers such questions as: What's the point of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods—a hot idea or not? Sex during your period: gross or a turn-on? And what's normal, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process. As irreverent as it is informative, Flow gives an everyday occurrence its true props - and

eradicates the stigma placed on it for centuries. **The Female Reproductive Tract Microbiome - Gatekeeper for Sexual and Reproductive Health** - Mariya Ivanova Petrova 2023-03-21  
An optimal female reproductive tract (FRT) microbiome represents a cornerstone for successful reproductive and sexual health. Although understanding the link between the microbiota and our health is the focus of a growing number of research programs and research has advanced in the last decade, the FRT microbiome remains relatively poorly defined. This is despite it being one of the most critical factors impacting fertility and the health of the future generation. Important gaps in our knowledge remain about women-specific microbial niches, such as the lower FRT. The vaginal microbiome of healthy women is almost exclusively dominated by *Lactobacillus* species, making these species synonymous with vaginal health. Largely thanks to their capacity to produce high levels of lactic acid, *lactobacilli* are

thought to inhibit most invading bacterial and viral pathogens. Nonetheless, the dogma that all *Lactobacillus* species are key beneficial species in the vaginal niche has been questioned, based on the association with disease for some of the major players in the niche, for example *L. iners*, particularly in non-European or Caucasian cohorts. Further, the ability of other (mostly anaerobic) species besides *lactobacilli*, to maintain similar homeostasis in the vaginal niche raises the question of what we define as optimal or healthy vaginal microbiota. Answering this question is essential since a non-optimal or dysbiotic vaginal microbiome has been linked to the acquisition of sexually transmitted infections (STIs), infertility, and adverse pregnancy outcomes. To confront these healthcare challenges we should be able to distinguish between an optimal and non-optimal microbiome. With the advance of sequence-based technologies, as well as other omics methodologies, including metaproteomics,

metabolomics and culturomics, we are now able to begin to correlate the presence, as well as the activities, of specific organisms and microbial communities with health or disease. However, we are only beginning to understand the complexity of interactions between bacterial community members with each other and the human host. A better understanding of these relationships within this specialized environmental niche and in relation to female sexual and reproductive health is critical for the development of novel diagnostics and therapeutics to create and maintain an optimal FRT microbiome.

**The Complete A to Z for Your V** - Dr. Alyssa Dweck 2017-06

Breaking the mold on women's health guides, 'The Complete A to Z for your V' tells women of all ages what they need to know about their own unique health.

*Puberty For Girls* - Layla Brown 2023-10-06

For girls, puberty is one stage in life when girls

want to look their best. And, if they have been naughty or nice during childhood, then this can be a particularly difficult period. While it is natural to feel excited about starting a new phase of your life, being a teenager is not all fun and games. Puberty is one of the most exciting events that happen to teenagers. They experience the changes happening to their body, minds, and emotions. During this time, boys start thinking about sex, and girls start getting a new and very noticeable appearance, and hormones start causing problems. Girls also start worrying about their bodies and what others think. Girls have to cope with puberty for the first time. This can be a confusing and anxious time, especially if you feel you are not measuring up. With some planning and practice, you can get your body back and feel better about yourself again. Puberty is the start of a new stage in a girl's life. During puberty, girls experience many changes including changes to their bodies, mental health, mood, and sexuality.

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However, puberty is not an unavoidable part of growing up; it can be managed and controlled. This book is a guide to puberty for girls, and it includes advice on: What to expect How to deal with stress and anxiety Ways to manage your body Techniques to cope with emotions and relationships Tips for self-image How to talk to your parents What to do when you feel confused How to manage your homework

*Dr T - Tlaleng Mofokeng 2021-01-18*

‘Dr T’s voice - contemporary and thoroughly African - is vital in a country where too many women are taught to be ashamed of their bodies and their sexual desires, and too many men believe they should shame women.’ - SISONKE MSIMANG The indomitable Dr Tlaleng Mofokeng - affectionately known as Dr T - is passionate about making sexual health and well-being services available to all, regardless of their sexual and gender identities and their economic status. This updated edition of her bestselling book is filled with the specifics of sexual

anatomy and health as well as advice and facts about pleasure and sexual rights, and includes additional resources along with new sections on coercive control as well as sex and pleasure during the time of COVID. Dr T, with her typically honest and warm approach, makes the reader feel comfortable reading about topics that are not always discussed freely, providing ALL the information that demystifies sex and sexuality in a way that is entertaining and enlightening.

### **The Autism-Friendly Guide to Periods -**

Robyn Steward 2019-04-18

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book

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reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

**Is This Normal?** - Jolene Brighten 2023-04-04 A “comprehensive...must-read” (Sara Gottfried, MD, New York Times bestselling author of The Hormone Cure) guide to women’s health from naturopathic physician, bestselling author, and leader in women’s health Dr. Jolene Brighten. When discussing period pain or mood swings, hormonal imbalance or fertility issues, and all the “down there” concerns, vagina owners everywhere consistently ask their doctors one thing: Is this normal? Whether it was from her patients or her hundreds of thousands of social media followers, Dr. Jolene Brighten has heard this simple question more times than she can

count. With only eighteen states (yes, really) requiring medically accurate sexual education, it’s no wonder that so many have serious questions that need answers. In *Is This Normal?*, Dr. Brighten “answers to the often unasked questions along with actionable steps on how to move forward...It’s like having a conversation with your most trusted friend...one that happens to have a medical degree” (Dr. Will Cole, New York Times bestselling author of *Intuitive Fasting*). TMI isn’t a term in her world. She answers all those “lady parts” questions you’ve always wondered but might not have felt comfortable asking, including topics as wide-ranging as the menstrual cycle, postpartum health, libido, acne, the orgasm gap, and vaginal discharges. No topic is too gross, gooey, or OMG to be off-limits. Featuring a twenty-eight-day plan to take back your cycle and dozens of charts, checklists, and diagrams that help keep it real while keeping you educated, *Is This Normal?* is the *Our Bodies, Ourselves* for the

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social media generation, and women everywhere will benefit from this honest, easy-to-understand guide to their bodies.

*Get on Top* - Meika Hollender 2018-03-13

A smart, actionable guide to help women take control of their sexual health and learn about vital information in a pro-pleasure, safety-first, and sex-positive way from a leader in sexual education for the GirlBoss generation. Women are suffering—especially in the eighteen to thirty age range. They're suffering from misinformation, fear, intimidation. They're worried about the side effects of birth control, confused about consent, sexuality, and cheating, and don't know when or always even where to seek medical attention. Women need answers from someone they trust, from a partner. And *Get on Top* is that partner. Written by the creator of the *Get On Top* national campaign, cofounder of Sustain all-natural sexual wellness products, and daughter of the founder of the billion-dollar green company, Seventh

Generation, this book helps women access all the facts they need to make smart, healthy, and safe choices when it comes to sex by continuing the conversation, by answering questions, and by providing the information in a relatable and totally normal way. Meika answers questions similar to those she receives every day from the thousands of readers and listeners of the *GetOnTop* campaign and fans of the green brands, Sustain and Seventh Generation. It's a chance to give conversational advice to readers. Chapters include topics such as birth control, STDs, sex, masturbation, and what PH is and why it's important. Meika answers all of the questions women have about sex in an unselfconscious, straightforward, real, and enlightening way. Not sexed up, not sleazy. Just smart, actionable information for any and all sexual questions. Not only will it teach women everything they need to know about their bodies, *Get on Top* will also change the way women think about sexual health.

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Exploring the Dimensions of Human Sexuality -  
Greenberg 2016-02-19

Fully revised and updated with the latest data in the field, the Sixth Edition of *Exploring the Dimensions of Human Sexuality* represents all aspects of human sexuality and explores how it affects personality, development, and decision making. Using a student-friendly interpersonal approach, the text discusses contemporary concepts as well as controversial topics in a sensitive manner, and covers the physiological, biological, psychological, spiritual, and cultural dimensions of human sexuality. *Exploring the Dimensions of Human Sexuality* is an essential text for teaching sexuality and presents an integrated view of human sexuality that encourages students to pursue positive decisions, sexual health, and a lifetime of wellness.

*Race/Gender/Class/Media* - Rebecca Ann Lind  
2023-03-14

The fifth edition of this popular textbook

considers diversity in the mass media in three main settings: Audiences, Content, and Production. The book brings together 55 readings - the majority newly commissioned for this edition - by scholars representing a variety of humanities and social science disciplines. Together, these readings provide a multifaceted and intersectional look at how race, gender, and class relate to the creation and use of media texts, as well as the media texts themselves. Designed to be flexible for use in the classroom, the book begins with a detailed introduction to key concepts and presents a contextualizing introduction to each of the three main sections. Each reading contains multiple 'It's Your Turn' activities to foster student engagement and which can serve as the basis for assignments. The book also offers a list of resources - books, articles, films, and websites - that are of value to students and instructors. This volume is an essential introduction to interdisciplinary studies of race, gender, and class across both digital and

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*Period Power* - Nadya Okamoto 2018-10-16  
PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. *Period Power* aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

**Self-Care Down There** - Taq Kaur Bhandal  
2020-02-04

Take control of your vaginal health and bring your own standards of beauty to your intimate parts with this book offering frank, practical, and accurate beauty and wellness advice for the vagina and surrounding area. Get the lowdown on how to take care of your nether regions with this fun and frank guide focused on helping you maintain your private parts. Covering everything from everyday cleanliness to internal and external safe health advice as well as tips regarding the groom-or-not-to-groom debate and sex-friendly good habits to practice, *Self-Care Down There* will help you keep your private parts in tip-top shape while expressing the true you! Founder and CEO of IM With Periods and menstrual cycle charting coach Taqdir Kaur Bhandal has dedicated her career to offering wellness advice to women. Whether it's period charts or sustainable period products, *Self-Care Down There* is an essential and practical guide to feminine care and the wellbeing of all genders.

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