

Bklyn Cycle Alliance--Ready, Set, Flow!

The Cycle Alliance aims to challenge menstruation stigmas and period poverty. These are titles and resources to help us on our journey.

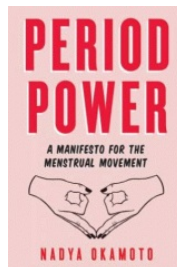
Created by BklynRakishaK



Revenge of the Red Club

Harrington, Kim

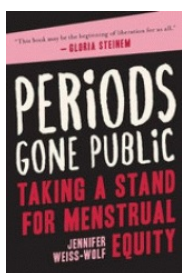
When middle school journalist Riley Dunne learns that the school's important and beloved period support club is being shut down, she uses the power of the pen to instigate much-needed social change.



Period power : a manifesto for the menstrual movement

Okamoto, Nadya, author.

This is a book about gender equality in the United States and how to engage in activism to get there.



Periods Gone Public : Taking a Stand for Menstrual Equity

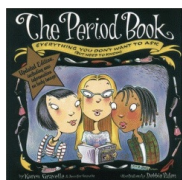
Weiss-wolf, Jennifer

After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged--one

dedicated to bold activism, creative product innovation, and smart policy advocacy--to address the centrality of menstruation in relation to c...

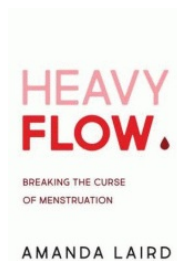


Phullu (DVD)



The period book

by Karen Gravelle & Jennifer Gravelle ; illustrations by Debbie Palen.



Heavy Flow : Breaking the Curse of Menstruation

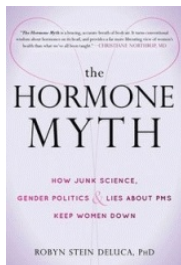
Laird, Amanda

The fact is, women around the world are taught the bare minimum about menstruation, and the messages they do receive are negative: that periods are painful and gross, turn us into hormonal messes, and shouldn't be discussed. By examining the history of period shame and stigma and its effects on wome...

Bklyn Cycle Alliance--Ready, Set, Flow!

The Cycle Alliance aims to challenge menstruation stigmas and period poverty. These are titles and resources to help us on our journey.

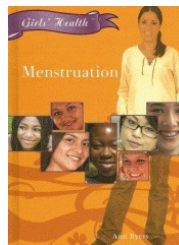
Created by BklynRakishaK



The hormone myth : how junk science, gender politics, and lies about PMS keep women down

DeLuca, Robyn Stein, author.

Although the idea that women become raving lunatics when their hormones fluctuate is firmly entrenched in American culture, a thorough examination of the evidence overwhelmingly tells us otherwise.



Menstruation

Ann Byers.

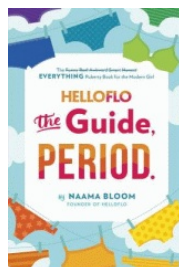


Mamá, me ha venido la Regla / Mom, the Period has Come

Serrano, Julia

El libro que sostienes en tus manos respondera a una simple pregunta y generara un millon de preguntas mas.

""Era entre marron y rojo... No me he asustado, sabia que pasaria y se que es motivo de ALEGRIA.



Helloflo : the guide, period.

Bloom, Naama, author.

Information and anecdotes about puberty for girls from the founder of the popular website HelloFlo.com.