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.

Periods Gone Public: Taking a Stand for Menstrual Equity
Weisswolf, 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 period book:
by Karen Gravelle & Jennifer Gravelle; illustrations by Debbie Pelen.

Phullu (DVD)

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...

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 /
Byers, Ann

Bklyn Public Library
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Mam?, 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 milion 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.

Period : twelve voices tell the bloody truth
Feiwel and Friends (COR/ Farrell, Kate (INT)

In this collection, writers of various ages and across racial, cultural, and gender identities share stories about the period. Each of our twelve authors brings an individual perspective and sensibility. They write about homeless periods, nonexistent...

I've got my period. so what?
Henry, Clara, author.

Your period. What is it, really? And why is it so embarrassing to walk to the bathroom hiding a tampon in your sleeve? Comedian and Scandinavian YouTube sensation Clara Henry has the answers to all your burning questions about bleeding.

Flow :
Elissa Stein and Susan Kim.

Language -- Where we are today -- So how did we get here? -- Hysteria -- Seeing red -- Sex and religion -- Society's role -- Timeline -- Happily ever after -- Advertising -- The scent of a woman -- So now you're a woman! -- Back to basics -- When goo...

Out for blood :
Breanne Fahs.


Menstrual Cycle Resources
https://www.womenshealth.gov/menstrual-cycle

Regular menstrual periods in the years between puberty and menopause are usually a sign that your body is working normally. Irregular or heavy, painful periods are not normal. Many women also get premenstrual syndrome (PMS) symptoms. You can take step...

The Pad Project
https://thepadproject.org/who-we-are/

The Pad Project’s mission is to create and cultivate local and global partnerships to end period stigma and to empower women worldwide.
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The Menstrual Man
https://www.journeyman.tv/film/5744/menstrual-man

Most men squirm at the mention of women’s periods. And then there’s Muruganantham, an illiterate school dropout. After discovering his wife’s rudimentary means of managing her periods, he rolled up his sleeves and went on a quest to provide low cost...

Menstruation
https://www.plannedparenthood.org/learn/health-and-wellness/menstruation

What is menstruation?: Menstruation — aka having your period — is when blood and tissue from your uterus comes out of your vagina. It usually happens every month.

Period: The Menstrual Movement
https://www.period.org/

PERIOD was founded in 2014 by two 16-year-old high school students with a passion for periods. To date, PERIOD has addressed over 850,000 periods through product distribution and registered over 600 campus chapters in all 50 US states and in over 30...