

Teacher Collaboration Handbook: Understanding and Supporting Adolescent Students with Menstrual Discomfort

Practical Information and Advice for Teachers and School Staff | periodhub.health

Creating a Caring and Supportive Campus Environment Together



Basic Knowledge About Adolescent Menstruation

What is Menstruation?

Menstruation is a normal physiological phenomenon of the female reproductive cycle. It typically begins during puberty (around ages 10-16) and marks the body's development into a new stage. Each menstrual period usually lasts 3-7 days.

What is Dysmenorrhea (Menstrual Pain)?

Dysmenorrhea refers to pelvic pain that occurs during or around menstruation. Most adolescent dysmenorrhea is "primary dysmenorrhea," meaning it's not caused by other gynecological conditions but is related to substances like prostaglandins secreted by the endometrium, which cause uterine contractions.

Important Note

Adolescent dysmenorrhea is common, but don't dismiss students' pain experiences because of this. For them, this pain may be a new experience and could be a significant distress. Treat it as a physiological need that requires attention, not as "making a big deal out of nothing."



Identifying Signs of Student Menstrual Discomfort

Physical Manifestations

- 👁️ 👁️ Pale complexion, cold sweats
- 👁️ 👁️ Frequently changing sitting positions, twisting body, appearing restless
- 👁️ 👁️ Bending over, holding stomach or lower back
- 👁️ 👁️ Looking weak and listless in their seat
- 👁️ 👁️ Nausea or vomiting (may go to bathroom)
- 👁️ 👁️ Frequent bathroom visits

Classroom Performance

- 👁️ 👁️ Difficulty concentrating
- 👁️ 👁️ Vacant stare, seeming unable to listen to class
- 👁️ 👁️ Decreased efficiency in homework or classroom tasks
- 👁️ 👁️ Reluctance to participate in class discussions or activities
- 👁️ 👁️ Requesting exemptions or showing difficulty in PE or extracurricular activities

Emotional Manifestations

- 👁️ 👁️ Appearing more irritable, angry, or withdrawn than usual
- 👁️ 👁️ Looking anxious or tense
- 👁️ 👁️ May tear up



Support Strategies in School Environment



Flexible Classroom Arrangements

- ✓ Allow adjusting sitting positions or light movement
- ✓ Allow brief leaves to go to the bathroom
- ✓ Allow low-intensity activities or rest during PE class
- ✓ Humane handling during exams



Emergency Supply Preparation

- ✓ Provide hot water, hot water bottles, or heating pads
- ✓ Backup sanitary products (pads, tampons)
- ✓ School health office provides pain medication according to regulations



Important Reminder

Teachers are strictly prohibited from providing medication to students privately.

Pain medication can only be provided by school medical staff after evaluating the student's condition, informing parents, and obtaining consent, following proper procedures.



Effective Communication with Students and Parents

Communicating with Students

- ✓ Choose private, quiet time
- ✓ Express care and understanding
- ✓ Listen to student's feelings
- ✓ Inform about available support
- ✓ Encourage communication with parents

Communicating with Parents

- ✓ Communicate student's situation promptly
- ✓ Objectively describe observed symptoms
- ✓ Collaborate on support plans
- ✓ Share menstrual health information (if needed)



Important Principle: Protecting Student Privacy

- ✓ Pay attention to conversation locations, choose places where others cannot hear
- ✓ Use professional or neutral terms, avoid embarrassing words
- ✓ Keep information confidential, don't tell unrelated personnel without consent
- ✓ Take discreet actions, provide help without drawing attention



When to Recommend Students Seek Professional Medical Help

Situations Requiring Immediate Medical Attention

- ✓ Severe unbearable pain affecting normal activities
- ✓ Pain lasting too long
- ✓ Accompanied by high fever, severe vomiting, fainting, or other serious symptoms
- ✓ Abnormal bleeding amount or duration
- ✓ Progressive worsening of pain
- ✓ Seriously affecting growth and development

When students experience any of the above situations, please take it seriously, immediately contact the student's parents, and strongly recommend that parents take the student to the hospital as soon as possible.



Creating a More Friendly Campus Environment

Let's Work Together

- ✓ Promote menstrual health knowledge, eliminate stigmatization
- ✓ Establish smooth communication channels
- ✓ Provide visible support (such as "menstrual-friendly rest point" signs)
- ✓ Embrace understanding and compassion



Warm Reminder

Your small act of care may bring great comfort and strength to students who are experiencing pain and distress. Thank you for your hard work and care for students!

The content of this handbook is for educational reference only and cannot replace professional medical advice. If you have questions, please consult professional medical personnel.