



**BOW TO THE
BLOOD BITCHES**

IT'S TIME THE WE TALK ABOUT IT!

When I was younger I had a hard time talking about periods. Sure, I knew females encountered vaginal bleeding once a month, but I didn't know how much it hurt. And how much we bled and the kinds of pads/tampons to use and how periods tend to vary and change as we grew older and the weird vaginal discharge some of us get before and after and the other symptoms that come with the bleeding and cramps because one type of pain isn't enough (I'm talking to you, Sore Boobs and Annoying Acne). Point is I didn't know much. And some girls knew even less. One of my friends had no clue what a period was when she first started that she used toilet paper in place of pads her whole first month because she was scared to tell her mom that something was "wrong." Another experienced extreme pain when trying to put in a tampon but was too nervous and shy and afraid to talk about it because she thought it was embarrassing not to know how. Yet, several years later, she realized she had an actual problem that required a surgery to fix. Both these women and many others claimed that if they were more comfortable talking about periods and vaginas from an earlier age, they could have avoided a lot of problems and stresses within their adolescent and even college years. It's sad that we can't talk freely and honestly about something that is so relevant to over half of our world's population. And it's high time we made a change. Join me on this path to normalize periods because the world needs to know about our PAIN and every woman should know about her POWER.

STORY TIME

"The worst experience I had with my period was when I wasn't expecting it, was wearing white pants, had no tampons or pads on me, and was with only guy friends...you do the math"

"When I first got my period, there was so much blood I was convinced I was dying"

"I'll never forget when I ruined my favorite froggy underwear from Limited Too because I started my period and bled through them"

"On the swim team I got motivated to move up to the faster lane because the girl who usually swam in front of me would never wear a tampon and I was always afraid I was swimming in bloody period water"

"One time I was at the pool and one girl didn't put her tampon in properly and so her blood-soaked tampon was floating around in the pool"

"The first time I got my period was in fifth grade and my first thought with 100% confidence and a weird amount of calm was 'hm yeah must be a ruptured organ'"

"Once, I stained the seat of my car because I bled through"

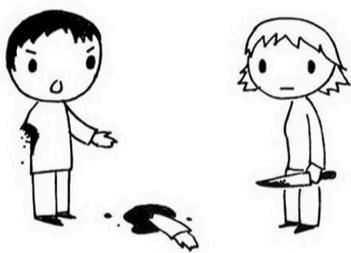
LADY LIFE



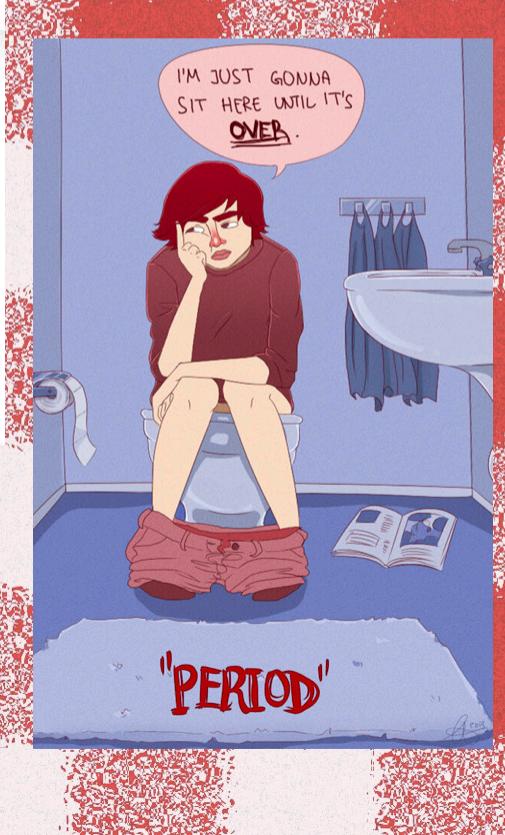
WHEN I'M ON MY PERIOD



#Relatable



"Katie, you can't blame everything on your goddamn period."



How to make the Most of your Period

"When I was younger, anytime a boy irritated me I'd yell 'I'm on my period!' really loudly to get them to leave me alone"

"I tell guys that I don't want to hook up with that I'm on my period so that I don't have to blatantly reject them"

"Sometimes I use my period to skip classes, required appointments, or going to the gym"

"I usually pull the 'I'm on my period' card to get boys to stop pestering me at bars"

"My mom is nicer to me when I'm on my period..."

"Personally, sex is way better for me when I'm on my period—and it helps with cramps"

"When I'm on my period I can finally allow myself to be genuinely okay with taking breaks and resting"

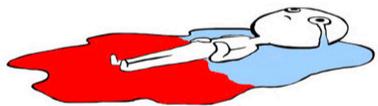
"Sometimes—okay all the time—I use my period as an excuse to eat anything and everything I want"

"I blame all my mood swings on PMS"

Tips and Tricks to Alleviate CRAMPS!

Here's some things I do during these terrible moments of pain to make myself feel somewhat better about the constant blood pouring from my vagina and never-ending churning slash pinching slash clamping I feel in my lower abdomen. Hope they can help you, too!

When I'm on my period



1) take MEDS MEDS MEDS! I take Advil constantly throughout the first few days of my period, usually right after I wake up and every six hours after that (recommend not taking more than 6 pills a day so be careful)

2) And when meds don't work the next best thing to do is WHINE ABOUT IT! Ask anybody, the complaining and whining constantly sometimes helps—maybe not the people who have to listen though...

3) However, usually when the complaining gets old (which, not going to lie, happens rather quickly), I resort to HEAT! Heating pads, warm showers, hot tea, whatever does it for you. The warmth not only helps alleviate the pain, it also provides comfort and coziness

4) Yet, even all the warmth may not do it for me sometimes. That's when I'll need to move to the DISTRACTION PHASE. While some people may want to distract themselves from the pain by working out, I do so by staying in. I enjoy writing when I'm on my period. The pain actually helps me create some pretty fun rants (like my period manifesto—the inspiration for this whole zine) as well as other exciting pieces.

5) And when everything fails, my next favorite form of distraction is NETFLIX! Netflix is basically my best friend when I'm on my period. As well as my bed. And sweatpants. And ice cream. That's my favorite combination. If you haven't already, I highly recommend you try it!

FAQs (by guys)

What can the pain of being on your period be compared to?

Being hit in the gut over and over again by a bowling ball of sorts. And that's just the cramps. Couple this with the bloating, nausea, sore boobs, muscle pain, random food cravings, and a shit ton of mood swings—and you got yourself the average pain an average woman experiences during the average period of the month

What does it feel like to be bleeding out of your vagina?

Personally, disgusting. Especially for people who don't use tampons. Constantly feeling blood spew out from you, especially on the heavy flow days (which for some people are every day the period visits) that sensation when you sneeze and your vagina basically spits a gallon of blood, or when you're simply sitting down and feeling the blood leak to the back of your butt, it's just not a fun experience.

FAQs Continued...

Q: How do you know when you're about to get your period?

A: Symptoms include lots of bloating, constant desires to eat (or to not eat), feeling lethargic, mood swings, and random vaginal discharge. All these are usually signs that the special time of the month is coming up.

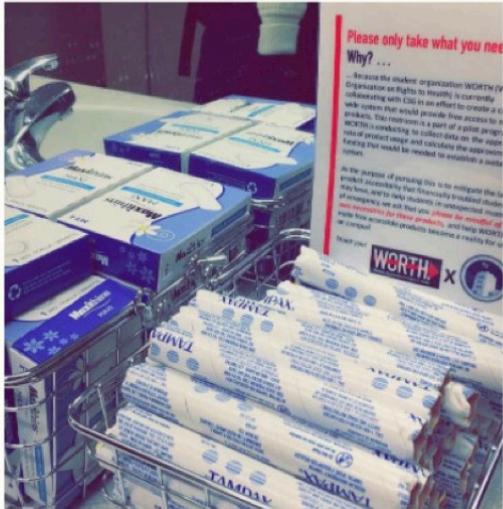
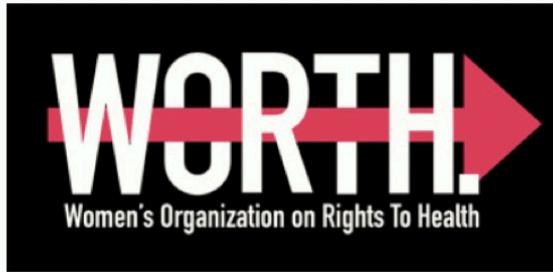
Q: Is it true that girls sync their periods with the people they are near?

A: Yes, talk to girls in sorority houses.

Q: How do you personally feel about periods?

A: I personally think periods should be banned.

Organization of the Year!



Please only take what you need!

Why? ...

... Because the student organization WORTH (Women's Organization on Rights to Health) is currently collaborating with CSG in an effort to create a campus-wide system that would provide free access to menstrual products. This restroom is a part of a pilot program WORTH is conducting to collect data on the approximate rate of product usage and calculate the approximate funding that would be needed to establish a sustainable system.

As the purpose of pursuing this is to mitigate the lack of product accessibility that financially troubled students may have, and to help students in unexpected moments of emergency, we ask that you **please be mindful of your own necessities for these products**, and help WORTH make free accessible products become a reality for us all on campus!

Thank you!



Period Manifesto

Periods should be **BANNED**
from this world and also
PRaised in society.

NAY,

WOMEN should be praised, applauded,

WORSHIPPED

for dealing with this fucking SHIT.

(RAMPS, vomitting, mood swings,

sadness, anger, **RAGE**.

And then, we have to go to class and do

WORK and stay "FOCUSED" and be "active"

whilst in **PAIN** like it's no big deal...

Well it is. It **IS A BIG DEAL**.

Periods suck the blood from my SOUL.

They make me feel shackled. TRAPPED

within mother nature's **SLIMY CHAINS**.

THEY hurt.

I AM HURTING.

MAKE IT **STOP**!

FUCKING WORSHIP me, APPAUD me, PRAISE me,

DO NOT SHAME ME. fight to let the blood flow

FREEEE... Because this is A GONY...