

Scenario
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MENSTRUATION AND THE POOL

“I am on a swim team, but since I found out that I will soon start my period, I no longer want to go swimming. I’m afraid it will happen while I’m in the pool.”

What does this person feel?

What are their concern?

What can this person do for reassurance?
What advice would you give them?

Who could this person talk to if they have questions?
