

Period Education Resources

General Resources:

- **[Puberty Education Kit](#)**: These kits are available to check out from the Multnomah County Library. They are designed to support young people through puberty. Kits include books, teaching tools like flipbooks, and photos of puberty-related items.
- **[Menstrual Diary](#)**: Use this document to track your period and period-related symptoms.

Websites:

- **[Planet Puberty](#)**: Planet Puberty is an Australian digital resource suite designed to support people with I/DD and/or autism spectrum disorder (ASD) and their caregivers as they navigate puberty. It was co-designed by people with I/DD and/or ASD. The website has games, stories, YouTube videos, and other digital resources on the following topics: the body, feeling good, relationships, identity, and keeping safe.
- **[AMAZE.org](#)**: AMAZE is a sex education resource hub. The website is home to puberty, relationships, and sexual health resources that can support youth, parents, and educators.
- **[Refuge Restrooms](#)**: Refuge Restrooms is a trans-led website and smartphone application. Enter your location to find safe public restrooms for transgender, intersex, and gender nonconforming people.
- **[Teachers Pay Teachers](#)**: Teachers Pay Teachers is a website that has free and paid educational resources available for download. There are dozens of resources that can be used to teach about periods or menstrual hygiene management.

Books:

- **[The Autism-Friendly Guide to Periods](#)**: This book teaches the basics of menstruation. You can find it on [Amazon](#) or at your local library.

Smartphone Apps:

- **[Refuge Restrooms](#)**: Refuge Restrooms is a trans-led website and smartphone application. Enter your location to find safe public restrooms for transgender, intersex, and gender nonconforming people.
 - Apple: Download on the [App Store](#)
 - Android: Download on [Google play](#)