Taler du med veninder eller nogen derhjemme om at have menstruation?

Do you talk to your friends or parents about having your period?

Small Talk® BIG QUESTIONS

Hvordan håndterer du menstruationssmerter?

How do you handle pain coming from your period?

Small Talk® BIG QUESTIONS

I hvilken alder fik du menstruation?

At what age did you have your period?

Small Talk® BIG QUESTIONS

Hvor har du dine menstruationsprodukter, når du går på toilettet?

Where do you keep your products for your period when going to the toilet?

Small Talk® BIG QUESTIONS

Hvem har lært dig, hvad du skal gøre,
når man får sin menstruation første gang?

Who taught you what to do when
you get your period for the first time?

Small Talk® BIG QUESTIONS

Har du en ynglingssnack,
når du har menstruation?

Do you have a favorite snack
when you are on your period?

Small Talk® BIG QUESTIONS

Beskriv din mest pinlige episode med menstruation.

Talk about your most embarrassing episode involving your period.

Small Talk® BIG QUESTIONS

Hvad gør du for at lindre menstruations-smerter og har du prøvet en varmepude?

Have you tried using a warm patch to sooth your period?

Small Talk® BIG QUESTIONS

Hvad gør du hvis din menstruation gør så ondt at du ikke kan passe din skole?

Do you ever stay at home due to pain related to your period/Do you experience such heavy pain, that you can't go to school?

Small Talk® BIG QUESTIONS

Er det pinligt at tale
om menstruation?

Is it embarrassing to talk
about a woman's period?

Small Talk® BIG QUESTIONS

Hvilke ord bruger du
om menstruation?

Which words do you
use for your period?

Small Talk BIG QUESTIONS

Er du bange for måske
ikke at kunne få børn?

Are you afraid of maybe not
being able to have kids?

Small Talk® BIG QUESTIONS

Du ligger og kysser med den søde fra parallelklassen. Du/hun fik din/sin menstruation i går - hvad tænker du om det?

You're making out with you sweetheart. You/she had your/her period yesterday – what do you think of that?

Small Talk® BIG QUESTIONS

Hvad har du hørt om endometriose?

Have you heard about endometriosis?

Small Talk® BIG QUESTIONS

Kender du nogen, som har mange menstruationssmerter?
Hvis ja hvad gør du for at hjælpe dem?

Do you know someone who suffers from a lot of pain from her period?

Small Talk® BIG QUESTIONS

Hvad er smerte eller smertefuldt for dig?

What is pain or painful to you?

Small Talk® BIG QUESTIONS

Oplever du at være mere
træt end dine venner?
Hvis ja taler i om hvorfor?

Do you experience being more
tired than your friends?

Small Talk® BIG QUESTIONS

Hvad synes du om menstruations-produkter såsom bind eller tamponer og menstruationskopper?

What do you think of the products made for your period?

Small Talk® BIG QUESTIONS

Kan man dyrke sex, når man har menstruation?

What do you think about having sex at the same time as your period?

Small Talk® BIG QUESTIONS

Din veninde har en rød plet på sine hvide bukser. Hun har ikke selv opdaget det - hvad gør du?

Your friend has a red spot on her white pants, but she doesn't know – what do you do?

Small Talk® BIG QUESTIONS

Hvad ved du om menstruations cyklusser og ægløsning?

What do you know about a woman's cycles and ovulating?

Small Talk BIG QUESTIONS

PMS dækker bl.a. over de humørsvingninger og andre hormonelle udsving, man kan få ifm. menstruationen. Har du oplevet PMS?

PMS is what you call the mood swings and other hormonal issues related to your period. Have you experienced PMS?

Small Talk® BIG QUESTIONS

Synes du det er pinligt at købe menstruationsprodukter? Hvorfor/hvorfor ikke?

Do you find it embarrassing to purchase tampons etc? why/why not?

Small Talk® BIG QUESTIONS

Hvis du har et spørgsmål omkring din krop, menstruation eller seksualitet, hvem spørger du så til råds?

If you have a question related to your body, period or sexuality, who do you ask for help?

Small Talk® BIG QUESTIONS

Hvilke underlivs- eller kønssygdomme har du hørt om?

Which illnesses related to uterus and sex, have you heard of?

Small Talk® BIG QUESTIONS

Small Talk®

BIG QUESTIONS

ENDO.DK