



NEW MEXICO

ALLIANCE FOR
SCHOOL-BASED
HEALTH CARE

Nuts, Bolts & Big Changes: Constructing Responsive Environments

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Goals for the next 55 minutes

- Play very fun games to win sought after giveaways
- Equip your clinic team to be a trusted, compassionate resource
- Explore how to meet youth where they are with stigma-free care for puberty and sexual health needs



Let's Get It On





High stakes share out



All members of the
SBHC team can
provide support

... even if you don't have the answer

Example!

- “I’m here to get my implant taken out.
- I read that birth control with hormones is really bad for your body”



Taking concerns seriously

- 1) Express empathy / Normalize / Validate
- 2) Be curious: explore beliefs
 - Examples!
 - Safety concerns
 - Side effects
 - Impact on future fertility
- 3) Provide an individualized response



Taking concerns seriously

1) Express empathy /
Normalize / Validate

“I hear that question a lot”

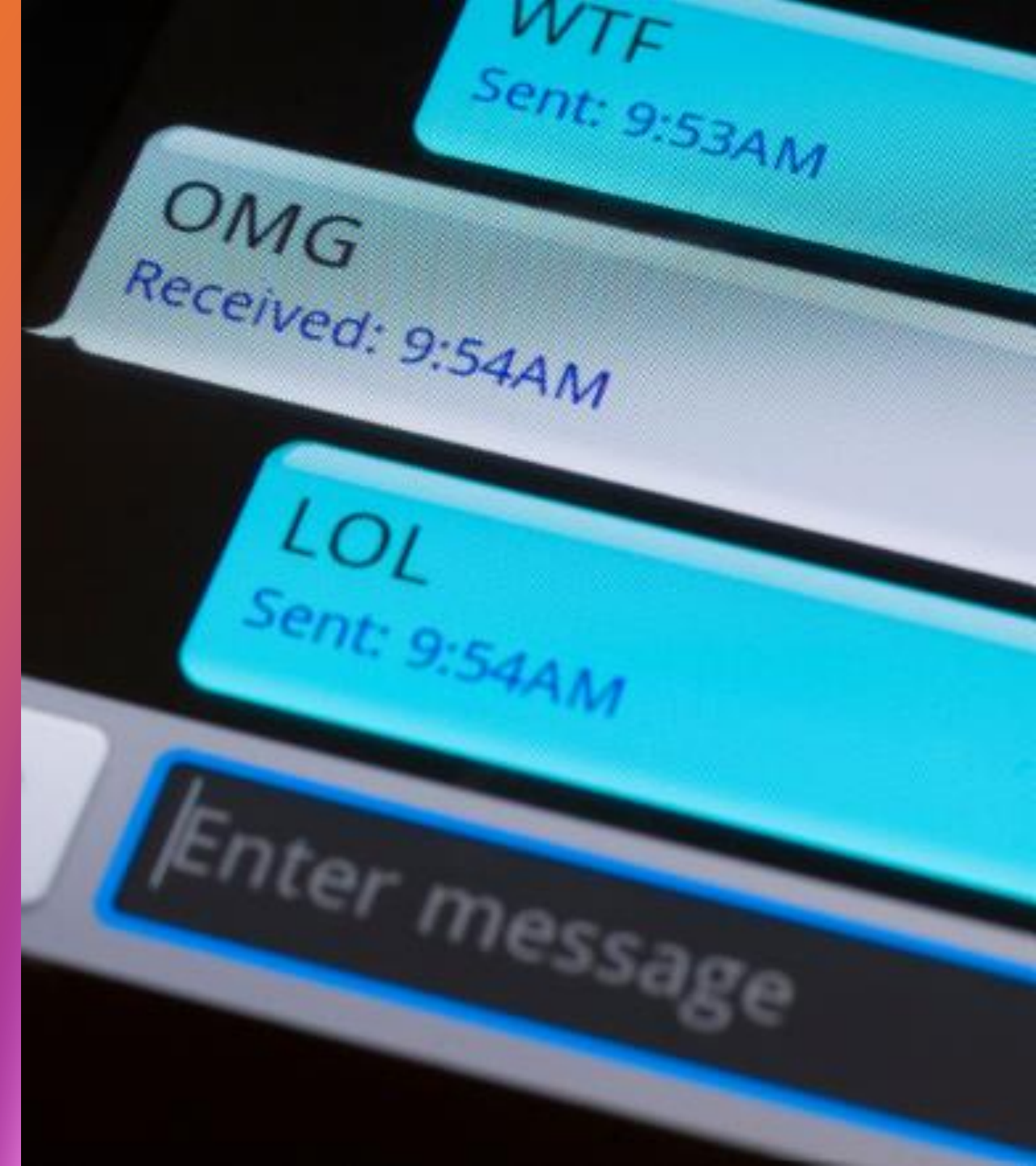
2) Be curious: explore beliefs

- Safety concerns
- Side effects
- Impact on future fertility

“Tell me more about your concern about hormones”

3) Provide an individualized response

...address the specific concerns directly (after learning more about what they are!)



Example: WTF

- 1) Express empathy /
Normalize / Validate
- 2) Be curious: explore
beliefs
- 3) Provide an individualized
response

Example:
What topic you'd like
the most help
answering

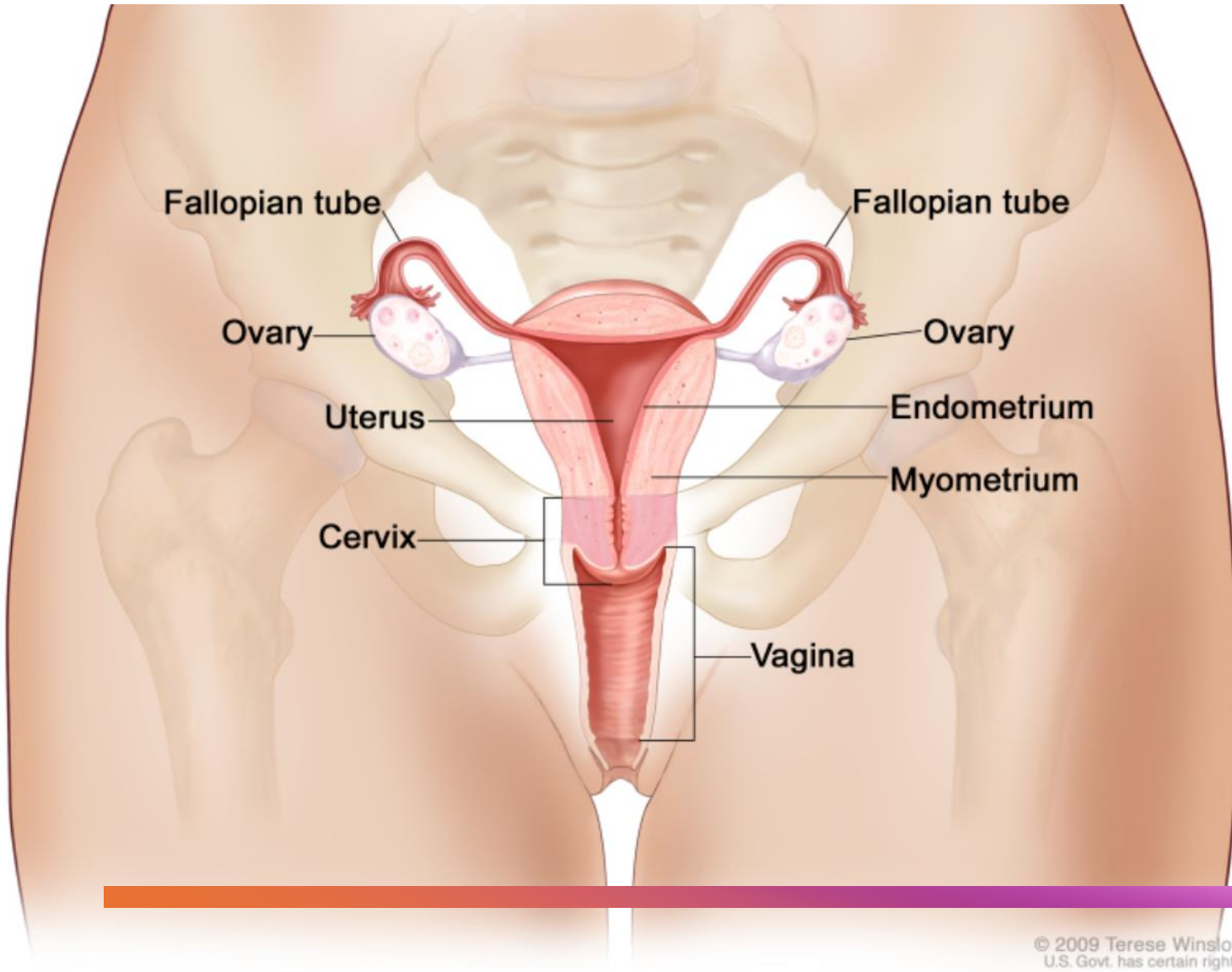
- 1) Express empathy /
Normalize / Validate
- 2) Be curious: explore
beliefs
- 3) Provide an
individualized
response







How did that interaction go?



Resources to answer questions about tampons and related anatomy

- Uterus, vagina, and vulva demos
- Bedsider.org
- Youngwomenshealth.org

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🔍 tampon|

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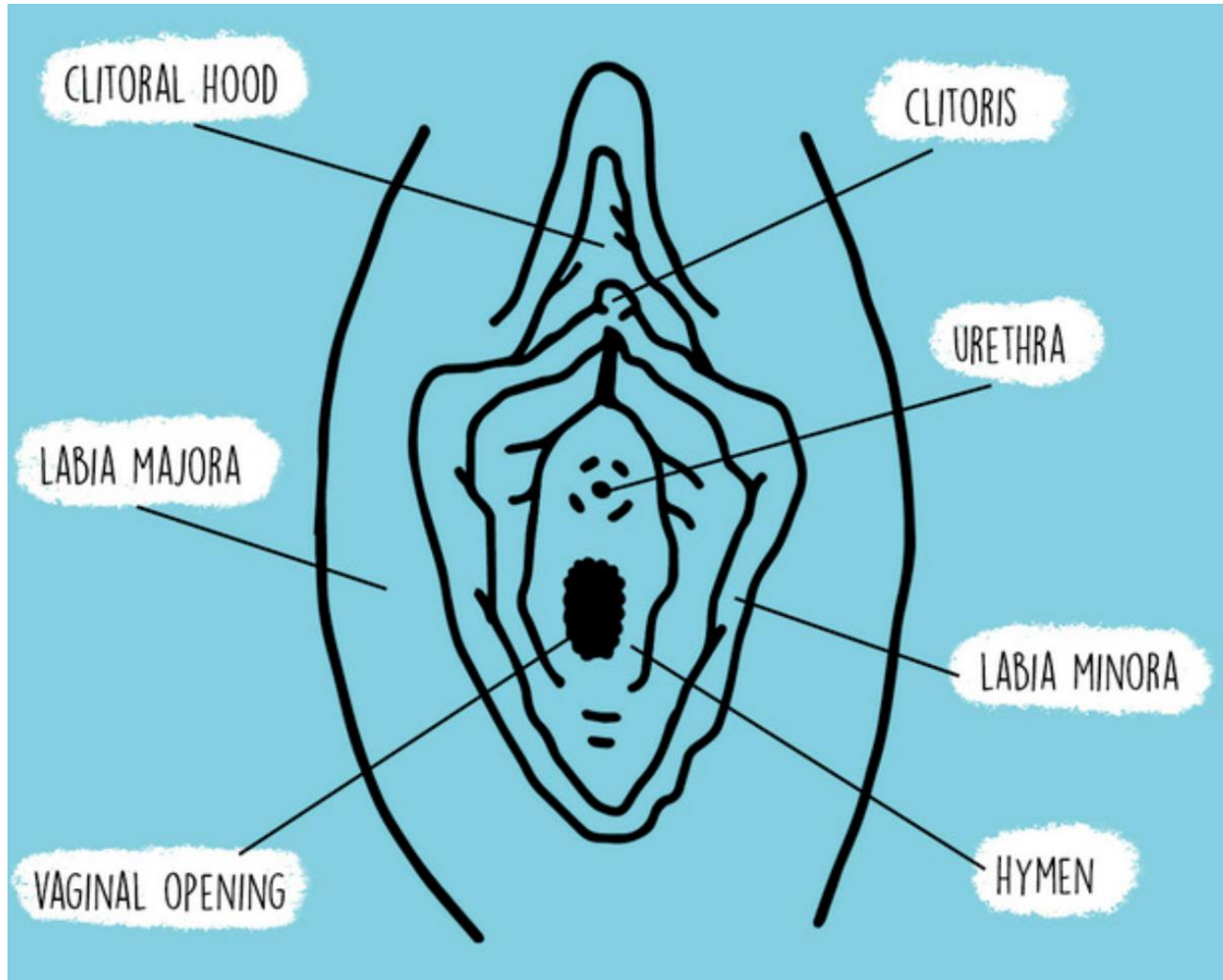
[Birth control](#) > ["Not right now"](#) >

5 myths about virginity, busted

The answers to all your questions about virginity and its mythical guardian, the hymen.

By [Paula J. Adams Hillard, MD](#) | Oct 31, 2016





Hymen as scrunchie:

The best simile
in health education?

Center for Young Women's Health

[Ask Us](#)[Health Guides](#)[Guías de la Salud](#)[Dicas de Saúde](#)[Parents](#)

Period Products: Using Your First Tampon

Posted under [Health Guides](#). Updated 11 June 2022.

Tagged [period](#) [tampons](#) [toxic shock syndrome](#)



Key Facts

- Using tampons doesn't change your hymen or your virginity.
- Change your tampon every 4-6 hours and use a pad at night to lessen the risk of toxic shock syndrome.
- Never use tampons to absorb anything other than your menstrual flow.



You may feel nervous about using a tampon for the first time. It's normal to feel nervous, especially if you have any unanswered questions about tampons.

What are tampons and how do they work?

Tampons are products used to absorb your menstrual flow. They are made of soft cotton pressed together to form a cylinder-like shape, so that they can be

A stage scene with several spotlights. Two blue spotlights are on the left, and two yellow spotlights are on the right. A large, bright red spotlight illuminates the center of the stage floor. The word "Redo!" is written in white text in the center of the stage.

Redo!



How did that interaction go?

PERIOD.
THE MENSTRUAL MOVEMENT



WHAT WE DO

EDUCATION

You've arrived at our go-to spot for the latest menstrual health and equity curriculum, resources from partners across the menstrual movement, additional research, and more!

QUESTION:

Who here has ever felt worried about their period during school?

In too much pain to do your extracurricular activities?

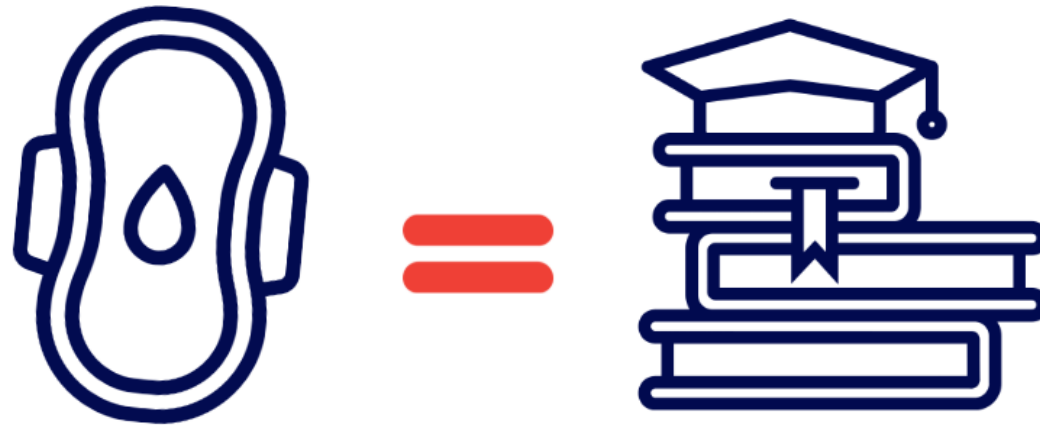
Worried you were going to bleed through your clothes?

Frustrated you had to find a way to ask to get a pad from the nurse's office?

Like your cramps were so bad you couldn't concentrate?

Anxious how you were going to sneak a pad into the bathroom?

**This is why period supplies
are school supplies!**



Tour de menstrual products!



- Info on various menstrual product options
- Train your staff on menstrual health and menstrual disorders
- We in health care can treat menstruation as an important sign of health

Menstrual product resources





STATE OF NEW MEXICO
PUBLIC EDUCATION DEPARTMENT

MEMORANDUM

TO: Superintendents, Charter School Leaders, Business Managers, School Boards, Governing Councils

FROM: Gregory Frostad, Assistant Secretary of Public Education
Policy, Research, and Technology

RE: House Bill 134, Menstrual Products in School Bathrooms

During the 2023 Legislative Session, the Legislature passed and the Governor signed, [House Bill 134, Menstrual Products in School Bathrooms](#) (HB134). The new law, [Section 22-1-15 NMSA 1978](#), requires that menstrual products, defined as sanitary pads or tampons, be provided at no charge to students in:

- (1) each women's bathroom and gender-neutral bathroom and at least one men's bathroom in every public middle school, junior high school, secondary school, and high school; and
- (2) at least one women's bathroom, one men's bathroom and one gender-neutral bathroom in every public elementary school.

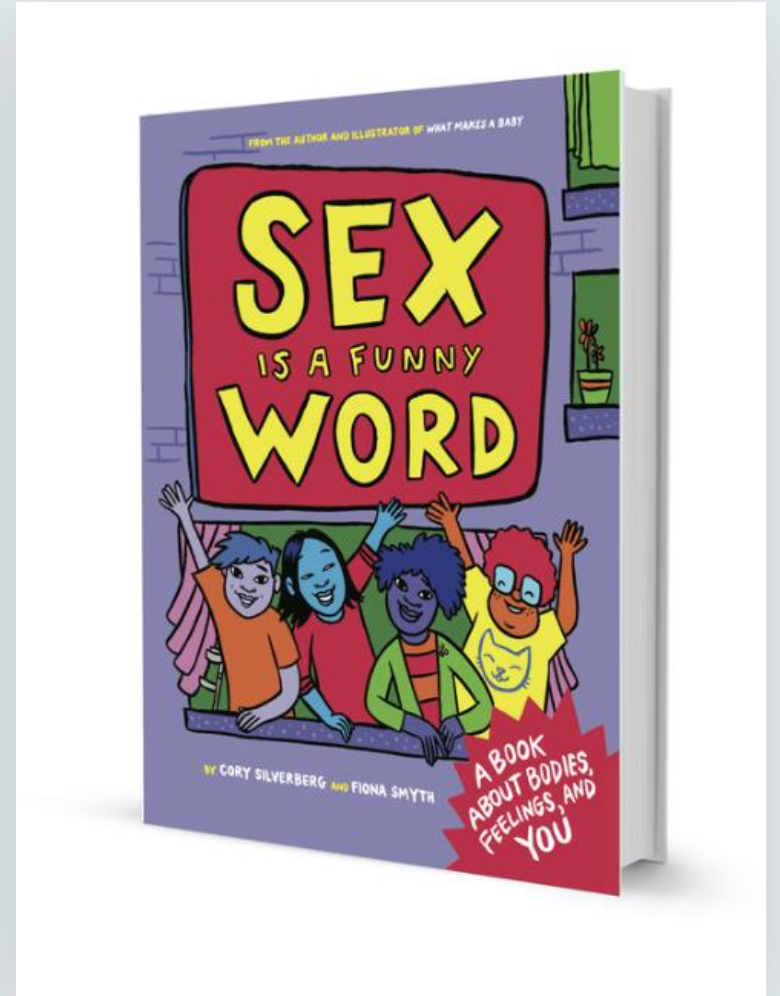
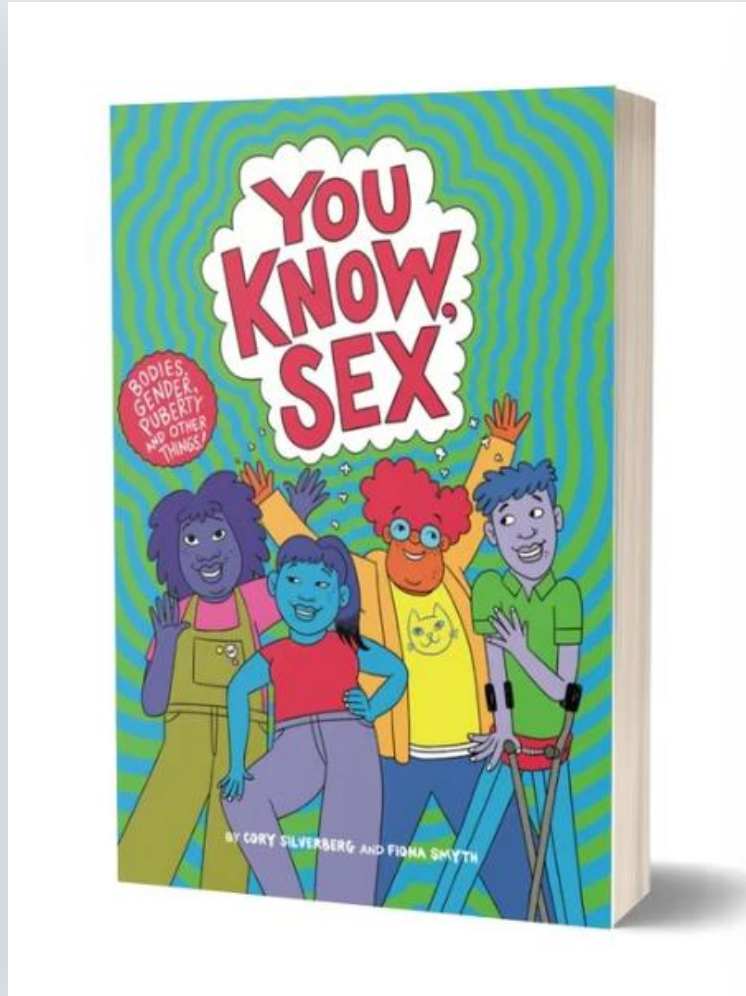
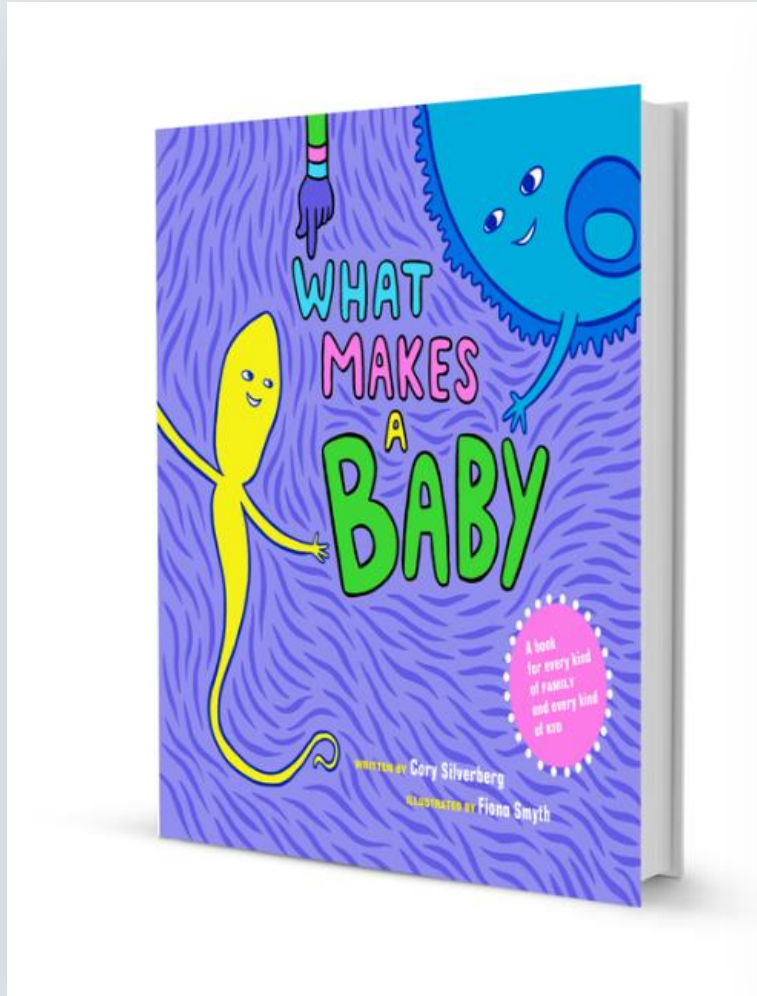


Create a welcoming space for questions that might feel embarrassing

Resources can be shared in/near:

- Bathrooms
- Waiting rooms
- Exam rooms
- Bags with condoms or menstrual products
- Take What You Need stations

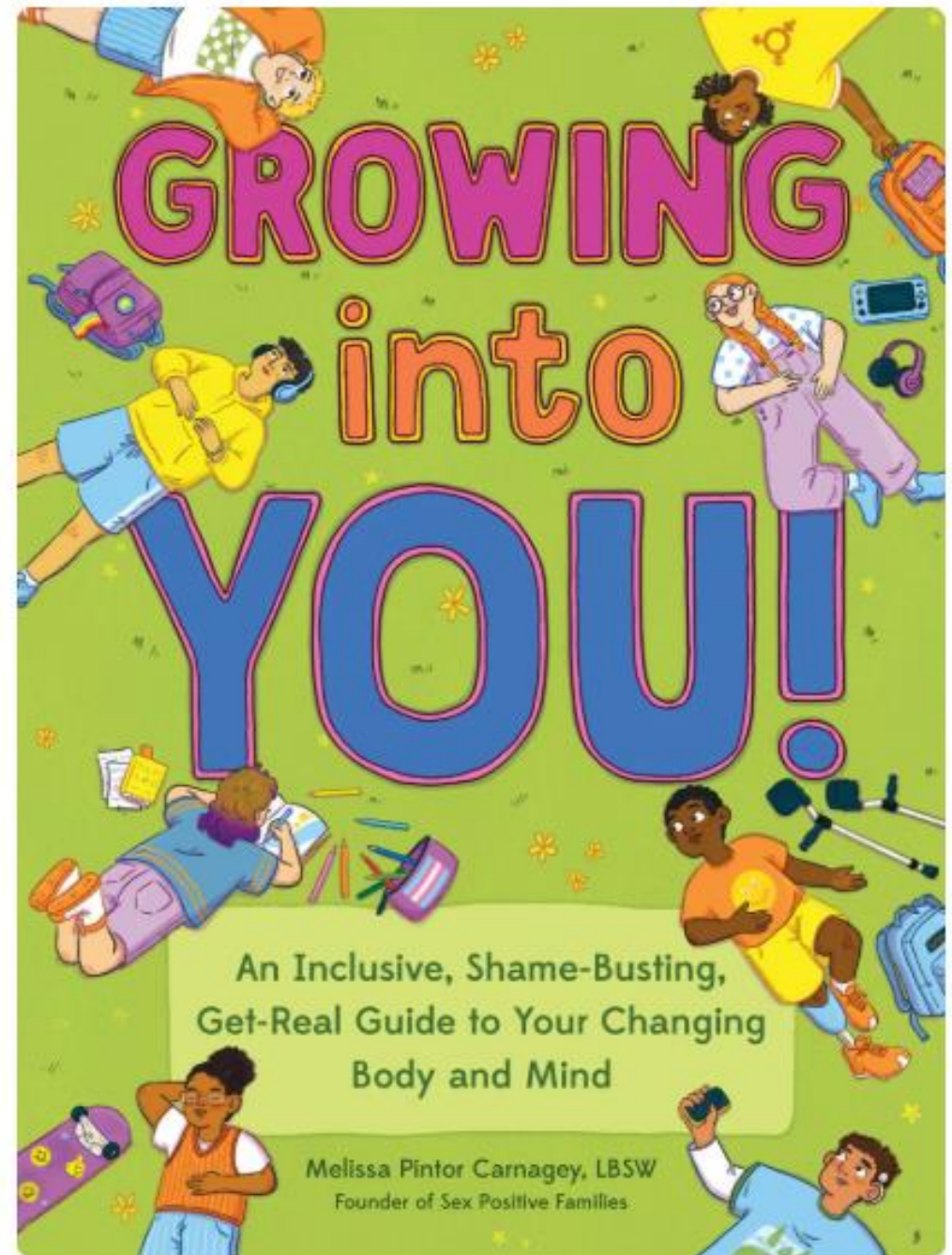
Books by Cory Silverberg



Puberty book
recommendation!

For tweens and young
teens of all gender
identities

A shame-busting,
interactive guide to
puberty



"PRESCRIBE" A VIDEO



Pregnancy and
Reproduction

Choose



Puberty and
Menstruation

Choose



Healthy
Relationships

Choose



How To Help A Friend Who May Be Abusing Their Partner

I DID A THING: Is My Friend in an Abusive Relationship?

joinonelove.org

- Teen specific resources
- Parent & Caregiver Guide
- Educator Guide
- Youth Leadership Program

Top hits for answering common questions

[Bedsider.org](https://bedsider.org)

[Youngwomenshealth.org](https://youngwomenshealth.org)

[Period.org](https://period.org)

[Amaze.org](https://amaze.org)

[Joinonelove.org](https://joinonelove.org)



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It's ok to not have the answer

- Building trust with the young people we support is key to countering misinformation.
- Start with validation and clarifying questions
- Reach out to us at NMASBHC for more support!

