

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

Do you talk to your friends or
someone in your family about
your menstrual period?



Hvordan håndterer du
menstruationsmerter?

How do you cope with
menstrual pain?



I hvilken alder fik du menstruation?

How old were you, when your
menstrual periods started?



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

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



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

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



Har du en ynglingsnack,
når du har menstruation?

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



Beskriv din mest pinlige
episode med menstruation.

Describe your most embarrassing
episode involving your period.



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

How do you ease menstrual pain?
Have you tried a warm patch?



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

What do you do, if your menstrual pain stops you from going to school?



Er det pinligt at tale
om menstruation?

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



Hvilke ord bruger du
om menstruation?

Which words do you use
about your menstrual period?



Er du bange for måske
ikke at kunne få børn?

Are you afraid of not
being able to have kids?



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 your sweetheart.
You/she had your/her period yesterday
- what do you think of that?



Hvad har du hørt om endometriose?

What do you know about endometriosis?



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

Do you know someone who
suffers from severe period pain?
What do you do to help?



Hvad er smerte eller smertefuldt for dig?

What is pain or painful to you?



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

Do you experience feeling
more tired than your friend?
Do you talk about why?



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

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



Kan man dyrke sex, når
man har menstruation?

What do you think about having
sex while you have your period?



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?



Hvad ved du om menstruations-
cyklusser og ægløsning?

What do you know about the
menstrual cycle and ovulation?



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?



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

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



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, your period or sexuality, who do you ask for advice?



Hvilke underlivs- eller
kønssygdomme har du hørt om?

Have you heard of any women's
diseases or sexually transmitted
diseases? Which ones?



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