

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

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



Hvordan håndterer du  
menstruationsmerter?

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How do you cope with  
menstrual pain?



I hvilken alder fik du menstruation?

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How old were you, when your  
menstrual periods started?



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

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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?

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



Har du en ynglingsnack,  
når du har menstruation?

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



Beskriv din mest pinlige  
episode med menstruation.

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Describe your most embarrassing  
episode involving your period.



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

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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?

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



Er det pinligt at tale  
om menstruation?

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



Hvilke ord bruger du  
om menstruation?

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Which words do you use  
about your menstrual period?



Er du bange for måske  
ikke at kunne få børn?

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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?

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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?

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What do you know about endometriosis?



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

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



Hvad er smerte eller smertefuldt for dig?

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What is pain or painful to you?





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

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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?

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



Kan man dyrke sex, når  
man har menstruation?

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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?

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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?

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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?

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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?

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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?

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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?

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



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