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## AFFIRMATIONS

I am an amazing athlete

I am strong and capable

I believe in my abilities

I am focused and determined

I am a winner

I am mentally and physically strong

I am a beautiful girl just the way I am

I make choices that honor my body

I will not give up on my goals even when things get tough

I have an exciting future ahead of me

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2023 CFU Girls' U14 Challenge Series  
Antigua and Barbuda  
August 18-27, 2023



## What is Period Poverty?

Period poverty is the lack of access to menstrual products, hygiene facilities, waste management, and adequate education. Period Poverty affects more than 500 million people worldwide.

## Period Shaming

Despite menstruation being a natural body function, many women and girls are made to feel ashamed or embarrassed about their periods. This shaming forces girls to keep their cycles secret, to withdraw from activities, to suffer symptoms silently, to act on misinformation, and more.

## Let's break down barriers of talking about periods.

When we remove the stigma about talking about periods, we help to encourage more girls to get involved and stay involved with football. It's important to let girls know that having a period is not an obstacle to taking part in football.

When we have open and factual discussions about periods, we acknowledge that players may feel differently at different stages of their cycles, that some have disorders and can receive access to healthcare, enable discussions that help girls learn what works for them and what doesn't, and provide pathways for them to receive the care, concern and access to resources, including the products that they need.

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