



Menstruation Nation

An event by Aunt Flow

Menstruation Nation is Aunt Flow's signature event. We bring communities together for a night of reality, laughs, banter, and tears. The event aims to spark conversations surrounding menstruation and garner support for the Aunt Flow organization.

Event Structure

A Period Poem: A piece of poetry or prose that elaborates on the topic of menstruation. See below for a sample poem to get the night started.

Live Music: Typically, music will allude to periods, period sex, red, or the cycle.

A Personal Story: A raw story. For example, an embarrassing story of bleeding, or a personal story of what life is like with limited access to feminine hygiene products.

Manel: A panel of three to five men. The emcee will ask the men questions. Ideally, this section will be humorous and educational. See below for a suggested question list.

Needed Performers

- o Emcee: Introducing each act and asking the Manel questions
- o Period Poem Performer
- o Live Music: A solo show or a band
- o Personal Story Performer
- o Manel: 3-5 men varying in age and background. Outspoken.

Suggestions for a Successful Event

- ◇ Menstruation Nation is truly a community event. Each city is encouraged to add flair.
- ◇ Attempt to make the event free and open to the public.
- ◇ Securing a venue can be the most difficult part. Attempt to find a location that will offer their space for free.
- ◇ Drinks (alcoholic and non) are a great addition.
- ◇ Begin advertising 3-4 weeks prior to the event.
- ◇ Encourage people to sign up for Aunt Flow using your provided code at the beginning, intermission, and end of event.
- ◇ After the Personal Story and prior to the Manel can make for a great intermission. Another time to encourage people to sign up for Aunt Flow.
- ◇ Keep the event to roughly 60 minutes.



Sample Period Poem

Euphemism Poem

There's a crime scene, in my pants
Falling off the roof
The crimson horror
Red Badge of Courage
Strawberry Salad
Closed for Maintenance
High Tide
The red scare
The communists are coming
Cotton Pony
On the Blog
Werewolf Property
Blowjob Week
Girl Flu
The exclamation points
Shark Week
The Red Baron
The Crimson Wave
Mother Nature
Lady Time
On the Rag
Time of the Month
Monthly Friend
Red Tide
Bloody Mary
Aunt Flow



Sample Questions for the Manel

These questions are simply suggestions and can be presented in any particular order. Please let your mind flow and encourage the audience to participate in asking questions as well.

- ◇ Explain how to insert a tampon
 - o Present each man with a tampon to toy around with
- ◇ On average, how many tampons does a woman use each cycle?
(Assuming the woman uses tampons and occasionally pads)
 - o 18 tampons
- ◇ How long is a menstrual cycle?
 - o 28 days, woman bleed on average 5 days
- ◇ What is really happening when a woman begins her period?
 - o The uterus walls are shedding
- ◇ Can a woman pee and have a tampon in at the same time?
 - o Yes
- ◇ What does PMS stand for?
 - o Premenstrual Syndrome
- ◇ What are typical symptoms of PMS-ing?
 - o Acne, cramps, bloating, swollen breasts, back ache, food cravings..
- ◇ How many holes does a woman have, down there?
 - o Three: urethra, vagina, anus
- ◇ Have you ever played with a tampon before?
- ◇ Have you ever had period sex?
- ◇ Do you prefer period sex over non-period sex?
- ◇ Give some advice for period sex.
- ◇ Do you think publicly bleeding through, or publicly getting a boner is more embarrassing?
- ◇ If your boner made a sound, what would it sound like?
- ◇ Have you ever had to buy tampons at the store?
- ◇ Did you enjoy it?
- ◇ Would you ever subscribe to Aunt Flow so you could make your lady's life better and avoid the headache of purchasing tampons at the store?
 - o YESSSSS