

Young people and the Mooncup®

There are a few things to consider when deciding whether the Mooncup is the right product for a young person to use:

- As part of considering all the different menstrual product options, before using the Mooncup we first recommend that young people have a chat with an adult they trust.
- Getting used to having periods can take a while. There is a lot to think about and it may at first be useful to try an external product such as a re-usable pad, or period pants. If they'd prefer to start with disposables, organic cotton and plastic-free options are available too. This can help with getting to grips with their menstrual flow and the pattern of their cycle, which all helps build confidence around managing periods.
- Using a Mooncup menstrual cup is a new skill to learn and can take some practice to get the hang of. It's always best to practice at home during the day when feeling relaxed and there's plenty of time.
- We'd recommend carefully reading through our ['How to use the Mooncup'](#) page before practising.



Young people and the Mooncup® cont...

- Before making the leap it can help to take a look at and have a feel of an actual Mooncup® first - the school nurse or PSHE teacher may have a demo cup available for this.
- It's worth thinking about the practicalities of emptying and re-inserting the Mooncup at school or college. Find out more about [using the Mooncup in a public toilet here](#).
- Using a menstrual cup may stretch or tear the hymen - if a young person has personal or cultural feelings about keeping the hymen intact we would not advise that they use the Mooncup at this stage in their life (you can read more about the [Mooncup and the hymen here](#))
- The Mooncup cannot get lost inside the body, but if at any stage it is a struggle to remove it then our [removal FAQ](#) may help.
- If unable to remove the Mooncup after using the tips, we recommend contacting the Mooncup Advice Service at: advice@mooncup.co.uk Tel - 01273673845 or a doctor/nurse for further advice and help.
- **Most tampons have plastic in them**
- **The average pack of menstrual pads contains as much plastic as fice carrier bags**

“The Mooncup is always a perfect fit and I cannot even tell if it’s there, it is just as if it’s a natural part of my body.

Ideal for sport, no string to show in changing rooms or communal showers!

It’s long-lasting and leak-free, it lasts me all day whatever I am doing!.”

- Suzie