

YouGov - Period education

Sample: 4,264 GB adults aged 18+

Fieldwork: 26th - 27th July 2022

Total	Gender		Age				
	Male	Female	18-29	30-39	40-49	50-59	60+

Do you currently menstruate?

Unweighted base	2249	-	2249	364	416	371	312	786
Base: All GB Women	2196	-	2196	369	415	354	322	736
I do	42%	-	42%	78%	77%	71%	17%	0%
I do not currently menstruate, but I have in the past	51%	-	51%	13%	14%	22%	76%	95%
I do not currently menstruate and have never menstruated	2%	-	2%	4%	2%	1%	1%	1%
Don't know	1%	-	1%	2%	2%	1%	0%	-
Prefer not to say	5%	-	5%	5%	5%	6%	5%	4%

How old were you when you had your period for the first time?

Unweighted base	2093	-	2093	328	381	344	290	750
Base: All GB women who have menstruated	2041	-	2041	333	380	328	299	702
Younger than 8	0%	-	0%	1%	0%	-	0%	-
8 years old	0%	-	0%	1%	1%	1%	-	-
9 years old	2%	-	2%	3%	3%	1%	3%	1%
10 years old	7%	-	7%	9%	7%	5%	8%	6%
11 years old	18%	-	18%	17%	19%	22%	16%	18%
12 years old	21%	-	21%	27%	23%	17%	18%	21%
13 years old	21%	-	21%	20%	20%	23%	24%	20%
14 years old	13%	-	13%	9%	11%	15%	15%	15%
15 years old	6%	-	6%	5%	4%	4%	5%	8%
16 years old or older	3%	-	3%	1%	3%	3%	3%	3%
Don't know / Can't recall	8%	-	8%	8%	9%	9%	6%	7%
Prefer not to say	1%	-	1%	1%	0%	1%	1%	0%

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Total	Gender		Age				
	Male	Female	18-29	30-39	40-49	50-59	60+

To what extent would you consider the experience of your first period to be positive or negative?

	Unweighted base	2093	-	2093	328	381	344	290	750
Base: All GB women who have menstruated	2041	-	2041	333	380	328	299	702	
Very positive	2%	-	2%	3%	2%	3%	1%	1%	
Fairly positive	13%	-	13%	16%	15%	12%	11%	12%	
Neither positive nor negative	34%	-	34%	34%	43%	34%	31%	30%	
Fairly negative	25%	-	25%	25%	23%	27%	23%	27%	
Very negative	16%	-	16%	14%	10%	16%	23%	19%	
Don't know / Can't recall	9%	-	9%	6%	8%	8%	10%	11%	
Prefer not to say	0%	-	0%	1%	0%	1%	0%	0%	
Net: Positive	15%	-	15%	20%	17%	15%	12%	13%	
Net: Negative	42%	-	42%	39%	32%	42%	46%	46%	

To what extent, if at all, did you feel prepared for your first period?

	Unweighted base	2093	-	2093	328	381	344	290	750
Base: All GB women who have menstruated	2041	-	2041	333	380	328	299	702	
I felt very prepared for my first period	7%	-	7%	5%	10%	8%	5%	7%	
I felt fairly prepared for my first period	30%	-	30%	33%	37%	30%	28%	25%	
Neither prepared nor unprepared	12%	-	12%	13%	12%	13%	11%	13%	
I felt fairly unprepared	23%	-	23%	28%	22%	26%	23%	21%	
I felt very unprepared	22%	-	22%	16%	15%	18%	28%	27%	
Don't know / Can't recall	5%	-	5%	3%	4%	4%	5%	7%	
Prefer not to say	1%	-	1%	1%	0%	1%	0%	0%	
Net: Prepared	37%	-	37%	38%	47%	38%	34%	32%	
Net: Unprepared	45%	-	45%	45%	36%	44%	50%	48%	

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Total	Gender		Age				
	Male	Female	18-29	30-39	40-49	50-59	60+

As far as you can remember, from which one of the following sources did you first learn about menstruation/periods?

	Unweighted base	2015	2249	639	821	739	599	1466
Base: All GB Adults	4264	2068	2196	719	837	704	625	1379
From a teacher	20%	25%	15%	31%	25%	24%	19%	10%
From a parent or guardian	29%	13%	44%	31%	27%	26%	28%	30%
From another relative (sibling, cousin, grandparent, etc)	6%	5%	6%	6%	6%	6%	5%	6%
Self-taught (from a book, the internet, or some other resource)	7%	9%	5%	9%	9%	9%	6%	5%
From a friend	8%	7%	9%	4%	6%	7%	8%	12%
I didn't know about periods before I got my first one	4%	-	7%	2%	1%	2%	5%	6%
Other	2%	2%	1%	1%	2%	2%	2%	3%
Don't know / Can't recall	25%	38%	12%	17%	25%	25%	27%	27%

Thinking about education on periods in schools...In your opinion, which of the following options best describes how boys and girls should be taught about periods?

	Unweighted base	2015	2249	639	821	739	599	1466
Base: All GB Adults	4264	2068	2196	719	837	704	625	1379
Girls and boys should be taught together about periods	39%	39%	38%	50%	43%	40%	34%	32%
Girls should be taught about periods separately from boys, but boys should also be taught about them	48%	42%	54%	39%	44%	47%	54%	53%
Girls should be taught about periods, but boys should not	2%	2%	1%	2%	2%	1%	1%	2%
Neither group should be taught about periods in school	2%	2%	1%	0%	1%	2%	2%	3%
Don't know	10%	14%	6%	8%	11%	10%	9%	10%

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Total	Gender		Age				
	Male	Female	18-29	30-39	40-49	50-59	60+

In general, to what extent do you think boys and girls are educated about periods in school?

Boys

Unweighted base	4264	2015	2249	639	821	739	599	1466
Base: All GB Adults	4264	2068	2196	719	837	704	625	1379
Do not receive enough education about periods	51%	49%	53%	73%	63%	54%	42%	35%
Receive about the right amount of education about periods	12%	14%	11%	15%	12%	14%	16%	8%
Receive too much education about periods	2%	2%	2%	2%	2%	2%	1%	2%
Don't know	35%	35%	35%	11%	23%	30%	40%	55%

Girls

Unweighted base	4264	2015	2249	639	821	739	599	1466
Base: All GB Adults	4264	2068	2196	719	837	704	625	1379
Do not receive enough education about periods	32%	25%	38%	48%	42%	32%	28%	19%
Receive about the right amount of education about periods	28%	26%	30%	31%	27%	31%	31%	24%
Receive too much education about periods	2%	2%	1%	3%	1%	1%	1%	1%
Don't know	38%	46%	31%	18%	29%	35%	41%	56%

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Total	Age and Gender									
	18-29 AND Female	30-39 AND Female	40-49 AND Female	50-59 AND Female	60+ AND Female	18-29 AND Male	30-39 AND Male	40-49 AND Male	50-59 AND Male	60+ AND Male

Do you currently menstruate?

Unweighted base	2249	364	416	371	312	786	-	-	-	-	-
Base: All GB Women	2196	369	415	354	322	736	-	-	-	-	-
I do	42%	78%	77%	71%	17%	0%	-	-	-	-	-
I do not currently menstruate, but I have in the past	51%	13%	14%	22%	76%	95%	-	-	-	-	-
I do not currently menstruate and have never menstruated	2%	4%	2%	1%	1%	1%	-	-	-	-	-
Don't know	1%	2%	2%	1%	0%	-	-	-	-	-	-
Prefer not to say	5%	5%	5%	6%	5%	4%	-	-	-	-	-

How old were you when you had your period for the first time?

Unweighted base	2093	328	381	344	290	750	-	-	-	-	-
Base: All GB women who have menstruated	2041	333	380	328	299	702	-	-	-	-	-
Younger than 8	0%	1%	0%	-	0%	-	-	-	-	-	-
8 years old	0%	1%	1%	1%	-	-	-	-	-	-	-
9 years old	2%	3%	3%	1%	3%	1%	-	-	-	-	-
10 years old	7%	9%	7%	5%	8%	6%	-	-	-	-	-
11 years old	18%	17%	19%	22%	16%	18%	-	-	-	-	-
12 years old	21%	27%	23%	17%	18%	21%	-	-	-	-	-
13 years old	21%	20%	20%	23%	24%	20%	-	-	-	-	-
14 years old	13%	9%	11%	15%	15%	15%	-	-	-	-	-
15 years old	6%	5%	4%	4%	5%	8%	-	-	-	-	-
16 years old or older	3%	1%	3%	3%	3%	3%	-	-	-	-	-
Don't know / Can't recall	8%	8%	9%	9%	6%	7%	-	-	-	-	-
Prefer not to say	1%	1%	0%	1%	1%	0%	-	-	-	-	-

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Total	Age and Gender									
	18-29 AND Female	30-39 AND Female	40-49 AND Female	50-59 AND Female	60+ AND Female	18-29 AND Male	30-39 AND Male	40-49 AND Male	50-59 AND Male	60+ AND Male

To what extent would you consider the experience of your first period to be positive or negative?

Unweighted base	2093	328	381	344	290	750	-	-	-	-	-
Base: All GB women who have menstruated	2041	333	380	328	299	702	-	-	-	-	-
Very positive	2%	3%	2%	3%	1%	1%	-	-	-	-	-
Fairly positive	13%	16%	15%	12%	11%	12%	-	-	-	-	-
Neither positive nor negative	34%	34%	43%	34%	31%	30%	-	-	-	-	-
Fairly negative	25%	25%	23%	27%	23%	27%	-	-	-	-	-
Very negative	16%	14%	10%	16%	23%	19%	-	-	-	-	-
Don't know / Can't recall	9%	6%	8%	8%	10%	11%	-	-	-	-	-
Prefer not to say	0%	1%	0%	1%	0%	0%	-	-	-	-	-
Net: Positive	15%	20%	17%	15%	12%	13%	-	-	-	-	-
Net: Negative	42%	39%	32%	42%	46%	46%	-	-	-	-	-

To what extent, if at all, did you feel prepared for your first period?

Unweighted base	2093	328	381	344	290	750	-	-	-	-	-
Base: All GB women who have menstruated	2041	333	380	328	299	702	-	-	-	-	-
I felt very prepared for my first period	7%	5%	10%	8%	5%	7%	-	-	-	-	-
I felt fairly prepared for my first period	30%	33%	37%	30%	28%	25%	-	-	-	-	-
Neither prepared nor unprepared	12%	13%	12%	13%	11%	13%	-	-	-	-	-
I felt fairly unprepared	23%	28%	22%	26%	23%	21%	-	-	-	-	-
I felt very unprepared	22%	16%	15%	18%	28%	27%	-	-	-	-	-
Don't know / Can't recall	5%	3%	4%	4%	5%	7%	-	-	-	-	-
Prefer not to say	1%	1%	0%	1%	0%	0%	-	-	-	-	-
Net: Prepared	37%	38%	47%	38%	34%	32%	-	-	-	-	-
Net: Unprepared	45%	45%	36%	44%	50%	48%	-	-	-	-	-

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Total	Age and Gender									
	18-29 AND Female	30-39 AND Female	40-49 AND Female	50-59 AND Female	60+ AND Female	18-29 AND Male	30-39 AND Male	40-49 AND Male	50-59 AND Male	60+ AND Male

As far as you can remember, from which one of the following sources did you first learn about menstruation/periods?

	Unweighted base	18-29 AND Female	30-39 AND Female	40-49 AND Female	50-59 AND Female	60+ AND Female	18-29 AND Male	30-39 AND Male	40-49 AND Male	50-59 AND Male	60+ AND Male
Unweighted base	4264	364	416	371	312	786	275	405	368	287	680
Base: All GB Adults	4264	369	415	354	322	736	350	422	350	303	644
From a teacher	20%	25%	18%	18%	14%	8%	38%	32%	30%	24%	13%
From a parent or guardian	29%	44%	42%	42%	41%	46%	17%	12%	10%	13%	12%
From another relative (sibling, cousin, grandparent, etc)	6%	6%	6%	7%	7%	7%	5%	6%	5%	4%	5%
Self-taught (from a book, the internet, or some other resource)	7%	8%	6%	9%	4%	3%	10%	12%	8%	7%	9%
From a friend	8%	3%	6%	8%	10%	13%	6%	6%	6%	7%	10%
I didn't know about periods before I got my first one	4%	3%	3%	5%	10%	12%	-	-	-	-	-
Other	2%	1%	2%	2%	1%	1%	0%	1%	2%	2%	5%
Don't know / Can't recall	25%	11%	17%	10%	13%	10%	23%	32%	39%	43%	47%

Thinking about education on periods in schools...In your opinion, which of the following options best describes how boys and girls should be taught about periods?

	Unweighted base	18-29 AND Female	30-39 AND Female	40-49 AND Female	50-59 AND Female	60+ AND Female	18-29 AND Male	30-39 AND Male	40-49 AND Male	50-59 AND Male	60+ AND Male
Unweighted base	4264	364	416	371	312	786	275	405	368	287	680
Base: All GB Adults	4264	369	415	354	322	736	350	422	350	303	644
Girls and boys should be taught together about periods	39%	54%	43%	39%	33%	29%	45%	42%	41%	35%	36%
Girls should be taught about periods separately from boys, but boys should also be taught about them	48%	38%	49%	55%	61%	61%	40%	40%	39%	47%	44%
Girls should be taught about periods, but boys should not	2%	2%	1%	1%	0%	2%	3%	2%	2%	2%	3%
Neither group should be taught about periods in school	2%	-	-	1%	0%	3%	1%	1%	2%	3%	3%
Don't know	10%	6%	7%	4%	5%	6%	11%	14%	16%	13%	14%

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	18-29 AND Female	30-39 AND Female	40-49 AND Female	50-59 AND Female	60+ AND Female	18-29 AND Male	30-39 AND Male	40-49 AND Male	50-59 AND Male	60+ AND Male

In general, to what extent do you think boys and girls are educated about periods in school?

Boys											
Unweighted base	4264	364	416	371	312	786	275	405	368	287	680
Base: All GB Adults	4264	369	415	354	322	736	350	422	350	303	644
Do not receive enough education about periods	51%	82%	68%	58%	42%	32%	62%	58%	50%	42%	37%
Receive about the right amount of education about periods	12%	8%	9%	15%	18%	8%	21%	16%	13%	15%	9%
Receive too much education about periods	2%	1%	1%	1%	1%	2%	3%	2%	3%	2%	2%
Don't know	35%	9%	21%	26%	39%	57%	13%	25%	34%	41%	52%
Girls											
Unweighted base	4264	364	416	371	312	786	275	405	368	287	680
Base: All GB Adults	4264	369	415	354	322	736	350	422	350	303	644
Do not receive enough education about periods	32%	63%	52%	40%	32%	20%	32%	32%	24%	23%	19%
Receive about the right amount of education about periods	28%	28%	30%	37%	34%	25%	36%	25%	26%	27%	22%
Receive too much education about periods	2%	3%	1%	1%	-	1%	4%	2%	2%	1%	1%
Don't know	38%	7%	17%	22%	34%	54%	29%	41%	48%	48%	58%

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Total	Preparedness for first period		
	Very/fairly prepared	Neither prepared nor unprepared	Very/fairly unprepared

Do you currently menstruate?

	Unweighted base	2249	373	111	402
Base: All GB Women		2196	367	111	397
I do		42%	49%	44%	43%
I do not currently menstruate, but I have in the past		51%	51%	56%	57%
I do not currently menstruate and have never menstruated		2%	0%	0%	0%
Don't know		1%	0%	0%	0%
Prefer not to say		5%	0%	0%	0%

How old were you when you had your period for the first time?

	Unweighted base	2093	373	111	402
Base: All GB women who have menstruated		2041	367	111	397
Younger than 8		0%	0%	0%	0%
8 years old		0%	0%	0%	1%
9 years old		2%	1%	2%	3%
10 years old		7%	4%	7%	9%
11 years old		18%	18%	18%	20%
12 years old		21%	24%	20%	20%
13 years old		21%	22%	23%	21%
14 years old		13%	14%	17%	12%
15 years old		6%	7%	4%	6%
16 years old or older		3%	4%	4%	2%
Don't know / Can't recall		8%	6%	5%	6%
Prefer not to say		1%	0%	0%	0%

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Total	Preparedness for first period		
	Very/fairly prepared	Neither prepared nor unprepared	Very/fairly unprepared

To what extent would you consider the experience of your first period to be positive or negative?

	Unweighted base	2093	373	111	402
Base: All GB women who have menstruated		2041	367	111	397
Very positive		2%	4%	3%	0%
Fairly positive		13%	28%	11%	3%
Neither positive nor negative		34%	45%	51%	22%
Fairly negative		25%	13%	21%	39%
Very negative		16%	4%	6%	31%
Don't know / Can't recall		9%	7%	8%	5%
Prefer not to say		0%	0%	0%	0%
Net: Positive		15%	32%	14%	3%
Net: Negative		42%	16%	27%	70%

To what extent, if at all, did you feel prepared for your first period?

	Unweighted base	2093	373	111	402
Base: All GB women who have menstruated		2041	367	111	397
I felt very prepared for my first period		7%	19%	0%	0%
I felt fairly prepared for my first period		30%	81%	0%	0%
Neither prepared nor unprepared		12%	0%	100%	0%
I felt fairly unprepared		23%	0%	0%	52%
I felt very unprepared		22%	0%	0%	48%
Don't know / Can't recall		5%	0%	0%	0%
Prefer not to say		1%	0%	0%	0%
Net: Prepared		37%	100%	0%	0%
Net: Unprepared		45%	0%	0%	100%

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As far as you can remember, from which one of the following sources did you first learn about menstruation/periods?

	Unweighted base	4264	373	111	402
Base: All GB Adults	4264	367	111	397	
From a teacher	20%	14%	17%	17%	
From a parent or guardian	29%	65%	46%	29%	
From another relative (sibling, cousin, grandparent, etc)	6%	5%	6%	8%	
Self-taught (from a book, the internet, or some other resource)	7%	4%	5%	7%	
From a friend	8%	6%	8%	11%	
I didn't know about periods before I got my first one	4%	0%	4%	15%	
Other	2%	0%	2%	2%	
Don't know / Can't recall	25%	5%	12%	10%	

Thinking about education on periods in schools...In your opinion, which of the following options best describes how boys and girls should be taught about periods?

	Unweighted base	4264	373	111	402
Base: All GB Adults	4264	367	111	397	
Girls and boys should be taught together about periods	39%	38%	44%	38%	
Girls should be taught about periods separately from boys, but boys should also be taught about them	48%	57%	47%	57%	
Girls should be taught about periods, but boys should not	2%	1%	2%	1%	
Neither group should be taught about periods in school	2%	1%	1%	1%	
Don't know	10%	3%	6%	3%	

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Total	Preparedness for first period		
	Very/fairly prepared	Neither prepared nor unprepared	Very/fairly unprepared

In general, to what extent do you think boys and girls are educated about periods in school?

Boys					
	Unweighted base	4264	373	111	402
	Base: All GB Adults	4264	367	111	397
	Do not receive enough education about periods	51%	56%	56%	55%
	Receive about the right amount of education about periods	12%	13%	8%	9%
	Receive too much education about periods	2%	1%	2%	1%
	Don't know	35%	29%	34%	34%
Girls					
	Unweighted base	4264	373	111	402
	Base: All GB Adults	4264	367	111	397
	Do not receive enough education about periods	32%	33%	42%	45%
	Receive about the right amount of education about periods	28%	43%	22%	24%
	Receive too much education about periods	2%	0%	2%	1%
	Don't know	38%	24%	33%	31%