

Brook and Lil-Lets' Big Period Lesson LIVE: FAQs



What is Brook and Lil-Lets' Big Period Lesson about?

This 60 minute lesson will support your students to better understand puberty, reproductive organs, body changes, periods and the menstrual cycle, and finding the right period product for them.

What age is Brook and Lil-Lets' Big Period Lesson aimed at?

This lesson is aimed at year 6 and 7.

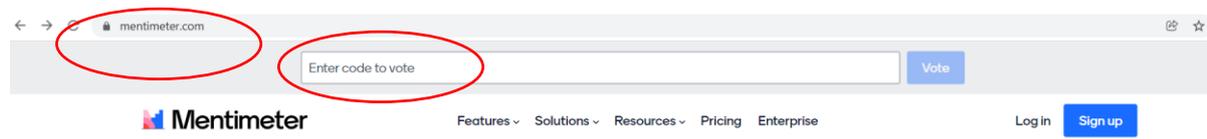
Will the broadcast be bilingual?

The broadcast is in English, but we have a range of free downloadable Welsh handouts available [on our website](#).

Do I need to prepare anything on the day?

It would be useful if the young people viewing the broadcast have access to a smart phone or personal device. We will be asking a series of true or false questions on [mentimeter.com](#) and we would like as many people to take part as possible.

To take part in the poll, young people will need to visit [mentimeter.com](#) and enter the code: **4632 1478**



Engage your audience & eliminate awkward silences

Our easy-to-build presentations, interactive Polls, Quizzes, and Word Clouds mean more participation and less stress

We will give instructions during the broadcast. If your young people do not have access to a device, you can still take part by asking them to do a show of hands.

Can I watch Brook and Lil-Lets' Big Period Lesson on demand?

Yes you can! You can watch the lesson on demand [on this page](#), after 10th March.

How can I access free Brook resources?

You can access a whole range of free resources [on our website](#).

How can I access on demand training?

Our high quality, on demand digital learning includes courses on puberty, pleasure, consent, safeguarding, abortion, relationships, and many more! Sign up [on our website](#).

For more information visit <https://www.brook.org.uk/campaigns/live-lessons/>