

MAKE PERIODS *sexy* AGAIN

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Ever noticed your sex drive doing its own thing during your menstrual cycle?

That's your hormones - **estrogen and progesterone** - putting on a bit of a show.

For some folks, these shifting levels can **stir up their libido**, especially around ovulation or right before (and even during) their period!

A stylized illustration of a large, crashing wave in various shades of red. The wave is curling over, with white foam at the crest. The background is a solid light red.

**IT'S LIBIDO
NOT LIBIDON'T**



Masturbating during your periods is not only super safe but even has its benefits!

PAIN RELIEF ♥ Orgasms release feel-good hormones like endorphins and oxytocin that help dial down cramps, back pain, and that general feeling of discomfort

IMPROVED MOOD ♥ Hello, dopamine and serotonin! These happy chemicals can help alleviate some PMS or PMDD symptoms, making you feel a whole lot more yourself

BETTER SLEEP ♥ That post-orgasm glow isn't just about pleasure – it helps your body relax and catch some much-needed rest

RESOURCES

Curious to learn more about **menstrubation**
i.e. menstruation + masturbation?

Check out the resources below!

💧 Menstrubation Research - [Masturbation: The Natural Painkiller?](#)

💧 Healthline - [Why Masturbating Could Be the Cure-All You Need](#)

💧 Planned Parenthood - [Is Masturbation Healthy?](#)

💧 Voices by Viv Podcast - [Menstrubation](#)

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