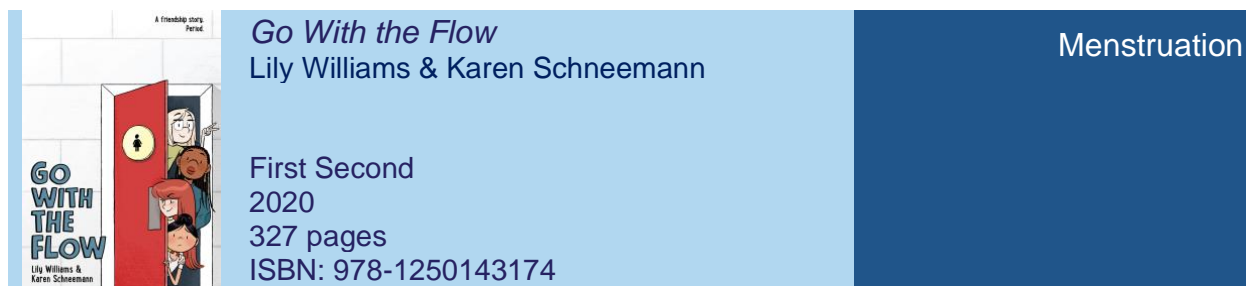


Discussion Guide



Summary

Hazelton High sophomores Abby, Brit, Christine, and Sasha are fed up with never having enough tampons. Or pads. Or adults who will listen. Sick of an administration that puts football before female health, they band together to make a change. It's no easy task, especially while grappling with everything from crushes to trig to JV track but they have each other's backs. That is, until one of the girls goes rogue, testing the limits of their friendship and pushing the friends to question the power of their own voices.

Questions

1. In the story, the characters learn a lot about their own bodies and emotions. Think about what you've learned about yourself since you were a kid. What has surprised you about yourself? What strengths have you found?
2. Abby, Brit, Christine, and Sasha don't always get along and that's OK—friendship naturally has a lot of ups and downs. What keeps your friendships strong? What do you have in common with your friends? How are you different?
3. The characters are frustrated by their school not supporting period equity and set out to change that. It can be difficult to stand up for yourself when you're not being supported. What are some ways that you or someone in history have stood up for a belief?
4. Often the adults in the book mean well but don't really understand the issues the characters are facing—and sometimes dismiss their feelings. Having people who listen to you can mean a lot. When have other people made you feel acknowledged and seen?
5. A lot of conversation in the book revolves around what is “normal” and the answer is... normal looks different for everyone! Think of a time when you felt like something wasn't normal, only to discover it was! What did that feel like?