




# Happy Tamperers Resources & Support -Sustainable Menstruation-



## GYFG Participants!

We want to continue to support you however would be most helpful and to make sure all your questions get answered. Check out the links below, but also please leave any questions, requests for support, and feedback you have by filling out the attached, anonymous google form. We also have several menstruators who are very experienced with these products, so let us know if you need and we can put you in contact with them!

In addition, we've created a GroupMe for anyone who is interested in having a community space to ask questions, give tips, and share our (awkward, weird, empowering, awesome, etc) experiences with each other. It will be moderated to ensure it's an inclusive space, and we want you all to feel comfortable sharing in whatever way feels supportive for you!

**GroupMe - <https://tinyurl.com/c95cj9t6>**

**Google Form - <https://tinyurl.com/tjpzkrrb>**



# Additional Links/ Resources!

## Menstrual Cup Users:

Info on everything from cleaning and care to folding, insertion, removal, and more!

<https://tinyurl.com/sn5adyts>

## Variety of How-To Videos!

<https://tinyurl.com/5y3b9xh2>

To find a sense of community with other cup-users!

<https://tinyurl.com/h5mzvh8y>

## FAQs!

<https://tinyurl.com/8j8hmban>



## Period - Underwear Users:

### Period Company. FAQ

<https://tinyurl.com/wcna68wy>



## Reusable-Pad Users:

### Wear, Care & More!

<https://tinyurl.com/52rn84wz>