

THEMUSEUM's new exhibition **FLOW: The Menstruation Exhibition** is curated by Virginia Eichhorn and runs from March 6th to May 28th 2019. This exhibition is all about menstruation in an effort to normalize and destigmatize this natural process. The exhibition, supported by Diva International Inc., maker of the DivaCup, a global company headquartered in Waterloo Region, will showcase art works, artifacts, educational resources and programs for our audiences.

We are in search of personal stories that we can showcase as a part of the exhibition on this taboo topic. By answering questions such as "What was your first period experience like?" and "Do you have any advice related to menstrual health?" you will help us gather diverse perspectives and tackle this topic of monthly bleeding and reproductive health in a setting that removes the unnecessary shame from this important discussion. By normalizing the conversation surrounding an integral part of many people's lives, **FLOW** will educate, create connections and transform perceptions.

Your story contributions could come in the form of audio or video recordings, these stories would then be displayed as a part of our exhibition to provide a face and voice to the experiences shared.

If you would like to contribute your story to the exhibition and are able to record yourself, please use the questions listed below to guide your story (you can choose to answer one or more!). If you would prefer to have assistance with the recording process, either audio or visual, we can set up a meeting at your convenience.

Thank you for helping us to create a Healthy Conversation, Period.

Questions for stories –

1. Tell us about the time you got your first period
 - Do you remember the first time you got your period? How did you feel? Did you know what was happening? Were you expecting it or was it a surprise? Where were you when you realized? Was anyone with you? What happened next?
2. Is there a particular period myth / misconception that you would like to comment on?
 - Is there something you used to believe about periods, that you now know is a myth? What do you think the most common/harmful/funny/ridiculous period myth is?
3. Tell us about your experience with menopause
 - How was your experience with menopause? Do you feel you were prepared for menopause? Did you know what to expect? What was the first sign you realized you were starting menopause? If you could tell the whole world something about menopause, what would it be?
4. Tell us about your experience with a menstrual disorder
5. Comment on your personal choice of menstrual product
 - Do you have a favourite menstrual product? If someone told you that you could never use X product again, how do you think your life would change? Do you think we are doing enough to create new options for menstrual products? Was there ever a time you didn't have a menstrual product that you needed - what happened?
6. Do you have any advice that relates to menstrual health?
7. Tell us about how your menstruation views may relate to your culture or religion