

# #talkPeriod Mask

1. PRINT IT OFF
2. CUT IT OUT  
(Stick onto card if you want it a little stronger)
3. GLAM IT UP!  
(red glitter? a personal favourite! And remember to leave the hashtag exposed!)
4. PIERCE THROUGH THE X's THEN THREAD THROUGH WITH STRING AND FASTEN
5. WEAR YOUR MASK WITH US ON MAY 23<sup>RD</sup> 2015 FOR OUR **MENSTRUATION DEMONSTRATION**. WE WILL STAND UNITED THROUGH THE STREETS OF BRISTOL TO PROTEST THE MENSTRUAL TABOOS! AFTER OUR MINUTES SILENCE RIP OFF YOUR MASKS AND TALK PERIOD!

