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# Script for the workshop

In addition, here is provided the necessary information to be able to guide the “Sustainable bodies” workshop on intimate hygiene and sustainability, it is recommended that the people who guide the workshop remain under the age of five, since one of the ideas of the project is that proximity in age can be a tool in favor, but there are fears that they could be certain Shame and that with something more appropriate to them, it is easier than sorgisca l'empatia.

We will follow the steps and start the times suggested below:

**KAHOOT.** (15 min)

[https://docs.google.com/document/d/13gw87TRLHe7cgA5Omr2oMvj2c2d3pVfGh6RkW2Y17CU/edit?](https://docs.google.com/document/d/13gw87TRLHe7cgA5Omr2oMvj2c2d3pVfGh6RkW2Y17CU/edit?usp=sharing)

[usp=sharing](https://docs.google.com/document/d/13gw87TRLHe7cgA5Omr2oMvj2c2d3pVfGh6RkW2Y17CU/edit?usp=sharing) (document with questions and answers for the kahoot)





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## SCRIPT FOR THE CANVA (20 min)

Today we are going to talk about sustainability and intimate hygiene.

[https://www.canva.com/design/DAGpUBiDdp8/tkMKU8Zb9F-FWQelCcWhA/edit?](https://www.canva.com/design/DAGpUBiDdp8/tkMKU8Zb9F-FWQelCcWhA/edit?utm_content=DAGpUBiDdp8&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

[utm\\_content=DAGpUBiDdp8&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAGpUBiDdp8/tkMKU8Zb9F-FWQelCcWhA/edit?utm_content=DAGpUBiDdp8&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton) (CANVA)

I think an important point is to see what 'SUSTAINABILITY' means. What does sustainability mean to you?

(Allow time to see what they think, how they describe it).

There are different definitions, but there is one in particular that I would like to deal with and it is the one of the United Nations: "Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs" (Sustainability | United Nations). What do you understand from this definition?

(Allow time for your answers)

If the whole planet adopted sustainable habits in their daily lives (such as recycling, not wasting so much water, using menstrual cups instead of tampons...) who do you think it would benefit?





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## **SCRIPT FOR THE CANVA. (20 min)**

(Let them talk, but the point is to reach the conclusion that it is good for the planet and also for us, both for future generations and for ourselves).

As we can see, sustainability has a double aspect here, one is to take care of planet Earth and the other is to take care of ourselves and our future generations.

Now that we have seen the term sustainability, what is the other one we are going to deal with, remember?

### **HYGIENE and INTIMATE HYGIENE.**

How do you put together these two terms, sustainability and intimate hygiene? How do you think we can adopt more sustainable habits in our intimate hygiene?

(Let them talk a little)

There are different ways to approach this aspect but let's focus on the products we consume, in order to see more sustainable alternatives.

What products do you know that we can use as more sustainable alternatives?

(Let them talk, but be clear which products we will discuss next: menstrual cup, cloth pads, menstrual panties, reusable metal blades, powdered toothpaste, bamboo toothbrush, organic or homemade deodorant).





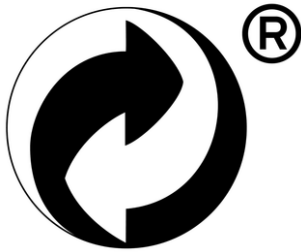
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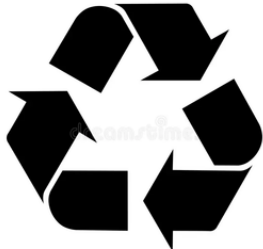
## SCRIPT FOR THE CANVA(20 min)

If we are going to buy our products, what should we take into account?

1. If the product is reusable or single use.
2. If the packaging is recyclable.



Meaning: The manufacturer contributes to a collection and recycling system, but it does not necessarily mean that the product is recyclable.



Meaning: The product or packaging is recyclable.

Important: The symbol does not always mean that it is actually recycled in your area, only that it is technically recyclable.

3. That the ingredients are natural and non-toxic.

Many times we can find written words on products such as "eco", "natural", "bio"?

without official certification, so they can be greenwashing.

The Cosmos Organic and Ecocert pictograms indicate that it has been regulated.





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## SCRIPT FOR THE CANVA. (20 min)

4. Not tested on animals.



5. Keep it vegan.



V-Label (Vegan)



The Vegan Society

There may be more official logos, it is always better to look for it when you want to buy a certified product.





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## SCRIPT FOR CANVA. (20 min)

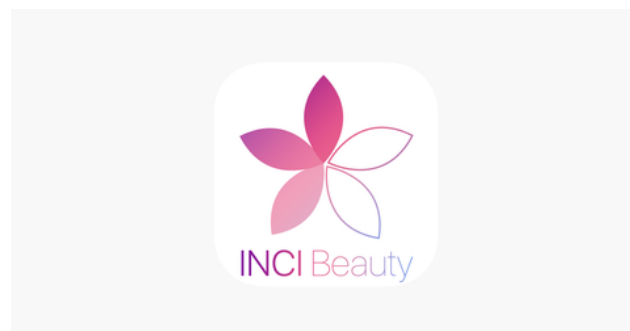
### 6. Ethical and fair production.



Workers are paid well, fairly, have good working conditions, and environmental sustainability is taken into account.

### 7. Local products

8. There are some applications that by scanning the products you can see information about the toxics and chemicals. Yuka and INCI Beauty





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## SCRIPT FOR CANVA. (20 min)

[https://drive.google.com/drive/folders/1n5N1\\_6l4kcXyOuwMXvDAAj0CNV-LCHuj?usp=drive\\_link](https://drive.google.com/drive/folders/1n5N1_6l4kcXyOuwMXvDAAj0CNV-LCHuj?usp=drive_link)

### **LINK TO THE DOCUMENT WHERE TO BUY THE PRODUCTS.**

Here is a link where you can access a list of different brands and stores where you can buy these types of products. As you can see there is a document in which you can not edit, which are my suggestions, but you also have another document in which you can add things. I leave you here this space where you can add brands and trends that you are discovering. You can add the link if it is a web site, the location if it is a physical store, also what are the products that you can find there...

What other option do you think there is other than going there to buy the products? (To make them at home)

We don't have enough time to see how to make all the products (although at the end of the conference we will make one of these), but here is a link with different sustainable recipes for hygiene products. There are also some instagram accounts with examples of how to make some products, some vegan/vegetarian food recipes and also how to take care of certain plants so you can also make your own homemade products:

[https://docs.google.com/document/d/1cDzzKIEGg4ZWPaUU7GfecINOMc-2qSXM/edit?](https://docs.google.com/document/d/1cDzzKIEGg4ZWPaUU7GfecINOMc-2qSXM/edit?usp=sharing&ouid=106261181707353331782&rtpof=true&sd=true)

[usp=sharing&ouid=106261181707353331782&rtpof=true&sd=true](https://docs.google.com/document/d/1cDzzKIEGg4ZWPaUU7GfecINOMc-2qSXM/edit?usp=sharing&ouid=106261181707353331782&rtpof=true&sd=true)





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## MYTHS AND REALITIES. YES AND NO GAME. (15 min)

Participants line up in a row. We have to determine a space for Yes and a space for No. The facilitator will read some statements and the participants will have to move to the Yes or No space according to whether they believe that what has been said is true or not.

The statements can be the following:

- **The menstrual cup is gross or embarrassing.** (If it is properly cleaned, it is totally hygienic and does not smell. In fact, it smells less than tampons or pads, which retain blood exposed to the air).
- **Reusable products are uncomfortable.** (Like any new product, they require adaptation, but many people find them more comfortable and healthy).
- **The menstrual cup can get lost inside the body.** (It is impossible. The cervix does not allow it to pass to other parts of the body).
- **You can't use reusable pads if you have a lot of blood.** (Yes, you can. There are different absorbencies, just like the single-use ones. You only need to change them according to the flow).
- **Sustainable products do not protect as well.** (False. Both the cup and the ecological pads or tampons have good absorption. In many cases, even better).



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## MYTHS AND REALITIES. YES AND NO GAME. (15 min)

- **The ecological soap or natural deodorant are not effective.** (It depends on the product and the skin, but many work the same or better and without toxics. Sometimes you need to try different ones).
- **These products are more expensive.** (Some have a higher initial cost, but in the medium and long term they are very cost-effective. A menstrual cup can last up to 10 years).
- **All natural products are sustainable.** (Not necessarily. Natural does not always mean ethical or ecological. It is necessary to look at certifications and production processes).
- **The body hair is gross or smells bad.** (The hair does not generate a bad odor. The dirt and bacteria do, but hygiene does not depend on the amount of hair but on regular cleaning).
- **Waxing is more hygienic.** (It is not necessary for hygiene. The hair has a protective function, especially in intimate areas).
- **It is unnatural not to depilate.** (On the contrary: body hair is natural. What is artificial is to remove it by social pressure.)



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## SHOW THE PRODUCTS (15 min)

We sit down again, and now it's time to SHOW THE PRODUCTS. At the same time that they are passing the products, we are going to say the following about the cleaning and maintenance of the different products:

### Menstrual Cup

- Before and after the cycle: Boil 3-5 minutes or use sterilizing pills.
- During use: wash your hands, wash every 8-12 h, rinse with cold water and rinse with neutral soap.
- Store dry in a cloth bag (not plastic).

### Cloth compresses and menstrual panties

- Immediately wipe with cold water to avoid clogging.
- Hand or machine washed (40 oC, neutral flavor, without softener).
- Air-drying and drying in the shade.

### Reusable razor blade

- After each use: wipe and rinse well.
- Weekly: clean with vinegar and soft scraper.
- Keep it dry. Change the blade every 5-10 uses.

### Bamboo toothbrush

- After each use: remove and store it right side up.
- Weekly: soak in vinegar or baking soda for 10-15 minutes.
- Replace it every 2-3 months. Compostable màneg, not always truges.



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## TOOTH PASTE ELABORATION WORKSHOP. (15min)

Ingredients (for each person):

- A spoonful of active carbon.
- One teaspoon of bicarbonate.
- Two teaspoons of coconut oil.
- 6-8 drops of peppermint essential oil.
- A little container.

We have to mix everything in the container. A recommendation would be to first apply a little coconut oil, then the active carbon and add the rest of the coconut oil. Regarding the drops of peppermint essential oil, when they prefer.

**As a recommendation, I suggest submitting the forms below and after the workshop to see if they are actually available as long as you are waiting to be able to compare the connections between countries, etc. Send your results to: [associaciotabala@gmail.com](mailto:associaciotabala@gmail.com)**