

## **ABSTRACT**

The master diploma thesis concentrates on the issue of education about menstruation at lower secondary schools. Through qualitative interviews with external subjects who run workshops or lectures related to the topic of menstruation at schools, I have mapped the ways of teaching about this phenomenon. The primary objective of my work is to inform about the topics that are directly connected to the education about menstruation. Last but not least, I believe my work goes beyond the physical education and into the sociocultural area and seeks to destigmatize the natural physical process that menstruation is.