

Counselor Scripts

Pre-Written, Gentle Scripts for School Nurses and Counselors

For use in individual and small-group settings with students aged 10–16

How to Use These Scripts

These scripts are starting points — not rigid scripts to be read word-for-word. Adapt the language to your own voice and to the student in front of you. What matters most is your tone: calm, warm, non-judgmental, and unhurried.

Each script covers a specific situation a school nurse or counselor is likely to encounter. Read through them before you need them so they feel natural when the moment arrives.

A student who comes to you about their period has already overcome significant shame to do so. Honor that by giving them your full, unhurried attention.

Script 1: A Student Gets Their First Period at School

Situation

A student comes to you distressed, possibly with a stained uniform, saying they don't know what is happening or that they think they have "got their period."

Script

Open calmly

"Hey, I'm glad you came to me. You're safe, and everything is going to be fine. Can you tell me a little about what's happening?"

After they explain

"What you're experiencing is called menstruation — it's your period. It's completely normal and healthy. It means your body is working exactly the way it should. You haven't done anything wrong."

Practical next step

"I have a sanitary pad here for you right now. The bathroom is private — take as much time as you need. If your clothes need to be changed, we can sort that out too. I'll be right here."

Before they leave

"This might feel like a big deal today, and that's okay. But it will feel more normal very quickly. Do you have someone at home you can talk to about this? And please know — you can always come to me."

Note for counselor: Do not call parents without the student's knowledge unless there is a safeguarding concern. Ask the student first: "Would you like me to let someone at home know? Or would you prefer to tell them yourself?"

Script 2: A Student Says They Are Too Embarrassed to Ask for Pads

Situation

A student confides that they have been avoiding asking for sanitary products because they are too embarrassed, and have been managing without or using substitutes.

Script

Acknowledge without judgment

"Thank you for telling me that. It takes courage to say. A lot of students feel exactly the same way — so please know you are not alone in this."

Normalise the need

"Needing a sanitary pad is as normal as needing a bandage. There is nothing embarrassing about it — it's a health need, just like any other."

Offer practical help

"I keep pads available here at all times. You can come to me any time you need one — no explanation required, and I will never make a fuss about it. It stays between us."

Address the deeper issue

"Can I ask — what makes it feel embarrassing? Sometimes talking about that feeling is the first step to making it smaller."

Script 3: A Student Is Distressed About Menstrual Pain

Situation

A student presents with visible discomfort or pain during their period. They may be dismissive ("I'm fine"), fearful ("Is something wrong with me?"), or distressed.

Script

Validate first

"I can see you're in discomfort. Menstrual cramps are real — they are caused by the uterus contracting, and for some people they can be quite painful. You are not making this up."

Practical immediate help

"Let's make you more comfortable right now. A warm compress can help with cramps. Would you like to rest here for a little while before going back to class?"

Check for patterns

"Is this pain something you experience every cycle? Does it ever stop you from coming to school?" (If yes: consider referral to a doctor, as severe dysmenorrhea may indicate a condition like endometriosis that deserves medical attention.)

Empower with information

"It's worth talking to a doctor about this if it keeps happening. Painful periods are common, but that doesn't mean they have to be suffered through without help. There are things that can make this much better."

Script 4: A Student Has Heard a Myth and Believes It

Situation

A student says something reflecting a common myth — for example, "My mother says I shouldn't wash my hair during my period," or "My friend said you can't exercise when you have your period."

Script

Do not dismiss the source

"I understand that's what you've heard, and I want to make sure you have accurate information too. These kinds of beliefs are very common — they have been passed down for generations."

Correct gently with facts

"Medically, there is no evidence that washing your hair, exercising, or bathing during your period causes any harm. In fact, maintaining normal hygiene is important during menstruation."

Leave the door open

"If you hear other things that you're not sure about, please feel free to come and ask me. There are a lot of myths around this topic, and part of my job is to help you find the facts."

These scripts were developed by the MAA team at Rigel Foundation in consultation with health educators and school counselors. They are evidence-informed and designed for real school settings.

A resource from the MAA initiative | Rigel Foundation | maa@rigelfoundation.org.in