**Content of Menstrual Education Curriculum**

The analysis of how educational laws have included sex education in Spain allows us to conclude that from the space of transversality opened by the LOGSE in 1990 [1]to the last regulation of the LOMLOE (2020)[2], educational laws allow, but do not guarantee, sex education. The inclusion of contents on sexuality within the specific subjects of the curriculum did not guarantee the systematic and rigorous training of students throughout Spain.

Specifically, the content of the curricula of menstrual education in Spain can vary depending on the region, but in general it focuses on the following topics: 1. Menstrual cycle, 2. Body changes: physical and emotional. 3. Reproductive health: information on reproductive health, contraception, and sexually transmitted infections. 4. Healthy habits. 5. Hygiene. 8. Sexuality. 9. Social and cultural aspects of sexuality.

The following table shows the main educational contents taught about menstruation in the different Spanish regions.

|  |  |
| --- | --- |
| **Region** | **Content of Menstrual Education Curriculum** |
| *Regions that incorporate the menstrual cycle into their curriculum* | |
| Andalusia | Menstrual cycle. fertilization, pregnancy and childbirth. Analysis of the different contraceptive methods. Assisted reproduction techniques Sexually transmitted diseases. Prevention. The human sexual response. Sex and sexuality. Sexual health and hygiene.[3] |
| Catalonia | Topics include anatomy and physiology of female reproductive organs, reproductive health and development, menstrual cycle and its changes.[4] |
| Valencia | Topics include anatomy and physiology of female reproductive organs, reproductive health and development, menstrual cycle and its changes, contraception, and sexual harassment.[5] |
| Castilla y León | Topics include anatomy and physiology of female reproductive organs, reproductive health and development, menstrual cycle and its changes, contraception[6] |
| Castilla la Mancha | The reproductive function. Sexuality and reproduction. Physical and psychological changes in adolescence. Sexual health and sexual hygiene. Anatomy and physiology of the reproductive system. The menstrual cycle. Fertilization, pregnancy and childbirth. Analysis of the different contraceptive methods. The sexually transmitted diseases. Assisted reproduction techniques.[7] |
| Extremadura | The menstrual cycle. Fertilization, pregnancy and childbirth. Analysis of the different contraceptive methods. Sterility. Assisted reproduction techniques. Sexually transmitted diseases. The human sexual response.[8] |
| Asturias | The curriculum focuses on providing education on the physical and psychological changes associated with puberty, including menstruation, and how to manage them. It also provides education on how to take care of one’s reproductive health. [9] |
| Murcia | The menstrual cycle and its stages. Fertilization, pregnancy and childbirth. Analysis of the different contraceptive methods. Assisted reproduction techniques. Sexually transmitted diseases. Prevention.[10] |
| *Regions that include sex education but not menstruation education* | |
| Cantabria | The reproductive function and its biological relevance: anatomy and physiology. Affective-sexual education. The importance of responsible sexual practices. Prevention of sexually transmitted infections and unwanted pregnancies. Appropriate use of contraceptive methods. No education on menstruation. [11] |
| Madrid | Affective-sexual education from the perspective of equality among people and respect for sexual diversity. The importance of responsible sexual practices. Assertiveness and self-care.  Prevention of sexually transmitted infections and unwanted pregnancies. Appropriate use of contraceptive methods. No education on menstruation.[12] |
| Galicia | Reproductive physiology, contraception, pregnancy, sexual and reproductive health, gender equality, sexual harassment, and healthy relationships. No education on menstruation.[13] |
| Aragon | Includes activities that enhance the understanding of the biological and sociocultural aspects of sexuality, as well as information about hygiene, contraception, and gender roles. No education on menstruation.[14] |
| La Rioja | Reproductive physiology, contraception, sexual and reproductive health, gender equality, and healthy relationships. No education on sexuality or menstruation.[15] |
| *Regions that do not include sex education and menstruation education* | |
| Basque Country | The curriculum provides education on the physical and psychological changes associated with puberty. No education on sexuality or menstruation.[16] |
| Balearic Islands | Discusses the physical, psychological, and social aspects of sexuality. No education on sexuality or menstruation.[17] |
| Canary Islands | Affective-sexual education and recognition of sexual diversity. No education on sexuality or menstruation.[18] |
| Navarra | Affective-sexual education and recognition of sexual diversity. No education on sexuality or menstruation.[19] |

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[10] C. Consejería de Educación, Cultura y Universidades, “Decreto n.o 220/2015, de 2 de septiembre de 2015, por el que se establece el currículo de la Educación Secundaria Obligatoria en la Comunidad Autónoma de la Región de Murcia.,” *Boletín Of. la Región Murcia*, pp. 30729–31593, 2015, [Online]. Available: https://www.carm.es/web/pagina?IDCONTENIDO=51745&IDTIPO=100&RASTRO=c77$m4507,3993,21221

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