



The 2020 Flowies!

Periods are everywhere! In movies, on TV, in podcasts! We decided to create special awards to honor creative ways to talk about periods in pop culture. Welcome to the first-ever Flowie Awards!!!

Narration: Welcome to Feeling My Flo...a podcast where we see menstruation as an event that happens to all types of bodies. I'm Kamilah Kashanie. My pronouns are she and her.

You've probably heard of the Kids Choice Awards and the MTV Movie Awards. Today, you'll be among the first people to hear about the Feeling My Flo Awards...the Flowies!

The Flowies recognize all types of media — like TV shows, movies, songs, cartoons, even commercials — that did a really good job in showing a positive image of periods. We think they deserve a little extra love for taking on a topic that's sometimes very hard to talk about. To help me present the Flowies, executive producer Mia Warren is in the studio with me. Mia's pronouns are she and her.

Kamilah: Hi, Mia.

Mia: Hey, Kamilah!

Kamilah: Are you excited about our first-ever Flowies?

Mia: So excited!

Kamilah: [Laughs] Let's get started. What pop culture moment is up first?

Mia: Okay, so since you and I are both movie nuts, the first category is obviously best movie or documentary about periods.

Kamilah: Very fitting!

Mia: And the winner is...

Kamilah: “Period. End of Sentence!”

Mia: The story follows menstruators in India who are learning how to use a machine that makes affordable, biodegradable pads.

Kamilah: What’s your favorite part of the documentary?

Mia: There’s so many interesting parts. Like Pad Man...he’s the cisgender man who invented the machine that makes pads...and throughout the movie, you actually see him training people in how to use it.

Kamilah: I watched “Period, End of Sentence” with my parents when it came out on Netflix. My dad was really interested in the whole process of making pads.

Mia: Yeah! [The pad-making machine is really cool to watch](#). So first, the machine shreds up fluffy cotton-like material. And then it flattens that fluffy part to go inside the pad.

And it’s really inspiring to see menstruators making pads and selling them to fellow menstruators. It’s a way to make a wider range of products more available in some areas where menstruators mostly use washable cloths.

Kamilah: Having something that’s disposable is really such a game changer.

Mia: Yeah, plus, one of my favorite pop culture moments was in 2019...

Kamilah: When the documentary won an Oscar for Best Documentary Short Subject! YES! That was so amazing. I remember texting you about how hyped I was when they won. And I loved the acceptance speech from director Rayka Zehtabchi.

Clips: [Oscar Presenter: “And the Oscar goes to...‘Period, End of Sentence!’”](#)

[Oscar Announcer: “This is the first Oscar nomination for Rakya Zehtabchi and Melissa Berton.”](#)

[Rakya Zehtabchi: \[Laughing and crying.\] “I’m not crying because I’m on my period or anything.”](#)

Mia: An iconic period moment. Okay, what’s the next Flowie?

Kamilah: This next category is one of my favorites. Best period music video!

Mia: And the winner is...

Kamilah: [“PYNK” by Janelle Monae!](#)

Mia: Yeah! This video is amazing.

Kamilah: So this song isn’t actually about periods, but it is a celebration of the vagina for sure. It’s this amazing song about all the reasons the vagina is pretty dope.

Mia: Yep.

Kamilah: PYNK is this incredible girl power anthem — just like a lot of the stuff Janelle Monae does. My favorite part is that the music video has dancers of all shapes and shades of melanin wearing vagina-shaped pants.

Mia: Why is Janelle Monae the best?

Kamilah: Ugh. I know, right?

Mia: Next up...the Flowie for best depiction of a period in a comic or graphic novel.

Kamilah: You take this one, Mia. You’re a total comics buff.

Mia: And the winner is...

Kamilah: [“Paper Girls”!](#)

Mia: It’s a comic written by a cis dude, Brian K. Vaughn, and it’s illustrated by two cis dudes, Cliff Chiang and Matt Wilson.

Kamilah: Not what I’d expect. But very cool.

Mia: The story follows four twelve-year-old girls growing up in the 1980s. They all deliver newspapers in their neighborhood. And in volume six of the series, one of them — KJ — gets her first period.

Kamilah: So what’s her first period like?

Mia: One of the cool things about this story is that it involves time travel. Two of the characters — KJ and MacKenzie — get transported back to prehistoric times...and that’s when MacKenzie notices that KJ is bleeding.

Kamilah: She gets her period while she’s time traveling?

Mia: Yes! And I really like the way that scene was written. It's very relatable if you're a menstruator. It's like...you can even travel through time on your period! And you'll just figure out how to handle it no matter where or when you are.

Kamilah: That's deep. Okay, so this next Flowie category is best period commercial.

Mia: Ah, yep. There have been so many period commercials — mostly commercials for period products.

Kamilah: There have been. But [this one is especially cool](#). It starts out with a young menstruator sitting in front of her colorful bunk bed.

Clips: [Lillian: "Hey blood sisters, this is Lillian Dyer. Last month was my first month. And it was magical. But not everyone's so lucky. And that's why we girls need a shero: the period fairy."](#)

Kamilah: She introduces us to the period fairy, a mythical creature who's in league with the Tooth Fairy and Santa Claus...

Mia: Already into it.

Kamilah: But the Period Fairy hasn't been seen in years.

Clips: [Tooth Fairy: "She sold an app for a cool billion and retired..."](#)

Kamilah: And the young menstruator realizes something important.

Clips: [Lillian: "Sometimes, instead of looking for a shero, you just have to be one yourself."](#)

Mia: I just love the message of self-empowerment.

Kamilah: You can be your own shero. Okay, what's next?

Mia: We had to talk about this next category of the Flowies...best period fashion. I'm really excited about this one because it involved one of my favorite shows of all time, RuPaul's Drag Race—where drag queens compete for a title.

Kamilah: Drumroll please...

Mia: And the winner for best period fashion...is [Manila Luzon! She wore a red gown with a white pad over the front of it](#). The pad covers her from chest to knees, and there's a giant drop of red right in the middle of the pad.

Kamilah: Very chic.

Mia: It really is! She looks amazing. But unfortunately, Manila wasn't allowed to wear this gown on Drag Race.

Kamilah: Uh, why not?

Mia: [According to Manila, RuPaul told her the look was in 'bad taste.'](#)

Kamilah: That sounds very creatively stifling.

Mia: Yeah, but [Manila posted a photo of herself on Instagram. And in the post, she said, 'I was really looking forward to wearing this gown that I think celebrates a perfectly normal human experience! It's empowering to teach young women about their bodies, encourage them to celebrate them AND to question people who tell them not to!'](#)

Kamilah: Wow, she's amazing!

Mia: I love her.

Kamilah: And if you haven't seen her period gown, head over to [feelingmyflo.com](#), where we've posted it with this episode. This last Flowie is for best reported video about periods.

Mia: And the Flowie goes to...

Kamilah: [Bustle for "How Do Homeless Women Cope with Their Periods?"](#)

Mia: In the video, several menstruators experiencing homelessness in New York City show us how they manage their bleeding by being very creative with very little, even using parts of a pad to make a tampon.

Clips: [Menstruator 1: "If you're a woman, you like your face clean, you know? You like feeling good, smelling good."](#)

[Menstruator 2: "Yeah, period times are not good times for us."](#)

[Menstruator 1: "Hi, how are you?"](#)

[Menstruator 2: It's very difficult to have your period and very uncomfortable."](#)

Kamilah: The video does a good job of showing how sometimes people who are homeless have to choose between their next meal or a

box of tampons...because menstrual products are so expensive.

Mia: Right. And a lot of homeless menstruators deal with this all the time.

Kamilah: Exactly.

Mia: Well, that concludes this year's Flowies. Thank you so much for having me, Kamilah!

Kamilah: Thanks for being here, Mia! I'm excited to do this again next year...when we'll have even more menstruation-related content to award Flowies to!

Mia: Woot woot!

Narration: Feeling My Flo wants to help you start important conversations at critical moments...like when you're looking for new period pop culture recommendations!

Feeling My Flo is a production of Lantigua Williams & Co. We're here to inform, entertain, and empower.

Do you know other movies and TV shows that talk about periods in a positive way? Tell us about them! Ask your parents or an adult if you can visit us at feelingmyflo.com or connect with us on social media [@flo_pod](https://twitter.com/flo_pod) on Twitter and [feelingmyflo](https://www.instagram.com/feelingmyflo) on Instagram.

This episode was produced by Mia Warren. She's our executive producer. Mixing by Kojin Tashiro. Our lead producer is Cedric Wilson. I'm Kamilah Kashanie.

CITATION

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Produced by

