

TALKING TABOO



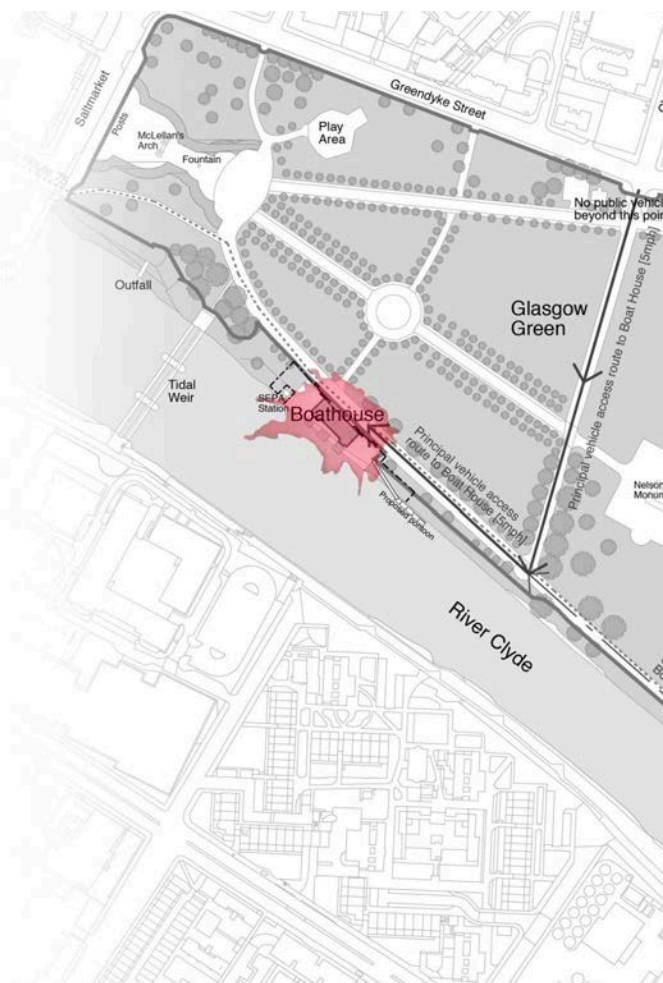
Talking Taboo is an educational centre that challenges outdated perceptions of menstruation, fostering open, inclusive discussions to dismantle stigma and misinformation.

The lack of proper menstrual education leaves many unsure of what a typical period should be, leading to the normalisation of severe symptoms and silent suffering from conditions like PCOS and Endometriosis. Despite affecting millions in the UK, these conditions are often dismissed by healthcare professionals, creating an un-supportive environment that discourages individuals from seeking medical help. As a result, many turn to unreliable social media platforms like TikTok and Instagram for menstrual health advice, inadvertently contributing to the spread of misinformation. This centre is committed to addressing this issue, providing accurate information and fostering a more informed, supportive approach to menstrual health.

Through interactive learning and accessible resources, Talking Taboo empowers individuals to embrace their experiences, advocate for accurate information, and shift cultural attitudes. Infused with the natural colours of the menstrual cycle, it transforms stigma into strength, fostering support, deepening understanding, and celebrating menstruation as a natural, powerful part of life.

The stigma around menstruation often stems from the perception of blood as something unpleasant or even, in some beliefs, harmful. Talking Taboo challenges this narrative, transforming the shame associated with a red blood stain into a symbol of beauty and strength. The building is stripped back to its original timber structure, with stained natural wood features that proudly embrace menstruation, re-imagining it as something to be celebrated rather than hidden.

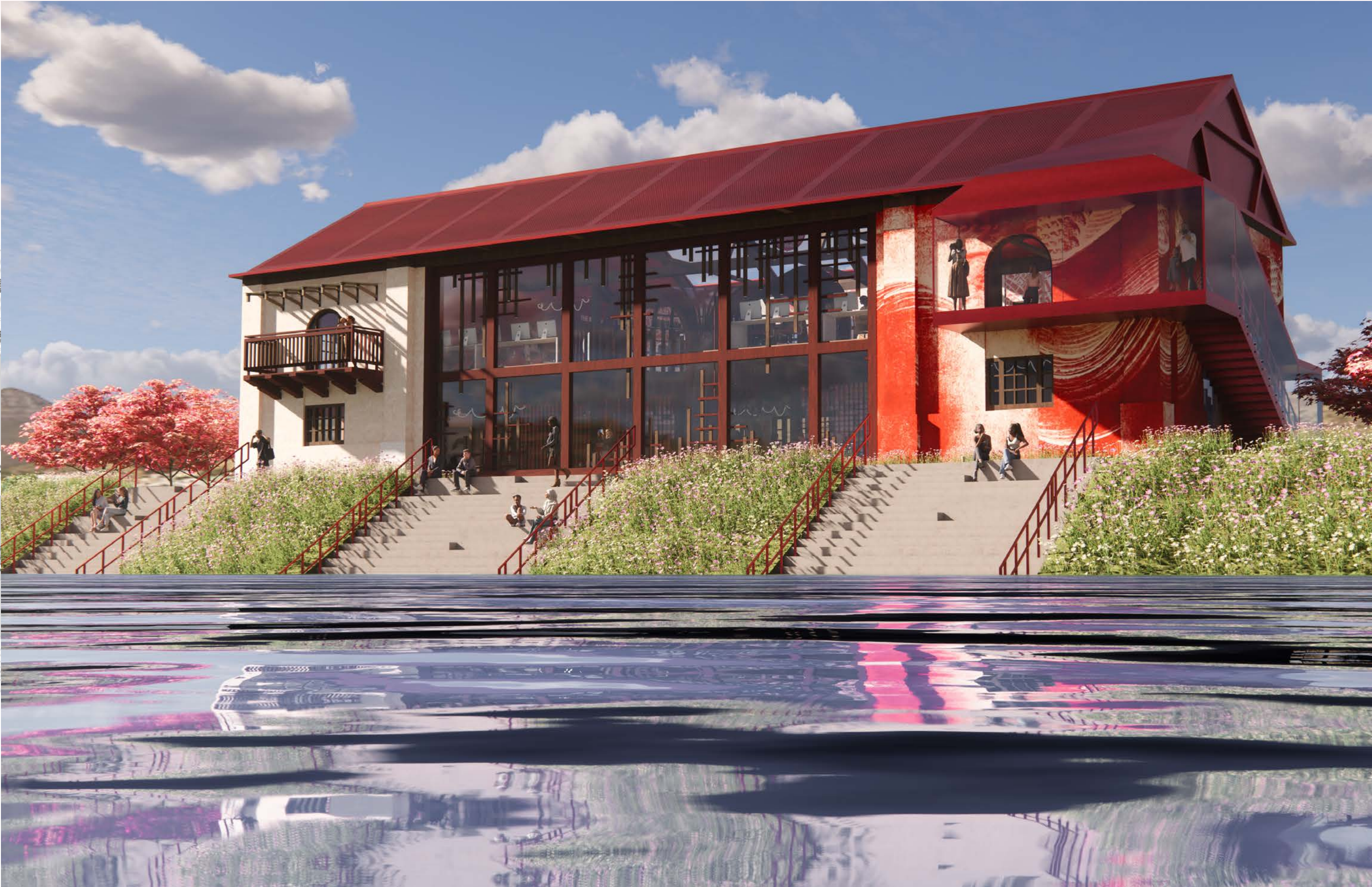
SITE: THE WEST BOATHOUSE, GLASGOW



GROUND FLOOR



FIRST FLOOR



USER COLLAGE



TACKLING THE TABOO

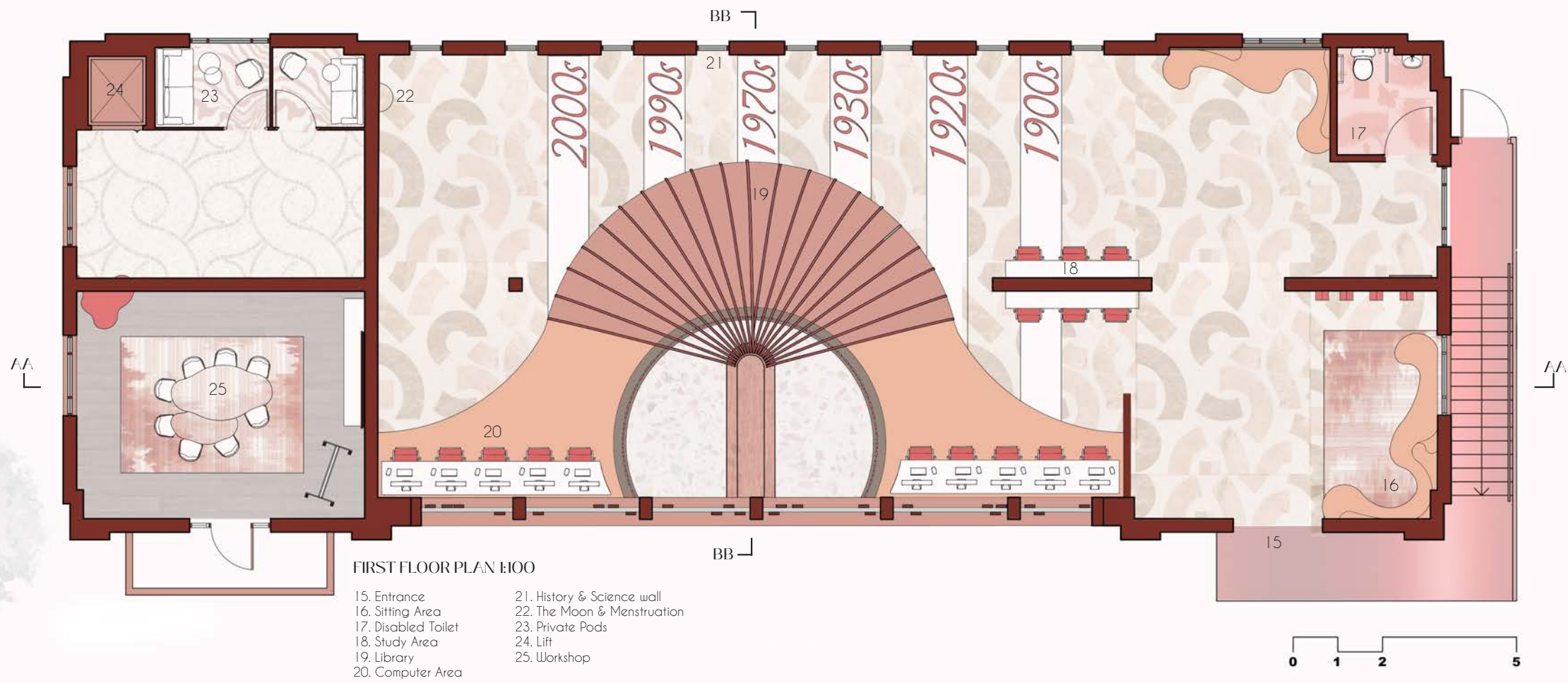
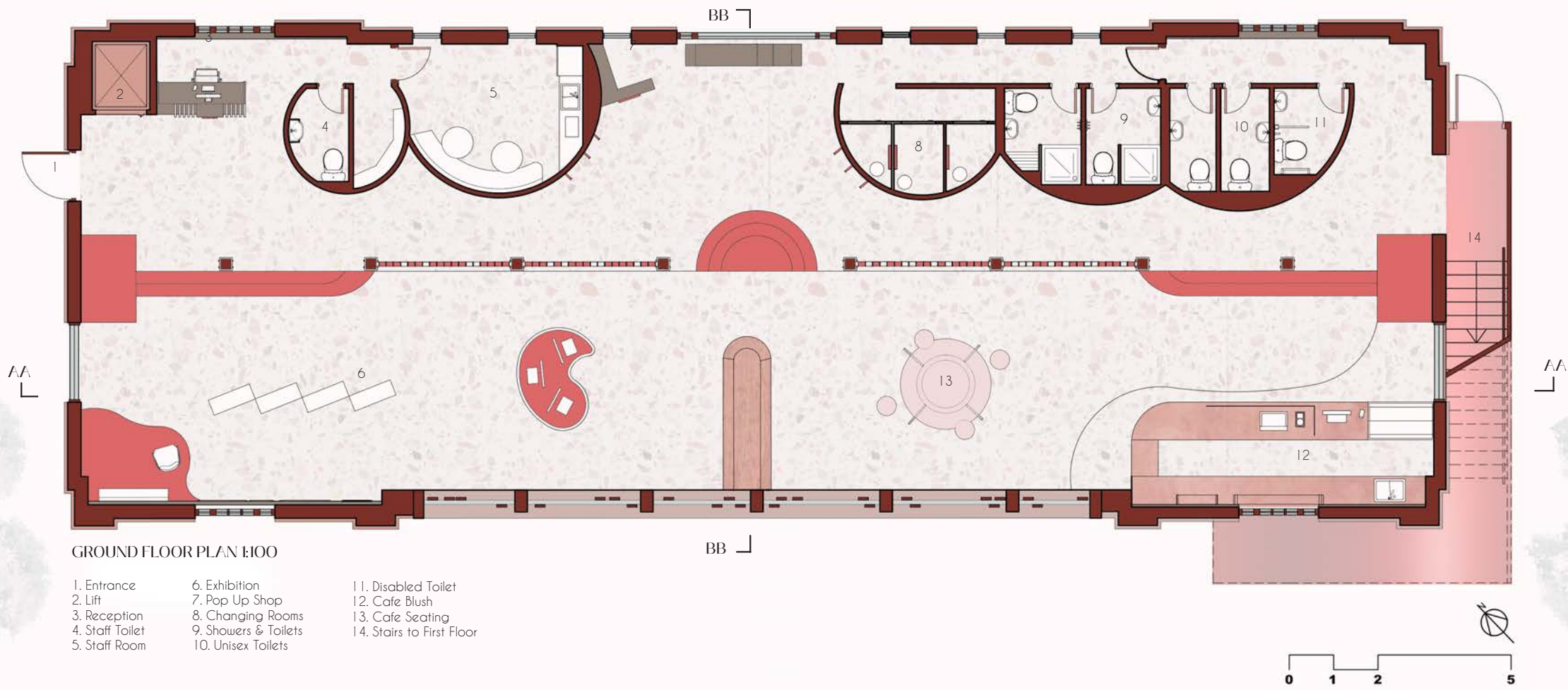
This space spans two floors, with the lower level designed for practical, social areas that foster interaction and encourage positive conversations about periods.

The ground floor features an educational exhibition, a café serving food and drinks designed to ease menstrual symptoms, and a welcoming seating area that fosters open conversations and shared experiences. Additionally, there is a dedicated space offering free clothing and washing facilities for those who have bled through their clothes, ensuring comfort and support for all visitors.

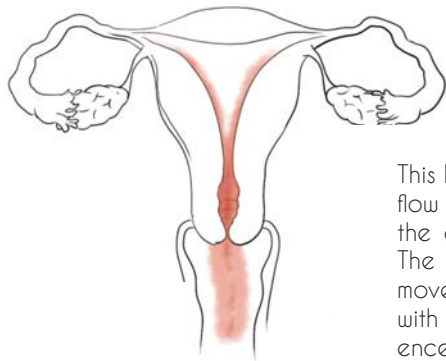
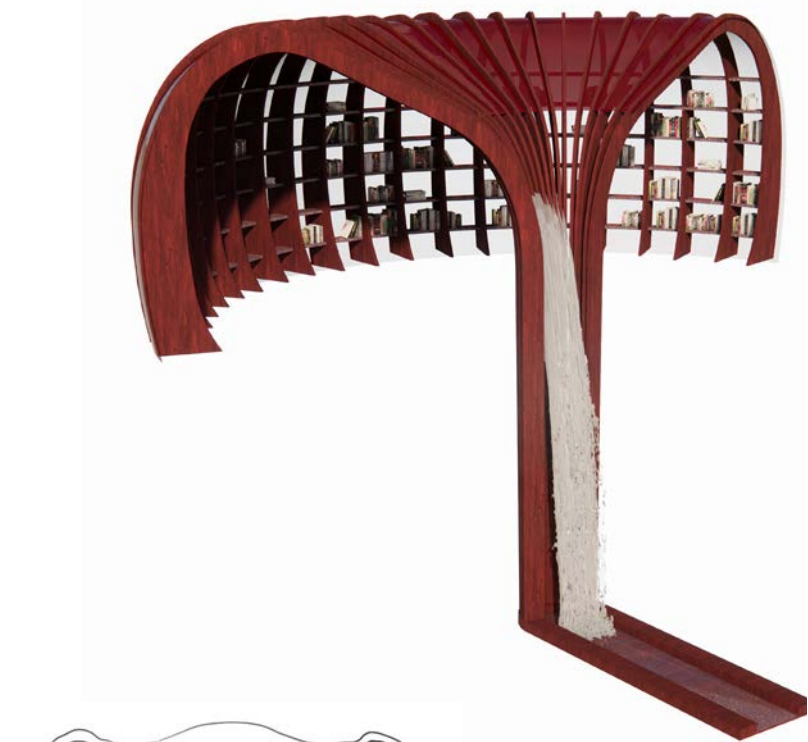
The upper level offers a tranquil space where individuals can attend classes, ask questions privately, read peacefully, and access computer facilities. It provides a quiet environment for personal research, allowing visitors to explore their own queries in comfort and privacy.

These facilities work together to create an inclusive, supportive environment where menstruators feel heard, valued, and empowered. They foster education, open conversations, and access to resources that help dismantle stigma and misinformation around periods.

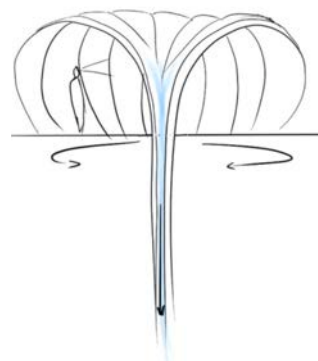
By providing spaces for learning, private discussions, social connection, and practical support, like free clothing and washing facilities, Talking Taboo ensures that menstruation is recognised as a natural, important part of life rather than a source of shame or discomfort.



LIBRARY WATERFALL



This library is designed to symbolise the natural flow of blood through the vagina, inspired by the graceful curvature of the fallopian tubes. The architectural arch mirrors this organic movement, creating a welcoming passage lined with books. As visitors walk through, they experience a space that fosters comfort, knowledge, and inclusivity.

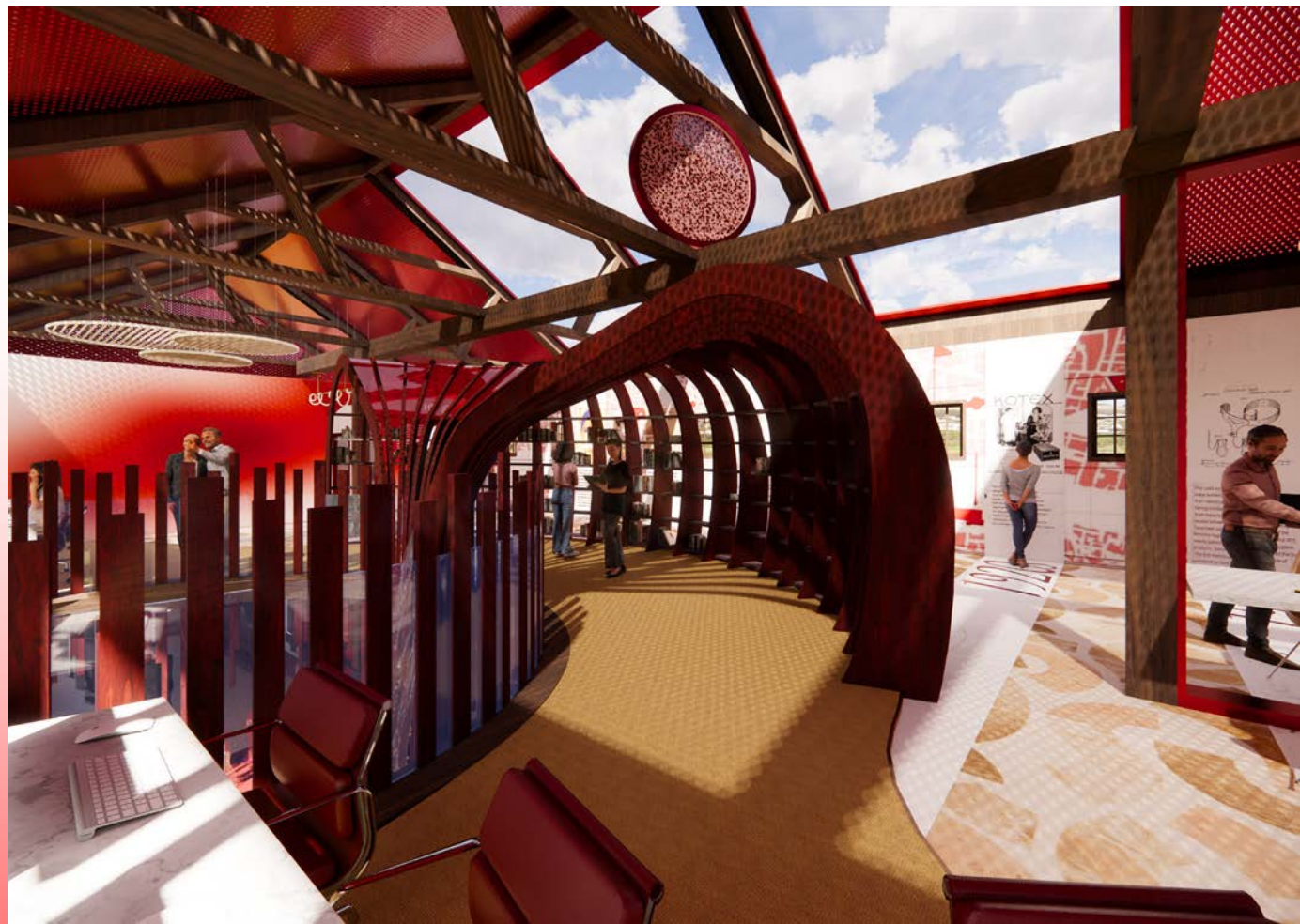
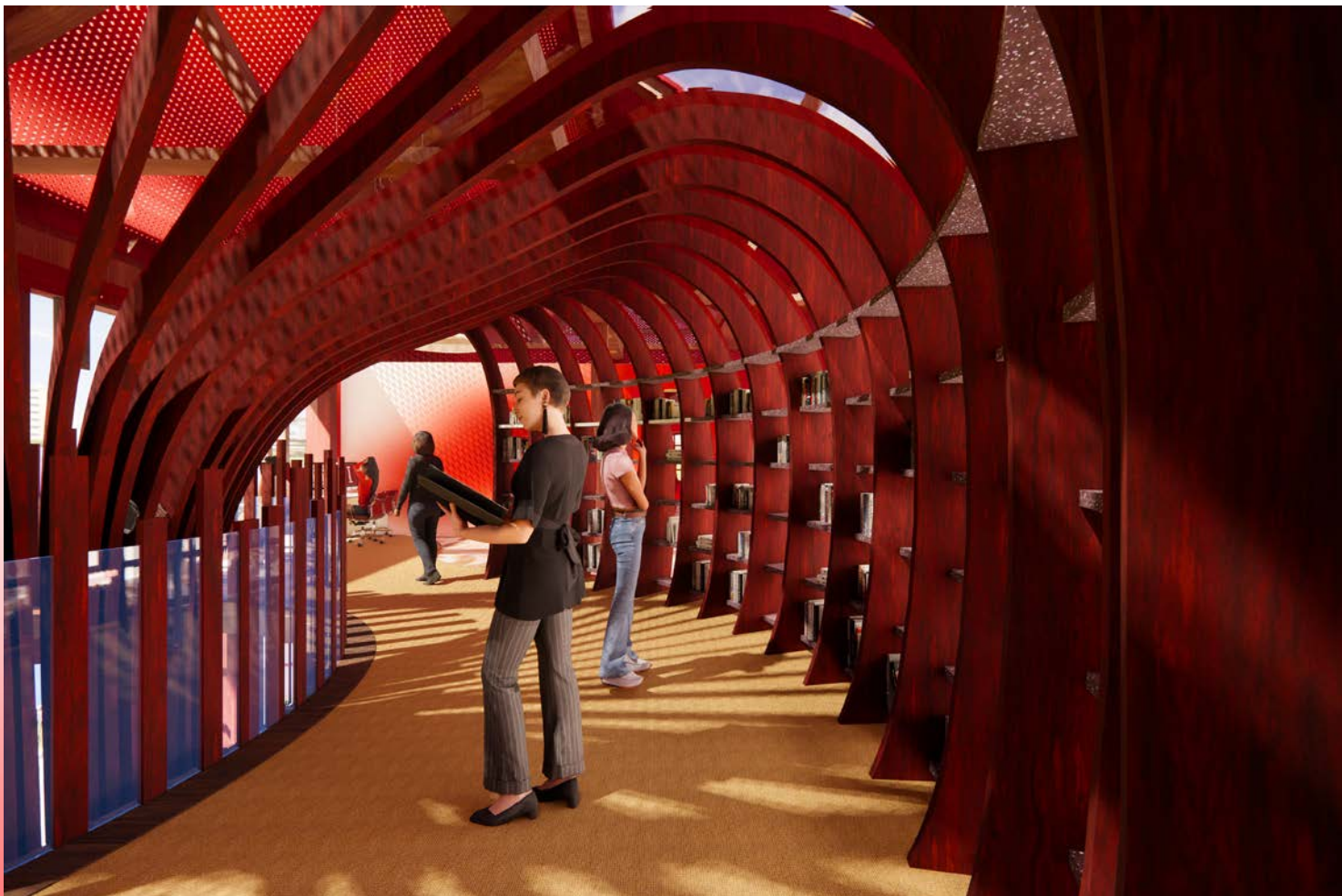


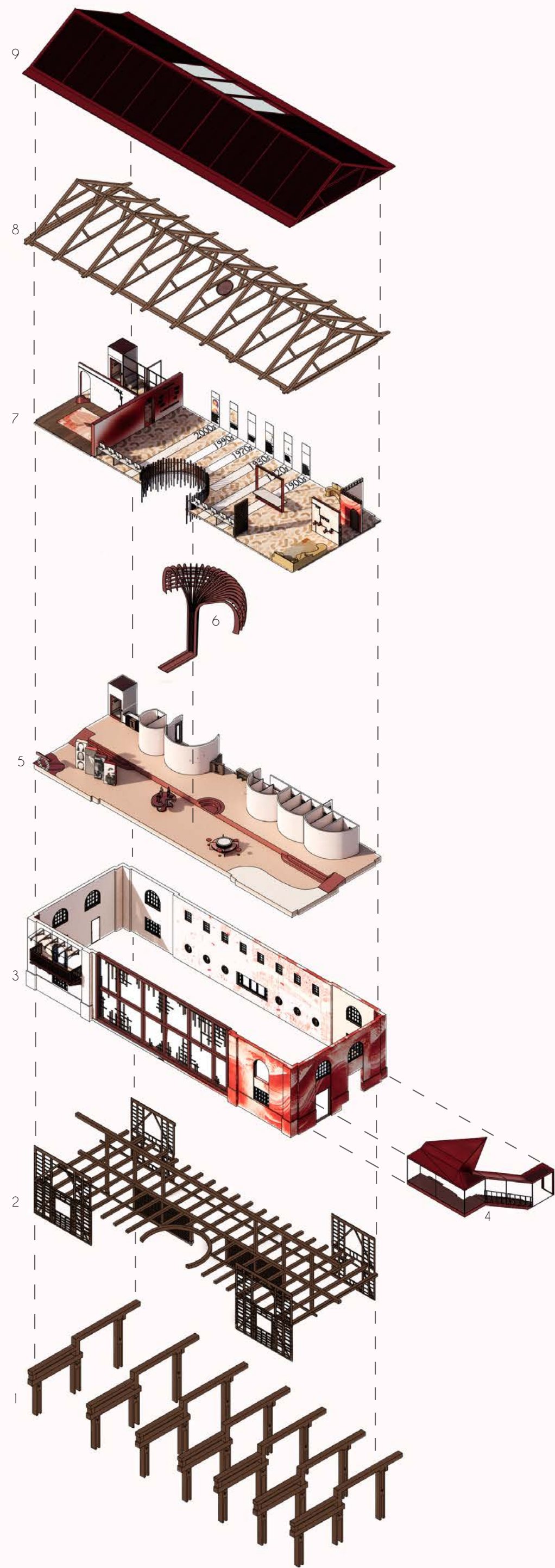
The main structure of the Waterfall Library is crafted from red stained timber, reinforced with a steel frame to ensure support and stability. This frame is securely fastened by bolting the steel and wood together using button hexagon socket bolts. Interwoven through this frame is red-tinted glass, creating a semi covered, private, and unique experience for visitors as they walk through.

At the base, water is collected and filtered before being directed outside to meet the River Clyde. This timber base is protected by powder coated steel that matches the same colours as the red timber.



SECTION AA





EXPLODED ISOMETRIC KEY

- 1. Timber Piles
- 2. Timber Frame
- 3. Exterior Walls
- 4. Stairs
- 5. Ground Floor
- 6. Waterfall Library
- 7. Second Floor
- 8. Timber Roof Structure
- 9. Anodised Red Aluminium Roof



An inclusive workshop space where all ages can participate in interactive activities, gaining a deeper understanding of their bodies in a supportive and empowering setting. It can be hired by workplaces and organisations, offering tailored sessions ranging from period basics to specialised topics like PCOS symptoms, ensuring accessible and comprehensive menstrual education for all.



A safe, welcoming space where menstruators can privately ask questions and be heard by professionals. It encourages open conversations about menstruation and helps rebuild trust after negative healthcare experiences.



A supportive space where men can learn about menstruation, helping them better support their partners, daughters, and others in their lives. By fostering understanding and open conversations, it challenges misconceptions and strips away stigma, encouraging a more informed and empathetic approach to menstrual health.

