

This is a **Period Dignity** school.

**Period
Dignity**

Talking about periods will help the stigma disappear.

There's no need to feel embarrassed; it's perfectly normal.

Let's talk. Period.

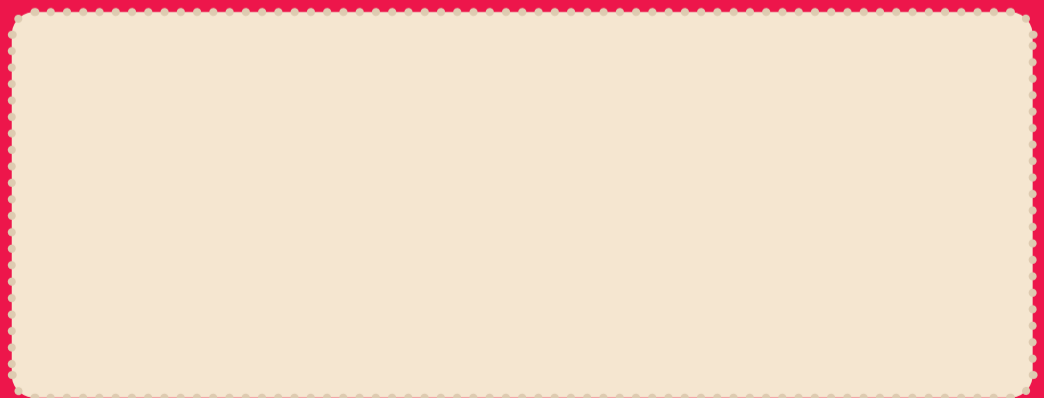
Talking about periods can sometimes be embarrassing. Remember that lots of other people have had periods and felt the same way. It's time to **speak up** and **end period stigma**.



There's no shame in having a period.



Talking to friends, family members or an adult you trust can help. If you need more support or information about periods, please ask:



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Got your period? We're here to help.

If you need a period product,
you can find them:



In our school, we believe it's very important that everyone feels confident and ready to learn.

All pupils in our school have access to **free period products**, so your period will never get in the way of your education.



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Disposing of your period products

What do I do with my used period product?
Do I flush it down the loo? Do I put it in
the normal bin?

If you've ever asked yourself these questions,
then read on to find out the answers ...

It's very important that we dispose of our
used period products correctly. This will make
sure that we're being hygienic and that the
products don't harm others or our environment.



Tampons

Put your used tampon in one of the
bags provided or wrap it up in a piece
of toilet paper. Put this in the bin.

Period pads

Wrap your used period pad in your new
pad's wrapper or in a piece of toilet
paper. You could also use a disposable
bag, if provided. Put this in the bin.



**When you have disposed of your used period product,
make sure you wash your hands thoroughly.**



If you want to talk to someone about periods, please ask:

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