

Period Hygiene



Change your period pad regularly.



Never Flush a period pad down the toilet because it'll block the toilet.



Dispose of the period pad in the bin provided.



Put on a clean period pad.



Flush the toilet after use.



Wash your hands.



! Use these products with respect, they're For everyone.

Period Dignity

Everyone can use the Free period products.



P Periods are a natural part of growing up.

E Everyone can use the Free period products.

R Respect other pupils' emotional wellbeing.

I It's OK if you feel unwell.

O Open up and talk.

D Dignity For all is important.

S Support each other.



Did you know?

61% of pupils said they were aware of the term Period Dignity.

90% of pupils said having access to Free period products will reduce pupil absence.

71% of pupils said the Period Dignity Scheme has made it easier to access period products.

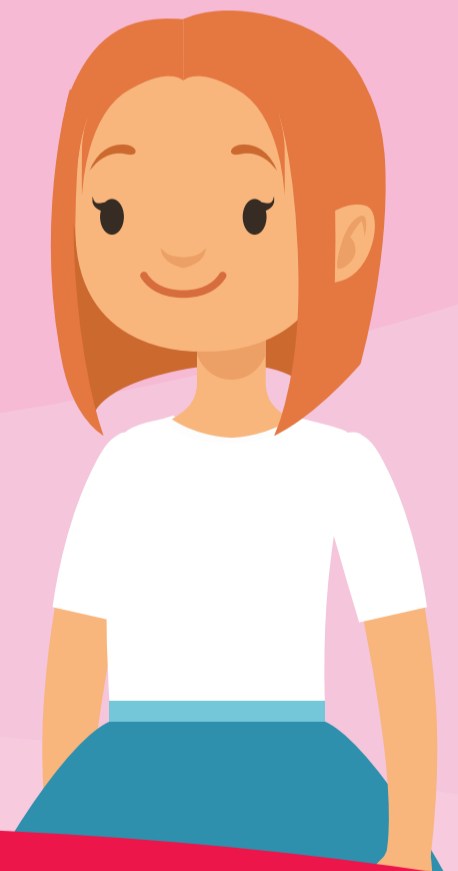


THIS IS A
**Period
Dignity**
SCHOOL

Insert school name with school logo

**Pupils in our school have access to
Free period products.**

you can find the period products



our school's Period Dignity contact:

Insert photo of
Period Dignity
contact in the
school