

CEREDIGION PERIOD POSITIVE SCHOOLS

**PERIOD DIGNITY GUIDANCE
FOR CEREDIGION SCHOOLS**

PREPARED BY
CEREDIGION YOUTH COUNCIL





Periods are natural. They are not a choice. We all either have them, have had them, or know people who do.

Let's work together to tackle period poverty to ensure that every young person experiences period dignity in our schools and communities.

In life, there are plenty of things to worry about, periods shouldn't be one of them.

(Ceredigion Youth Council, 2024)



This Period Dignity Guidance has been created in partnership with Ceredigion Youth Council, to support Ceredigion Schools to become 'Period Positive' Schools.

We would like to extend our thanks to several partners for helping us produce this guidance.



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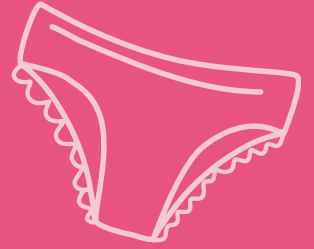
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Introduction



This Period Dignity Guidance has been created in partnership with Ceredigion Youth Council, to support Ceredigion Schools to become 'Period Positive' Schools.

This guidance can be utilised by Primary and Secondary Schools, and Pupil Referral Units.

It aims to set out how educational settings can promote Period Dignity and how it complements other aspects of wider school life.

This guide is offered as a way to map and contextualise the skills, knowledge and understanding that will best support all pupils, whether they menstruate or not.



This guidance aims to:

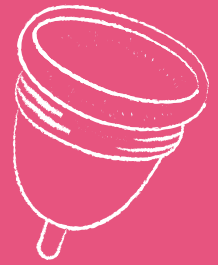
- Promote the personal and social development of pupils
- Provide a positive and caring learning environment where pupils feel supported to discuss period or puberty related matters
- Educate and promote inclusive Period Dignity awareness and wellbeing
- Highlight the importance of tackling Period Poverty and associated stigma

This guidance:

- Takes account of The Equality Act 2010 (Wales) ensuring the needs of all pupils are met equally regardless of age, disability, race, sex, sexual orientation, or gender reassignment
- Promotes every child's rights in-line with the United Nations Conventions on the Rights of the Child (UNCRC) and the Rights of Children and Young Persons (Wales) Measure 2011
- Considers The United Nations Convention on the Rights of People with Disabilities to make sure that disabled people's rights are represented on an equal basis, promoting respect and dignity to all
- Works alongside Welsh Government's Framework on embedding a whole school approach to emotional and mental well-being (2021)



Background



What is Period Dignity?

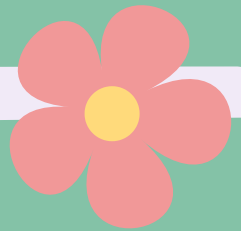
Period Dignity refers to the accessibility and availability of essential care needed to support periods, in conjunction with removing stigma and taboo around periods.

Period dignity is about:

Respect: removing any stigma and shame around periods.

Education: helping people understand that periods are normal and healthy.

Equality: making sure everyone has what they need to manage their periods, and no-one faces period poverty.



What is Period Poverty?

Period Poverty is when a person cannot access safe period products and/or appropriate facilities to manage their periods. This is an issue for people across the world and in the UK.

Described by Plan International, the 'toxic trio' of Period Poverty is made up of:

- the cost of period products.
- a lack of education about periods.
- shame, stigma and taboo.

Access to menstrual products, safe, hygienic spaces in which to use them, and the right to manage menstruation without shame or stigma, is essential for anyone who menstruates.

Periods & Attendance



How can periods impact education and attendance?

Not having access to a safe and hygienic way to deal with menstruation can have profound consequences, particularly on education.

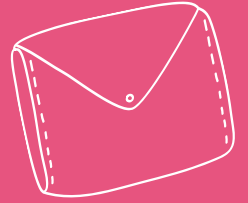
Research states that 49% of pupils have missed an entire day of school because of their period. Whereas 59% have made up a lie or an alternative excuse to avoid going to school. Over the course of a year, approximately 137,700 children and young people in the UK miss school because of periods and/or period poverty.

In addition, research suggests that 40% of people in the UK have used toilet roll because they couldn't afford period products, whilst 68% said they felt less able to pay attention in class at school or college while menstruating.

It is therefore vital that schools and other educational settings do all they can to create a learning environment that promotes period dignity and challenges the stigma often associated with periods.



Welsh Government: A Period Proud Wales



Welsh Government has announced their 5-year Period Dignity Action Plan.

A Period Proud Wales: A plan to end period poverty and achieve period dignity in Wales (2023 - 2027) sets out a vision to become a Period Proud Wales.

The Welsh Government's priorities to achieve a Period Proud Wales are:

- **Access to products:** making sure people can get free period products in the community.
- **Guidance and reducing stigma:** making sure we all work together so people have period dignity.
- **The environment:** making sure people know about eco-friendly products.
- **Engagement, equality and inclusion:** making sure everyone has period dignity.

Welsh Government offer each Local Authority in Wales a Period Dignity Grant to help reach a Period Proud Wales. The aim of this grant is to positively change how people experience periods in Wales.



Ceredigion Youth Council's Period Dignity Sub-Group



Ceredigion Youth Council's Period Dignity Sub-Group is made up of representatives from each secondary school and other youth groups, that aim to address and respond to the needs of people when it comes Period Dignity.

The sub-group plays a key part in Ceredigion's Period Dignity Scheme, by sharing ideas and suggestions for areas of development. They work closely with their peers and local communities to understand what support people need.



Ceredigion's Period Dignity Scheme



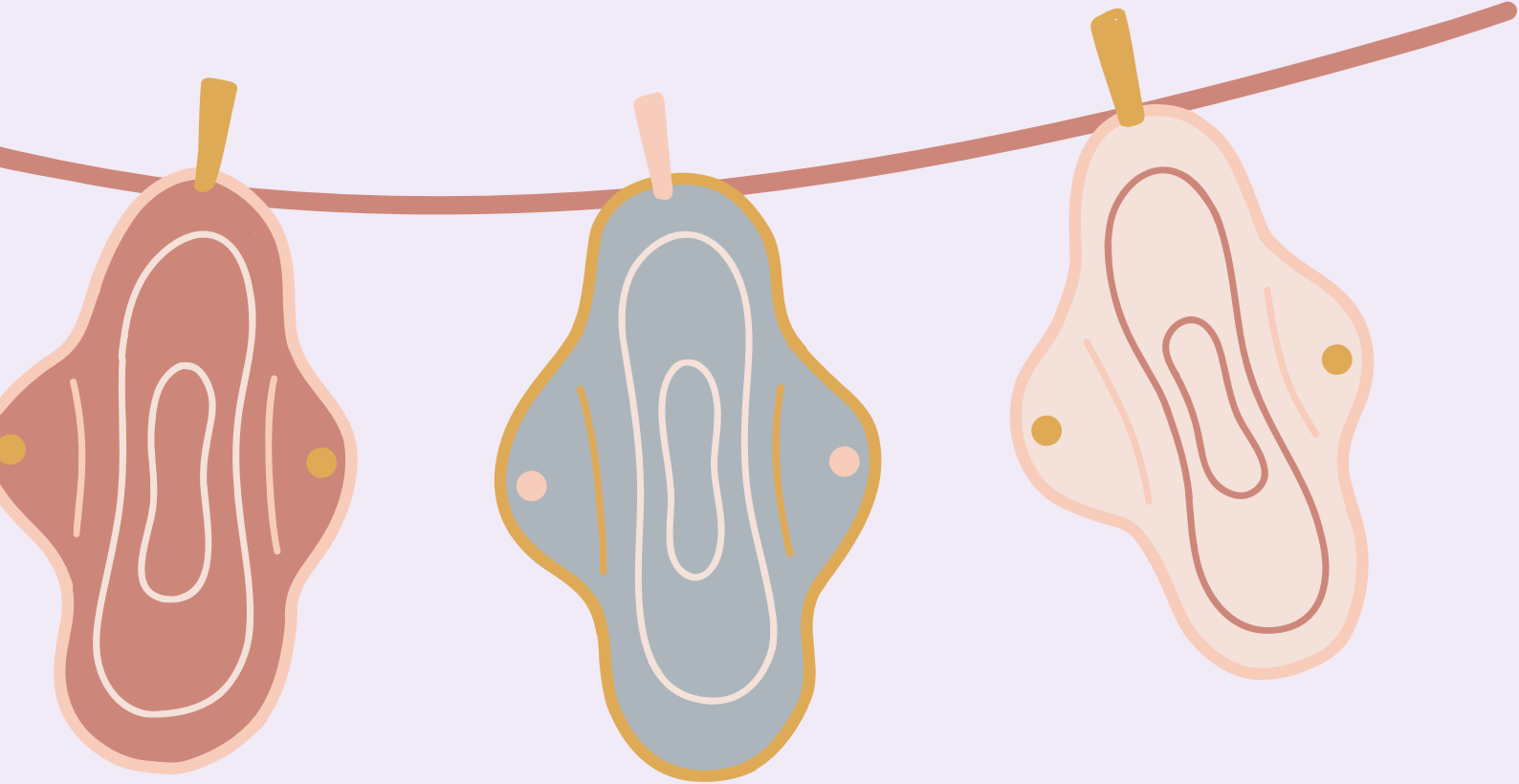
Ceredigion's Period Dignity Scheme aims to promote period dignity and tackle period poverty through its use of the Welsh Government's Period Dignity Grant.

The scheme aims to ensure that everyone has access to period products, as and when they are required, to use in a private space that is safe and dignified.

The scheme sets out to ensure that hardship factors do not impact on someone's ability to access good quality period products in Ceredigion schools and communities.

The scheme is responsible for implementing and making best use of Welsh Government's Period Dignity Grant, in partnership with Ceredigion Youth Council's Period Dignity Sub-Group, to ensure that it meets the needs of young people and communities.

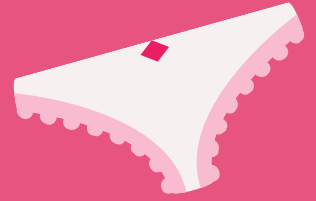




Through use of the Period Dignity Grant, the scheme:

- Sources a variety of good quality period products, including reusable alternatives, eco-friendly and plastic free options.
- Supplies products to schools, community groups and other settings for distribution.
- Provides Secondary Schools with an annual supply of spare clothes for the purpose of Period Dignity, including underwear, tights, and trousers.
- Implements Period Product Pick and Mix Stands in all Secondary Schools.
- Manages an online community directory of community venues which stock free period products.
- Shares information leaflets about the Period Dignity Scheme with schools and community locations.
- Organises training and awareness for professionals, parents/carers and school pupils.
- Delivers on any other priority raised by Ceredigion Youth Council's Period Dignity Sub-Group.

Whole School Approach



The Welsh Government's Period Proud Wales plan sets out the ambition to embed Period Dignity in schools and improve appropriate education resources around menstrual cycles.

Menstrual well-being and learning about periods is mandatory within the new Curriculum for Wales, and should be considered as part of a Whole School Approach.

The Relationships and Sexuality Education (RSE) Code sets out the learning which should be taught over time as children grow.

The RSE Code states that children should develop knowledge and understanding of how reproductive organs develop in a human body from age 7. This includes understanding fertility and the processes of reproduction, including what supports menstrual health and well-being. Children and young people should develop the knowledge and skills needed to manage personal self-care and hygiene, including the importance of menstrual well-being.

It is hoped that improving the availability of educational resources and learning around periods will remove the stigma of talking about periods, improve the understanding of them and dispel the taboos and myths around them.

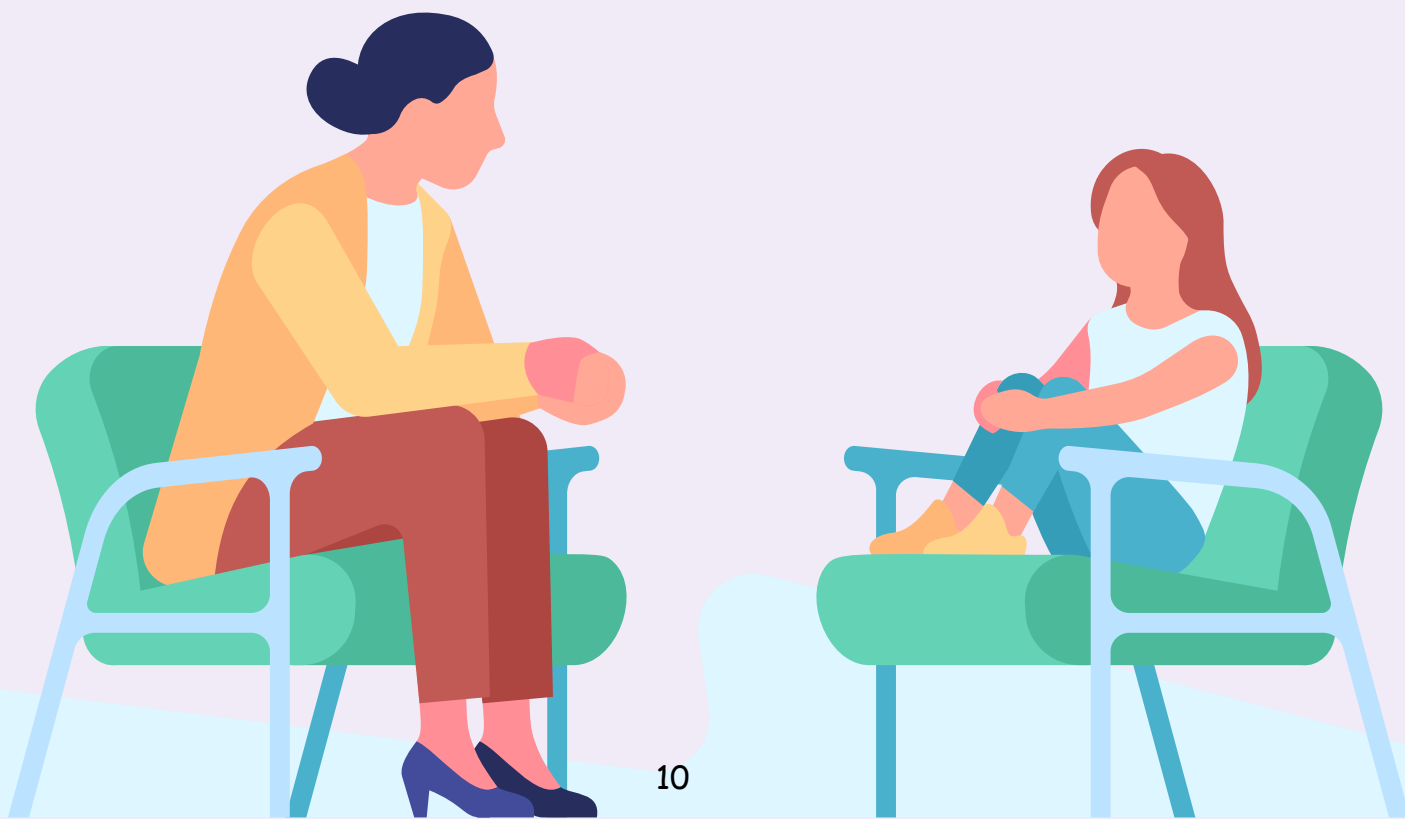


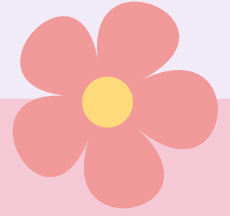
What schools need to do



This guide includes a Period Positive Framework (page 38) that schools can use to self-evaluate their current Period Dignity provision. It should be used as a tool to help you become a Period Positive School.

The Period Positive Framework is designed around the principles of being fair, respectful, and inclusive while we learn about menstrual literacy.





Schools should:

- Use the phrase 'period products' instead of 'sanitary products' or 'feminine hygiene products'. It's time to move on from phrases that make periods sound dirty or bad, because that's definitely not true.
- Talk about periods and period products with people of all ages as a normal and healthy part of growing up. This will help reduce the shame and stigma pupils sometimes feel about their periods.
- Include people who don't menstruate in your period conversations, because everyone deserves to learn. We should all have an understanding of menstrual health, regardless of gender.
- Engage with your school council and get them on board in helping you become a Period Positive School. Young people will have new and creative ideas that we might not have considered before.
- Familiarise yourself with period products, especially eco-friendly and reusable alternatives, so that you can respond to questions that pupils may have.
- Be open and welcoming of new ways of looking at menstruation as more people start to become Period Positive.
- Be inclusive, ensure that your language when talking about periods includes everyone.



Period Products

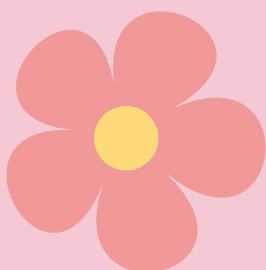


From the more traditional options of pads and tampons, to the innovative absorbent underwear, there are lots of options.

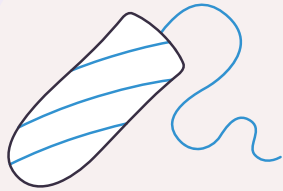
Choosing the type of product is down to each individual and what suits them best. By now, products come in a variety of different styles, colours and sizes to suit each individual.

Ceredigion's Period Dignity Scheme allows young people the opportunity to try different products for free, so they can make informed choices about what works best for them.

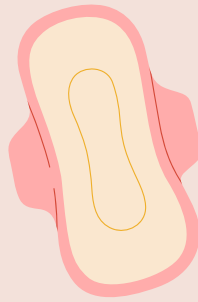
There is a range of disposable and reusable alternatives available on the market, all of which are available through Ceredigion's Period Dignity Scheme.



Let's look at some of the options available



Disposable
Tampons



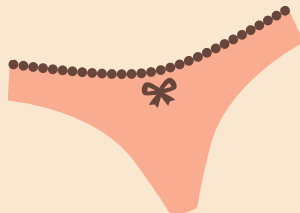
Disposable
Pads

Liners

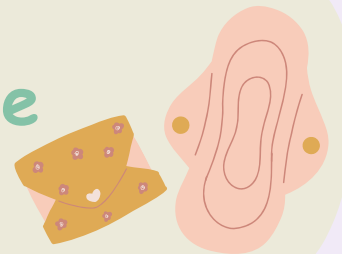


Menstrual
Cup

Period
Pants



Reusable
Pads



Many will switch back and forth depending on

their situation

what they're doing and
where they're going

their menstrual flow

time of day (day or night)

Spare Clothes



Through Ceredigion's Period Dignity Scheme, each Secondary School receives a supply of spare clothes each year for the purpose of Period Dignity.

Clothing should be made available to young people who need a change of clothes in school, and this should be promoted to pupils.

Each school has the following items in sizes that suit all pupils:

- Underwear
- School Trousers
- School Skirts
- Tights



Professional Training & Learning



Through Ceredigion's Period Dignity Scheme, schools and other professionals who support children and young people can access training and development opportunities when it comes to Period Dignity.

Teaming up with specialist training providers, training for staff aims to equip professionals with the knowledge and understanding of the process of menstruation, offer an understanding of what period dignity means, and provide professionals with practical skills to teach their pupils about periods.

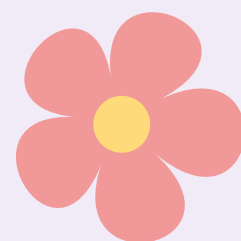


Learning outcomes include:

- Recognising the statutory requirements for RSE and period education.
- Understanding Welsh Government's 'Period Dignity Strategic Action Plan'.
- Understanding the process of menstruation.
- Tackling myths and taboos concerning periods.
- Understanding what products are available to people who menstruate, including reusable products.
- Understanding what barriers could be experienced by those who menstruate and how to address these.
- Identifying practical changes to ensure schools and other education settings are encouraging a culture of period dignity for pupils.

Funded by Welsh Government's Period Dignity Grant, training and professional learning for teachers and support staff is free to attend.

To enquire about upcoming Period Dignity training and development or to organise an opportunity especially for your school, contact perioddignity@ceredigion.gov.uk.



Period Education & Awareness



Half of the world's population will experience periods, and periods can start as early as 8 years old, so it's vital that children are taught what to expect through age appropriate materials, to help prevent any possible nervousness or confusion.

Menstrual well-being and learning about periods is mandatory within the new Curriculum for Wales. The Relationships and Sexuality Education (RSE) Code sets out the learning which should be taught over time as children and young people grow.



Period education is an essential part of wider menstrual literacy. As we begin to develop awareness as a society that menstrual stigma and shame can contribute to barriers to learning and engagement, there has never been a greater need to integrate menstrual learning within all curriculum areas across school life.

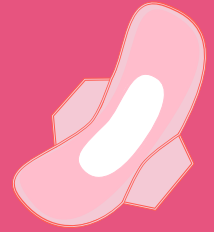
Period education and awareness must be all-genders-inclusive. Every young person needs this information, whether they menstruate or not. It is essential that every member of staff feels comfortable and confident to answer questions about periods because they involve everyone.

Anyone can menstruate, regardless of their gender identity. For some individuals, like those who are trans or identify as non-binary or other gender identities, navigating period products and seeking support can be difficult. Periods can sometimes heighten feelings of gender dysphoria. It is important that schools recognise this and provide support that is inclusive and protects the wellbeing of all pupils.

Education and awareness should include appropriate information around conditions linked to menstruation, including period pain, endometriosis, and toxic shock syndrome.

Appropriate and inclusive learning and awareness, delivered with confidence, can change the school environment, to be fully period positive!

Dignified Toilet Spaces

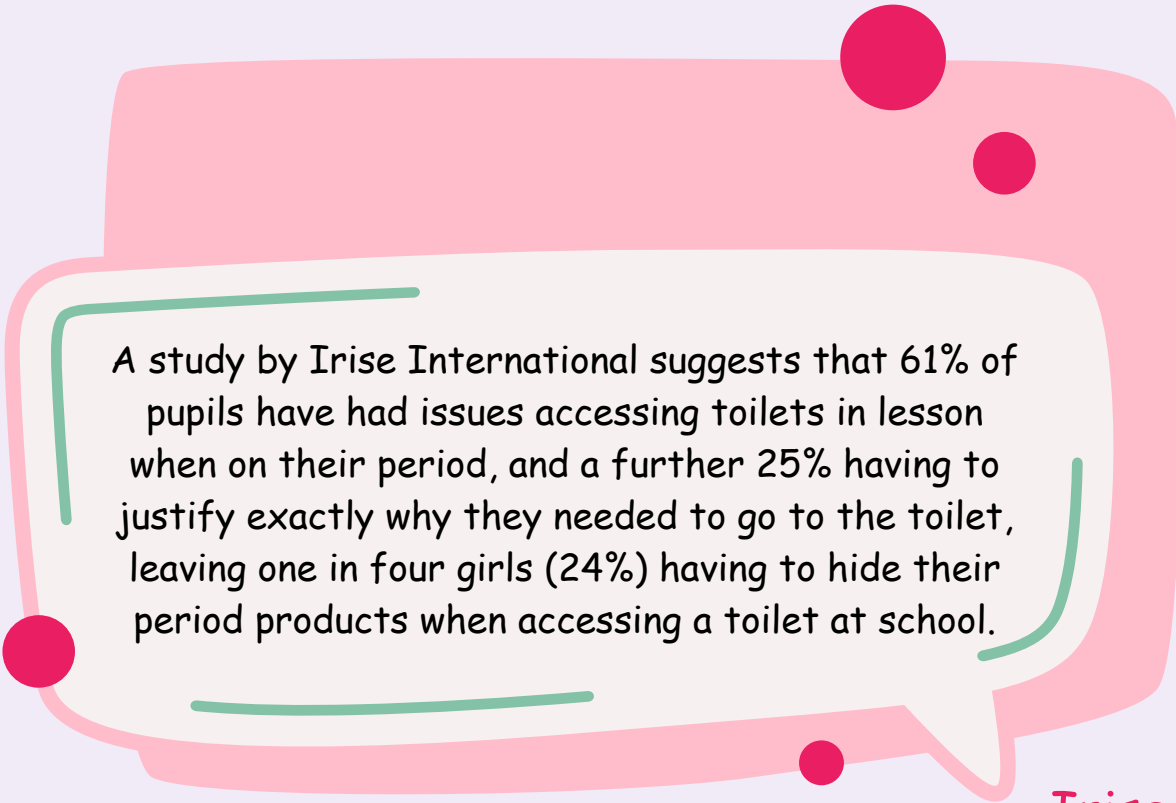


When it comes to Period Dignity in education, school toilet facilities play a huge part in how young people feel – good or bad. This can impact their education and engagement in school, as well as their behaviour and morale.

School toilets should be accessible, clean and safe. Schools have a duty to educate pupils about how to best look after their own health and to respect the facilities provided to them.

Welsh Government's School Toilets: Good practice guidance for schools in Wales provides good practice guidance for schools on issues relating to the standards of pupil toilets and related facilities required in schools in Wales.

[Welsh Government's School Toilets: Good practice guidance for schools in Wales](#)



A study by Irise International suggests that 61% of pupils have had issues accessing toilets in lesson when on their period, and a further 25% having to justify exactly why they needed to go to the toilet, leaving one in four girls (24%) having to hide their period products when accessing a toilet at school.

Irise International

Not being able to go to the toilet can leave pupils worrying about staining their clothes, distracting them from their studies, while not having the facilities they need can lead to isolation and embarrassment.

To change this, we need to tackle period taboos everywhere and start speaking openly about periods, and having dignified toilet spaces and an openness when it comes to accessing facilities whilst menstruating is central to that.

Here is a list of recommendations that can help you to ensure that your school offers dignified toilet spaces that promote period dignity:

- Toilets are open and accessible to all learners throughout the school day.
- Learners are always allowed to use the toilet, whenever they need to, with this message openly communicated to learners, teachers and parents/carers.
- Toilet cubicles are private and have a door with a working lock that is easy for learners to operate from the inside but not easily opened from the outside by other pupils.
- Cubicles have walls and doors that cannot be peered over or under wherever possible. There shouldn't be gaps around hinges.
- All washbasins are in working order and have hot and cold running water.
- Wall mounted liquid soap dispensers should be available in all toilet areas.
- Soap dispensers are replenished on a day-to-day basis and cleaned between refills.
- Hand drying provision is available in all toilets. Paper towels should be replenished throughout the day.
- Disposal bags and lidded bins are available in all cubicles to dispose of period products safely and discreetly.
- Disposal units are emptied sufficiently often to prevent them from becoming over-full.
- All toilet equipment including fixtures and fittings are cleaned and maintained regularly.

Periods & Physical Education



In 2023, research by Nuffield Health revealed the significant impact of period stigma on young people in the UK, as one in three (33%) of pupils aged 11-16 say they are uncomfortable taking part in physical activity whilst on their period.

More than four in five (84%) teenagers say their interest in sport and fitness diminished after starting their period and almost one in four (23%) say they feel embarrassed to take part in physical activity during their menstrual cycle.

A study of 2000 adult women, by Betty for Health, highlighted that 46% of those in the study said they'd avoided a PE class because of their period, more than a third (39%) said the fear of leaking was their biggest reason, while the second largest reason (24%) was a worry that their period products would be visible to others or slip out during exercise.





Period equality in sport is important. Raising levels of awareness and knowledge around menstruation can positively impact on an individual's motivation and confidence to participate in sporting activity.



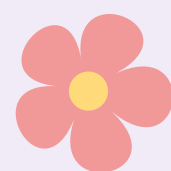
Some people may think that exercising and playing sports while on their period is not possible, or wrong. However, this is not true.

One of the greatest benefits of exercising while on your period is that working out releases endorphins, which are the body's natural feel-good hormones.

However, individuals who menstruate, often contend with symptoms associated with periods, such as fatigue, cramps, mood fluctuations, disrupted sleep, and headaches. Managing these symptoms pose a significant barrier to the participation in physical activities within schools.

This guidance offers a list of suggestions for schools to consider in their journey to becoming a Period Positive school, especially when it comes to sports.

- Encourage pupils to participate by promoting the benefits of being active whilst menstruating, whilst recognising that period pains can be a barrier to participation and treat this with sensitivity.
- Have period products available in school changing rooms and toilets.
- Offer pupils an option, if they are unable to participate in high-intensity physical activity due to their period, consider a walk or low-intensity exercise instead.
- Allow for leniency when it comes to clothing, to avoid pupils feeling discomfort whilst participating in exercise during their periods.
- Encourage pupils to stay hydrated which will help with energy levels.



Severe Period Pain, Endometriosis & Polycystic Ovary Syndrome



What is Period Pain?

It is common to have pain or discomfort before or during your period. It can affect anyone who has periods. Period pain usually lasts for up to 3 days and can affect daily activities. There are things that can help ease the pain, such as painkillers or gentle exercise.

The medical name for painful periods is dysmenorrhoea. There are two types of painful periods.

- **Primary dysmenorrhoea.** This is period pain that isn't caused by a specific condition. It usually happens within six to 12 months of your periods first starting when you're a teenager. The pain usually begins when your period arrives each month and lasts for between one and three days.
- **Secondary dysmenorrhoea.** This is pain caused by an underlying medical condition, such as endometriosis or fibroids. This type of period pain gets worse with age. The pain may come on at other times during your monthly cycle, especially in the few days before your period starts, as well as when you have your period. It can also get worse, rather than better, as your period goes on.

What is Severe Period Pain?

Period pain can be mild for some people, but for others it can be so severe that it affects day-to-day activities, and they may have to take time off work or school.

Severe period pain is referred to as secondary dysmenorrhoea where daily activities are affected.



What is Endometriosis?

Causes of secondary dysmenorrhoea (severe period pain) can include endometriosis.

Endometriosis is when cells that normally line your uterus grow outside it in other parts of your body but go through the same monthly changes. Endometriosis is the most common cause of secondary dysmenorrhoea. Endometriosis can affect people of any age, including teenagers.

People should visit a GP if they have symptoms of endometriosis, especially if they're having a big impact on their life. Schools should acknowledge severe period pain, and encourage an openness to have conversations with pupils so they can learn about some of the conditions that can be associated with periods.



What is Polycystic Ovary Syndrome?

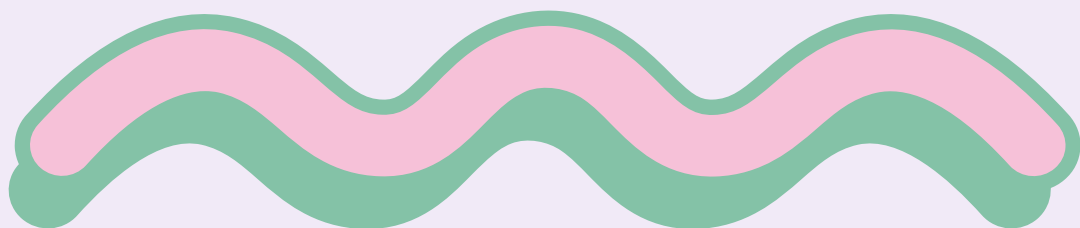
Polycystic Ovary Syndrome (PCOS) is a common condition that affects how a person's ovaries work.

Signs and symptoms of PCOS usually become apparent during late teens or early 20s.

They can include:

- irregular periods or no periods at all
- excessive hair growth
- weight gain
- thinning hair and hair loss from the head
- oily skin or acne

There's no cure for PCOS, but symptoms can be treated. People should speak to their GP if they think they may have the condition to discuss suitable treatment.



Toxic Shock Syndrome



Toxic Shock Syndrome (TSS) is a phrase that causes worry to many young people. The risk of toxic shock syndrome is increased with the lack of education around period products.

Toxic Shock Syndrome is a very rare condition that's caused when bacteria gets into the body and releases harmful toxins. It can happen when tampons or menstrual cups are not changed regularly enough. TSS is rare but it can be life-threatening so it must be diagnosed and treated quickly.

Symptoms of TSS develop and worsen quickly, so it is important for staff and pupils to be aware of the most common symptoms. These include:

- a sudden high fever
- flu-like symptoms (such as dizziness, sore throat, exhaustion)
- vomiting
- diarrhoea
- dizziness

People should:

- wash their hands before changing a tampon or menstrual cup.
- wash their menstrual cup before each use.
- change their tampon or menstrual cup regularly – around every 4 to 6 hours depending on their period.
- remember to change their tampon or empty their menstrual cup when they wake up if they've chosen to use the product overnight.

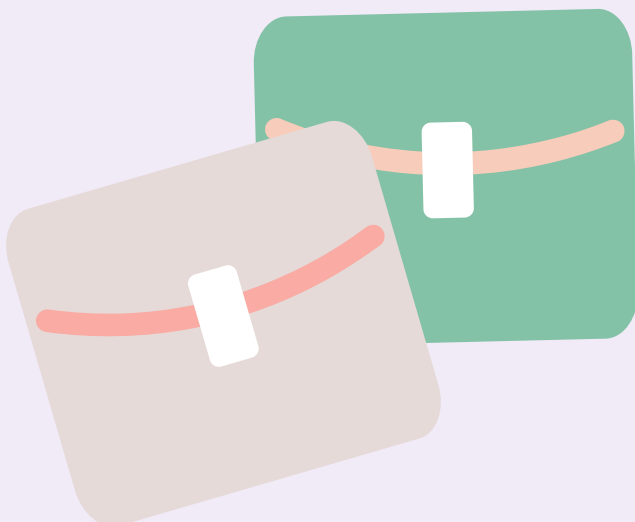
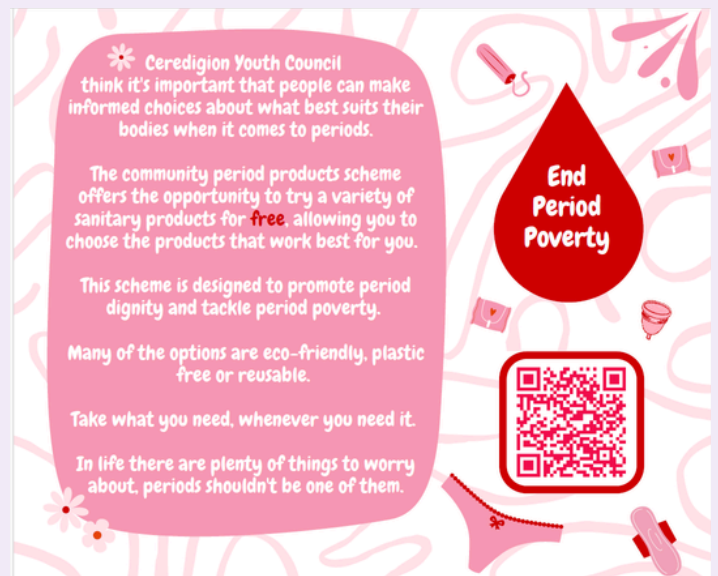
Period education in schools should ensure that pupils receive good quality information around period products, and TSS.

Period Dignity in the Community



There are over 60 community groups and organisations in Ceredigion that stock free period products for those who need them. A range of products are available at each location including eco-friendly, plastic free or reusable options.

There's a community directory and interactive map available [here](#), to help people find a community setting near them.



Elected Home Educated

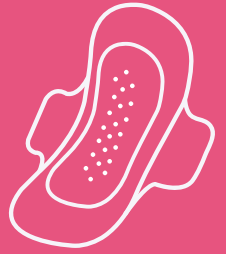


For children and young people who are home educated, or educated in spaces other than schools, period products can be accessed in the community or by contacting perioddignity@ceredigion.gov.uk.

Period products are available to anyone who needs them, no questions asked.



LGBTQ+

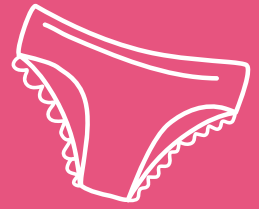


We all deserve to live in a world that celebrates and does not stigmatise the topic of menstrual health.

Anyone born female can menstruate, regardless of their gender identity. For some individuals, like those who identify as non-binary or other gender identities, navigating period products and seeking healthcare or general support can be difficult.

The right to menstrual dignity should include sensitive consideration to transgender, intersex or non-binary pupils.

Helpful Resources

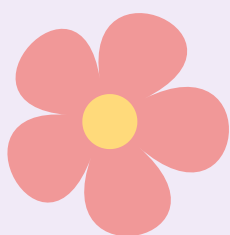


All Ceredigion Schools have access to bespoke resources and materials prepared by Brook Cymru including lesson plans and worksheets.

For more information, contact
perioddignity@ceredigion.gov.uk



Frequently Asked Questions

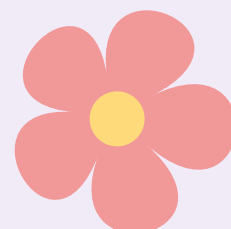


A: Separating pupils can perpetuate the stigma associated with the topic. Providing pupils with the same information regardless of gender encourages education equality.

Q: Should pupils be split by gender to receive menstrual education?

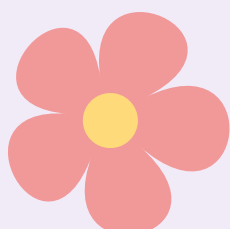
Q: What is the correct term to use for period products?

A: We should avoid referring to period products as 'sanitary' or 'hygiene' products and focus simply on using the phrase 'period products'.



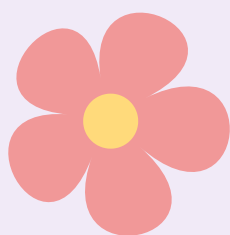
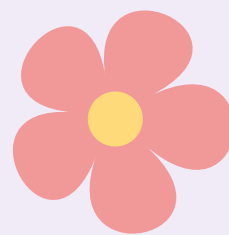
A: When you need to re-stock, contact perioddignity@ceredigoin.gov.uk and they will be delivered to you.

Q: Where can we get more period products from?



A: Everyone is different and therefore not one product will suit all. Choose what's right for you.

Q: What period product is the best?

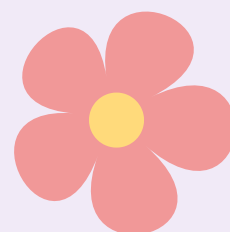


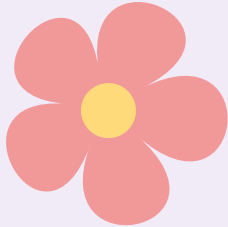
Q: Are free period products only available to some pupils?

A: No, free period products are available to every pupil.

A: You could do this by
·engaging with your school councils,
·holding informal discussions with pupils or send out surveys.

Q: How do we get pupils involved in the conversation?





A: It is particularly important when providing products to primary school pupils that you consider the appropriateness of products, including type and size of product.

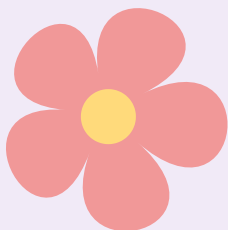
Q: Should all period products be available to primary school pupils?

Q: How to make products available to pupils?

A: Most products should be visible and easy to access when needed without having to ask. Stock levels should be monitored regularly, so they do not run out.

Ideally, some products should be placed directly in bathrooms and individual cubicles for pupils to access in case of emergency.

Some pupils may need to take home a bulk supply of products, consider how these pupils can access these products. This is especially important ahead of any school holidays.



A: Not all period products are suitable for pupils with specific disabilities. You should ensure you have methods to gather the views of disabled pupils to ensure suitable products which meet their needs are available in your setting.

Q: Are there any additional considerations that should be made for pupils with disabilities?

Useful Contacts & Signposting



Hwb Cymru

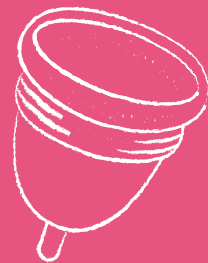
Bloody Brilliant

NHS

Childline

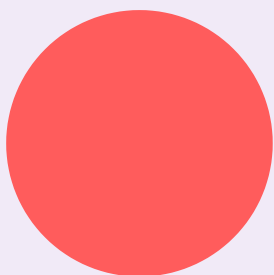


Period Positive Schools Framework

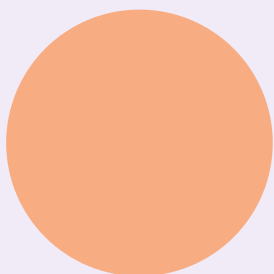


This framework offers schools a 'checklist' to help them become a Period Positive School.

Schools can self-evaluate their current Period Dignity provision whilst identifying areas for improvement.



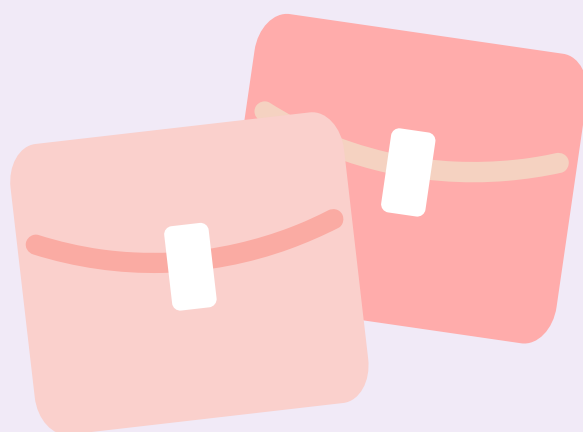
Red = Not available / Not complete



Amber = Almost there / In process



Green = Available / Complete



Period Positive School Framework

Name of School

Date

Review Date

Completed By



Period Positive School Framework

Period Products	Comments / Evidence	RAG Status
Is there free period products available to all pupils in school?		
<p>Are period products accessible to all pupils in school, in a way that is dignified?</p> <p>Please consider:</p> <ul style="list-style-type: none"> • Toilets • Reception • Hafan • Sixth Form Centre • Changing Rooms • Other 		
Is the school's Period Product Pick and Mix stand located in a space that encourages pupils to make best use of it?		
What arrangements does the school have in place to ensure that period products are available to those who need them during school holidays?		
Is there provision for staff and teachers?		

Period Positive School Framework

Support & Guidance	Comments / Evidence	RAG Status
<p>Have you undertaken a survey to understand pupil need in your school when it comes to Period Dignity?</p>		
<p>Do you have a named Period Dignity Lead in your school?</p> <p>How is this information shared with the school community?</p>		
<p>Is there Parent / Carer involvement when it comes to period provision?</p>		
<p>Do you have provision of spare clothes available for the purposes of Period Dignity?</p> <p>How are pupils made aware of this provision?</p>		

Period Positive School Framework

Education & Awareness	Comments / Evidence	RAG Status
Are there materials (posters, leaflets etc.) visible in and around the school to promote Period Dignity?		
Have school staff attended Period Dignity or other related training?		
How is menstrual education delivered to pupils?		
How is Puberty and Menstrual Education embedded into the wider curriculum?		
What consideration has been made to ensure pupils with ALN receive suitable Period Dignity education and information?		
Are all staff aware of this Period Positive Schools Guidance?		

Period Positive School Framework

Toilet Facilities	Comments / Evidence	RAG Status
Are all toilet cubicles secure, with locks?		
Is there liquid soap available in all toilets, at all times?		
Are there suitable hand washing facilities in all toilets?		
Are there disposal bags and lidded bins available in cubicles? Are they emptied regularly?		

Period Positive School Framework

Managing Issues	Comments / Evidence	RAG Status
How does the school respond to absences due to periods / period pain / period related issues?		
What consideration is offered to pupils on their periods when it comes to sports and PE?		
Do you have a comments or suggestions box available for the purpose of Period Dignity?		

Period Positive Schools Framework (Good Practice Example)



Period Positive School Framework (Example)

Name of School	Ysgol Uwchradd Ceredigion
Date	01/01/0000
Review Date	01/01/0000
Completed By	Mr E. Davies

This is a good practice example,
illustrating some of the standards
expected to be a fully Period
Positive School!

Period Positive School Framework (Example)

Period Products	Comments / Evidence	RAG Status
Is there free period products available to all pupils in school?	All students have access to free period products throughout the school. Parents and carers can also access free period products from the school reception area.	
<p>Are period products accessible to all pupils in school, in a way that is dignified?</p> <p>Please consider:</p> <ul style="list-style-type: none"> • Toilets • Reception • Hafan • Sixth Form Centre • Changing Rooms • Other 	<p>Pupils can access period products in the school in different ways.</p> <p>We have consulted with pupils about where and how they would like to access period products.</p> <p>A variety of period products are available in the school's pick and mix stand, along with paper bags if young people wish to take products home with them.</p> <p>There are period products available in baskets located in the school toilets, sixth form centre, hafan and reception.</p> <p>Pupils do not need to ask in order to access products.</p>	
Is the school's Period Product Pick and Mix stand located in a space that encourages pupils to make best use of it?	The school council have decided on the location of the school's pick and mix stand to ensure it is located in an area that is accessible and dignified to young people. The pick and mix stand is currently located in area A.	
What arrangements does the school have in place to ensure that period products are available to those who need them during school holidays?	A week prior to each school holiday, 'period packs' are created for young people to take home with them. This is communicated to pupils and parents/carers through the school's newsletter. Pupils can collect a period pack from the reception area during this week. Period packs also include leaflets advertising where people can collect period products in the community if they run out.	
Is there provision for staff and teachers?	There are period products available in the staff room and in staff toilets.	

Period Positive School Framework (Example)

Support & Guidance	Comments / Evidence	RAG Status
Have you undertaken a survey to understand pupil need in your school when it comes to Period Dignity?	All school pupils participated in a survey, to gather views and opinions on the school's Period Dignity provision. The school council analysed the results which showed A, B and C.	
Do you have a named Period Dignity Lead in your school? How is this information shared with the school community?	The person with responsibility for Period Dignity in the school is Miss G. Jones, Assistant Head Teacher. Miss G. Jones coordinates all elements of our Period Dignity offer including keeping period products stocked up. Pupils are aware of this because there are posters located around the school and Miss G. Jones occasionally posts an update in the school's newsletter about Period Dignity developments. Once a month, Miss G. Jones holds a 'period positive drop in session' for pupils who may want advice or guidance.	
Is there Parent / Carer involvement when it comes to period provision?	Parents receive information about the school's Period Dignity offer once a term, through parent-mail. They are encouraged to share ideas or suggestions which are then considered by Miss G. Jones and the school council.	
Do you have provision of spare clothes available for the purposes of Period Dignity? How are pupils made aware of this provision?	There are school trousers, skirts, tights and underwear available for the purposes of ensuring Period Dignity. If a pupil needs a change of clothes, they can visit Area A. This approach aims to be discreet and dignified. Pupils are aware of this provision, as the information is included on posters around the school. It has also been talked about in assembly.	

Period Positive School Framework (Example)

Education & Awareness	Comments / Evidence	RAG Status
<p>Are there materials (posters, leaflets etc.) visible in and around the school to promote Period Dignity?</p>	<p>There are various posters and leaflets located throughout the school.</p> <p>There are pick and mix leaflets located with the stand. There are leaflets available in areas such as Hafan, reception, nurse's room, Youth Worker room and on the leaflet stand.</p> <p>There are posters in Hafan, reception, library and various classrooms and corridors.</p>	
<p>Have school staff attended Period Dignity or other related training?</p>	<p>The school's Period Dignity lead has attended Period Dignity Training as well as 3 teachers, 2 Teaching Assistants and Youth Worker.</p>	
<p>How is menstrual education delivered to pupils?</p>	<p>All pupils from years 7-9 receive Period Dignity Awareness education as part of the curriculum. These are delivered by specialist organisation, Brook Cymru. Pupils also receive wider RSE education each term.</p>	
<p>How is Puberty and Menstrual Education embedded into the wider curriculum?</p>	<p>Puberty and Menstrual Education is firmly embedded in the school curriculum, and has become the 'norm' for pupils. Menstrual education is also included in other subjects such as biology. There is a whole school approach to menstrual education, with different staff trained and upskilled to hold conversations confidently and comfortably with pupils.</p>	
<p>What consideration has been made to ensure pupils with ALN receive suitable Period Dignity education and information?</p>	<p>Easy read leaflets have been created to support all pupils. All students have received period dignity education, with tailored sessions for pupils with ALN to ensure they are safe and inclusive.</p>	
<p>Are all staff aware of this Period Positive Schools Guidance?</p>	<p>This guidance has been shared at staff meetings and is available on the information board in the staff room.</p>	

Period Positive School Framework (example)

Toilet Facilities	Comments / Evidence	RAG Status
Are all toilet cubicles secure, with locks?	Yes, a regular audit is made of all school toilets to ensure they are up to standard.	
Is there liquid soap available in all toilets, at all times?	Yes, all toilets have liquid soap dispensers which are replenished on a daily basis.	
Are there suitable hand washing facilities in all toilets?	Every toilet block has working basins and hand drying machines.	
Are there disposal bags and lidded bins available in cubicles? Are they emptied regularly?	Every cubicle in the female and unisex toilets have the provision of disposal bags and lidded bins which are replenished / emptied regularly.	

Period Positive School Framework (Example)

Managing Issues	Comments / Evidence	RAG Status
How does the school respond to absences due to periods / period pain / period related issues?	<p>Pupils facing regular absences known to be related to periods / period pains / period related illnesses are offered support. They are also signposted to the school nurse.</p> <p>With this approach, we hope to empower students to talk about how their periods are affecting them.</p>	
What consideration is offered to pupils on their periods when it comes to sports and PE?	<p>The school's PE Teacher has attended Period Dignity training. Period products are available in the changing rooms and toilets.</p> <p>Pupils are offered an option if they are unable to participate in a high-intensity activity or swimming for example. Pupils are also permitted to wear more suitable clothing if they feel more comfortable in taking part in the activity that way.</p>	
Do you have a comments or suggestions box available for the purpose of Period Dignity?	<p>To help us continuously improve our Period Dignity offer, there is a suggestion box available near the pick and mix stand that is checked regularly and comments are taken on board where possible.</p>	

**For more information, contact
perioddignity@ceredigion.gov.uk**



**PERIOD DIGNITY GUIDANCE
FOR CEREDIGION SCHOOLS**

**PREPARED BY
CEREDIGION YOUTH COUNCIL**

