



Period Dignity Policy - Pupil Version

Aim

- Period dignity refers to the accessibility and availability of essential care needed to support a period, in line with the removal/breaking of stigma and taboo around periods.
- Period poverty refers to poor menstrual knowledge and/or access to period products.

The aim of our policy is to ensure that as a school we promote period dignity, tackle period poverty and, in so doing, ensure that you, our menstruating learners, reach your potential.

Objective

- The period dignity scheme has been running in school since 2020.
- We seek to provide all menstruating pupils with the products, additional help, and support that they may need.
- All interactions within this project take place in a sensitive manner which is in line with the ethos of our school.
- The education and awareness around period dignity and menstrual wellbeing will take place in an inclusive manner with age-appropriate content being delivered to P6 and P7 girls only.
- Pupil and staff wellbeing is an area of focus within the School Development Plan and there are opportunities for pupils to have a voice and a platform on the implementation of the period dignity scheme.
- We seek to deliver effective teaching around the issues involved whilst ensuring that all menstruating pupils and staff feel supported.

It is our intention to break down and reduce any stigma or embarrassment of periods and the associated issues.

Available for you in school:

1. Period Products:

- Day pads
- Panty liners
- Night pads
- Period Swim Wear
- Heat supports

2. Clothing:

- Underwear - pants in different sizes.
- Tights
- PE gear
- School skirts

Availability

The full range of products are available in the medical room, from P7 teachers and classroom assistants.



If you have any comments or questions, please speak to Mrs Cathcart or Mrs Mc Brien.