



ST. PATRICK'S COLLEGE BANBRIDGE

Period Dignity and Menstrual Well-Being Policy

June 2025

PERIOD DIGNITY AND MENSTRUAL WELL-BEING POLICY

At the heart of our values within St. Patrick's College is Excellence through Partnership which embodies our commitment to know and value our pupils as individuals and to challenge and support them when promoting a culture where learners can reach their full potential. We endeavour to do this through a nurturing and supportive environment where we aim to develop our young people to enable them to have a positive view of themselves.

Policy Details

Policy Title: Period Dignity and Menstrual Well-Being Policy

Target Audience: Pupils, Staff, Parents/Carers

Policy Review Lead: Mrs Hartigan

Review of Policy: SLT, Safeguarding Team, Pastoral Leaders

Policy Consultation: December 2024/January 2025

This policy was presented to the Board of Governors on:

This policy was ratified by the Board of Governors on:

Policy Review: Annually

Legislative Context

The Legislative context within which this policy has been developed includes:

- ❖ The Equality Act (Sexual Orientation) Regulations (Northern Ireland) 2006. This is available at www.legislation.gov.uk
- ❖ Reference to the relevant sections of UNCRC, available at www.unicef.org.uk
- ❖ The policy contributes to Every School a Good School, Together Towards Improvement and Community Relations, Equality and Diversity in Education Policy. These documents are available at www.education-ni.gov.uk
- ❖ The policy supports the Children and Young People's Strategy for Northern Ireland

Vision

To create a safe, nurturing, inclusive and inspiring environment in which all members of Saint Patrick's College feel valued and empowered to reach their full potential and contribute to both our school and wider community.

Mission Statement:

We in Saint Patrick's College are dedicated to fostering holistic development and encouraging curiosity, critical thinking and self-directed growth. We cultivate a safe and stimulating community of mutual respect, grounded in the principles of the Catholic faith, where the child is the central focus. We provide a comprehensive yet personalised learning experience which encompasses both academic and vocational pathways and empowers our students to thrive to become well rounded and confident lifelong learners.

What is Period Dignity?

Period dignity refers to the accessibility and availability of essential care needed to support a period, in conjunction with the removal/breaking of stigma and taboo around periods. Education is a key factor in breaking the stigma surrounding periods and promoting respect, understanding and open discussions about what people may experience when menstruating.

Period Dignity in St. Patrick's College aims to promote period dignity and tackle period poverty, helping our learners to reach their potential.

Period poverty refers to poor menstrual knowledge and/or access to period products.

Aims and Objectives of the Policy

Our aim within this policy is to have a positive impact on pupil confidence, wellbeing and attainment.

The aim will be met through the following objectives which ensures that pupils, staff, parents/carers understand the term 'period dignity'.

- ❖ Raise awareness of the toxic trio: inaccessibility/unaffordability of period products, a lack of menstrual education and period stigma;
- ❖ Promote period dignity in school and ensure that everyone who needs them has free access to period products;
- ❖ Ensure all pupils, parents/guardians understand the impact of periods on the physical, emotional, mental, social and educational wellbeing of pupils;
- ❖ Enable learners to achieve their potential by reducing any barriers they may experience due to periods;
- ❖ Reduce stigma/taboo in relation to periods by providing all pupils with relevant, age appropriate information on periods so that a culture of openness in relation to menstrual issues is created;
- ❖ Enable learners to understand how to deal with period issues, hygiene and disposal of period products;
- ❖ Promote respect, understanding and open discussion about the challenges and difficulties that pupils may experience when menstruating.

Consultation

There have been surveys for pupils, staff parent/carers (adults). The consultation in the surveys has been used to inform on the choice of products and it is also our aim that a new team of 'Well-Being Ambassadors' will take an active role in the replenishment of supplies. Pupils will continue to be informed of the scheme during our Year Group Assemblies and PE lessons and will be encouraged to review the Period Dignity Policy during PD. Results of surveys are in Appendix 1.

Teaching and Non-teaching staff will continue to be informed of the scheme by the Period Dignity Leads and encouraged to review the policy and provide feedback.

Parents will be informed of the Period Dignity Scheme by letter and will receive a copy of the policy. A two week consultation window will allow parents to access and read the policy and return feedback to the school.

Key Staff Roles and Responsibilities

The Period Dignity Lead in St. Patrick's College is Mrs F Hartigan (Vice Principal) who works alongside the Senior Leadership Team and Safeguarding team and liaises with our Pastoral facilitator (Clare Mc Cullough), Non-teaching staff and Wellbeing ambassadors to replenish products.

Heads of Year to help co-ordinate education within the Preventative Curriculum for their Year Group.

PE staff.

SENCO and SEN staff will ensure pupils with Special Educational Needs (SEN) know how to access the products

Curricular Links

St. Patrick's supports period dignity through its provision by;

- a. Visibly promoting the importance of period dignity through posters and planned lessons in girls PE for all year groups.
- b. Biology in Year 8 under Reproduction and in Year 11 Single Award Science and Year 12 Double Award Science when covering Reproduction.
- c. Child Development in the GCSE Specification topic on 'Reproduction': explain how the menstrual cycle works.
- d. English at KS3 and KS4
- e. Learning Support Centre 1 (Science)
- f. Learning Support Centre 2 (Science & PD)
- g. Learning Support Centre 3 (Science & PD)

We recognise that menstruation can be a sensitive topic for some people to talk about and other related sensitive topics may be brought up by participants (including gender identity, sexual health, contraception and pregnancy). Appropriate sensitivity when approaching these topics will be of paramount importance and handling questions and disclosures will be in line with our school's Child Protection Policy.

In line with our Special Education Needs Policy, for those pupils with sensory difficulties, anxiety, ASD tendencies or learning difficulties, their needs will be taken into consideration when delivering lessons related to Period Dignity.

External organisations/agencies will be used to complement the delivery of elements of the lessons and teaching related to Period Dignity and Menstrual Wellbeing. Where external agencies are involved appropriate, relevant details will be communicated to parents/carers and pupils.

The normal teaching arrangements of mixed gender classes will remain in place for delivery of period dignity and menstrual education in science lessons with the aim of increasing understanding among all pupils and to challenge/reduce stigma. Having open conversations with pupils of all genders will enable us to break down the stigma around periods, and work to prevent bullying and shaming behaviour.

As the Period Dignity Policy rolls out, we will continue to consult our school council

and well-being ambassadors to continue to improve and develop the policy on an ongoing basis.

Resources

Resources will be carefully selected to the age and learning needs of the pupils. All resources will be inclusive and consistent with the ethos, values and vision of St. Patrick's as well as ensuring that they are factually accurate and up to date.

The resources used in the delivery of Period Dignity related lessons may be those recommended or produced by CCEA. These resources may address the following key topics and themes:

- a. key facts about the menstrual cycle;
- b. What is and isn't normal;
- c. communication skills needed to ask for help;
- d. The range of period products available, how and when they're used and their advantages and disadvantages
- e. Menstrual wellness – physical, emotional and psychological wellbeing leading up to and during periods;
- f. Menstrual hygiene – essential facts and how to deal with related situations;
- g. Challenges – pain, anxiety, fear, embarrassment and myths
- h. Toxic Shock Syndrome
- i. Endometriosis and other menstruation related issues – symptoms, support and treatment and
- j. Period Poverty
- k. The resources used by individual curriculum areas (cited above) may be prepared by the Head of Department for those specific subjects

Period Product Provision

A selection of period products; sanitary towels and tampons and when available, change of underwear may be available in the following areas in school (in response to consultation, care packages to include branded period products, wet wipes, disposable bags, spare underwear and tights):

- a. Girl's toilets and accessible toilets
- b. Pastoral Facilitator (school oratory – Mrs McCullough))
- c. School reception
- d. Designated Teachers offices
- e. Learning Support rooms
- f. Care facility in the Resource room
- g. Care pack available from all Year Tutors and Form Teachers
- h. Literacy room (off FT1/FT2)

The Non-Teaching staff and Well-being Ambassadors will help to monitor and replenish the period products and will liaise with Period Dignity Staff and office staff when supplies are running low so that an order can be processed.

Communication

The Period Dignity Policy will be available on the school website.

Monitoring and Review

The Board of Governors will be responsible for reviewing the Period Dignity Policy. It will be reviewed annually. The policy will also be updated in response to:

- a. Relevant circulars and publications provided by the Department of Education, the Education Authority or CCEA;
- b. Recommendations by the ETI;
- c. Specific issues arising from the Period Dignity and Menstrual Wellbeing Programme in school;
- d. Feedback from pupils, staff and parents/carers.

Links to other School Policies

- a. Child Protection Policy
- b. SEN Policy
- c. Positive Behaviour Policy
- d. Anti-Bullying Policy
- e. Relationships and Sexuality Policy

APPENDIX 1: SURVEY RESULTS

PUPIL QUESTIONNAIRE (RESPONSES)								
I am a young person aged	The new law requires that free period products be quite easy to find. Where would be a good place to put them? Please tick all options below that apply. <i>Products should be available in:</i>	The new law says there should be different kinds of period products for you. What types of period products should we give out for free? Please tick all options below that apply.	Would you like to <u>only</u> use branded* items? <i>Branded items are from a well-known manufacturer, with its own label, rather than a shop e.g. Always, Bodyform, Tampax, Hey Girls, Flo etc.</i>	Would you be happy to use less expensive (unbranded good quality) period products so we can buy more for everyone? <i>These products would still be safe, effective and meeting industry standards).</i>	Do you feel comfortable speaking to adults in school about the menstrual cycle?	Do you feel comfortable talking to their peers about the menstrual cycle?	What do you feel are the barriers to communication when talking about the menstrual cycle?	What do you think our school could do to overcome any barriers that might exist in relation to the menstrual cycle: Please tick all options below that apply.
11-13 years old	All toilets, Accessible toilets, School pastoral support officer (Mrs McCullough), Box in specific communal location (e.g. PE hall/reception/office/library/ common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads	Don't mind	Yes	Yes	No	To support	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls

11-13 years old	Most toilets, School pastoral support officer (Mrs McCullough), Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags, Spare underwear, Spare tights	Yes	Yes	No	Yes	idk	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
11-13 years old	Designated teacher	Panty liners, Disposable bags	Yes	Don't know	No	No	no one	let people take it easier
11-13 years old	All toilets, School pastoral support officer (Mrs McCullough), Designated teacher	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Menstrual cups, Wet wipes	Don't mind	Yes	No	Yes	Idk	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
11-13 years old	Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Don't know	Don't mind	Yes	Yes	No	Not aloe of detail just say you're on your period	Lessons on the menstrual cycle delivered to all classes including boys and girls

11-13 years old	Most toilets, School pastoral support officer (Mrs McCullough), Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Reusable period pads, Spare underwear, Spare tights	Don't mind	Don't know	Yes	Yes	no	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	School pastoral support officer (Mrs McCullough)	Period pads (various absorbencies), Wet wipes	Yes	Yes	No	No	Just talk about whatever is bothering you	Assemblies on the menstrual cycle to entire year groups
11-13 years old	Accessible toilets, School pastoral support officer (Mrs McCullough), Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Wet wipes, Disposable bags, Spare underwear, Spare tights	Yes	Don't know	No	No	talking in private, away from big crowds	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets, Most toilets, Accessible toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Wet wipes	Don't mind	Yes	No	Yes	Not telling certain people, no-one you can really trust	Specific lessons during girls PE lessons on the menstrual cycle

11-13 years old	All toilets, Most toilets, School pastoral support officer (Mrs McCullough), Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Menstrual cups, Wet wipes, Disposable bags, Spare underwear, Spare tights	Yes	No	No	No	Awkward 🙄 😊 ↕	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
11-13 years old	All toilets	Period pads (various absorbencies)	Yes	Yes	No	No	Don't talk	Nothing
11-13 years old	All toilets, Most toilets, Accessible toilets, School pastoral support officer (Mrs McCullough), Designated teacher, Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Panty liners, Reusable period pants, Menstrual cups, Wet wipes	Don't mind	Yes	No	No	Embarrassing	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Reusable period pants, Spare underwear, Spare tights	Don't mind	Yes	Yes	No	I don't know how to answer this sorry	Assemblies on the menstrual cycle to entire year groups

11-13 years old	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Disposable bags, Spare underwear, Spare tights	Don't mind	Yes	No	Yes	I don't know	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets	Period pads (various absorbencies), Panty liners	Don't mind	Yes	Yes	No	Idk	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups
11-13 years old	All toilets, Accessible toilets, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Wet wipes, Disposable bags, Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	Im not sure	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	Most toilets	Period pads (various absorbencies),	Don't mind	Yes	No	No	I'm not sure	Specific lessons during girls PE lessons on the menstrual cycle

		Disposable bags						
11-13 years old	Most toilets	Period pads (various absorbencies)	Yes	Yes	No	No	I'm not sure	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	Most toilets	Period pads (various absorbencies)	Yes	Yes	No	No	I'm not sure	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	Most toilets	Period pads (various absorbencies)	Don't mind	No	No	No	I'm not sure	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets, Most toilets, Accessible toilets, School pastoral support officer (Mrs McCullough), Designated teacher, Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Don't know	Don't mind	Yes	No	No	I don't know	Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets, Most toilets, Accessible toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Menstrual cups,	Yes	Don't know	No	No	I don't know	I don't know

		Wet wipes, Disposable bags, Spare underwear, Spare tights						
11-13 years old	All toilets, Most toilets, Accessible toilets	Period pads (various absorbencies), Panty liners	Yes	Don't know	No	No	I don't know	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls,
11-13 years old	All toilets	Don't know	Yes	No	No	Yes	You don't let me go the bathroom	None of the above
11-13 years old	All toilets	Period pads (various absorbencies)	Don't mind	Yes	No	No	Just mention it no detail	Key pupil contacts for girls
11-13 years old	All toilets	Period pads (various absorbencies), Panty liners, Reusable period pants, Wet wipes, Spare underwear, Spare tights	Don't mind	Yes	No	No	I don't know	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
11-13 years old	All toilets, Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Spare underwear, Spare tights	Yes	Yes	No	No	I don't know	Idk

11-13 years old	All toilets, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Panty liners, Wet wipes, Spare tights	Don't mind	Don't know	Yes	Yes	I don't know	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets	Period pads (various absorbencies), Wet wipes, Spare tights	Don't mind	Don't know	Yes	Yes	I don't know	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	Don't know	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Reusable period pants, Wet wipes, Disposable bags, Spare underwear, Spare tights	Don't mind	Yes	No	No	Not sure	Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	Don't know	Don't know	Don't mind	Yes	No	No	I'm not sure	Key pupil contacts for girls
11-13 years old	All toilets, School pastoral support officer (Mrs McCullough)	Period pads (various absorbencies), Panty liners, Spare underwear	Don't mind	Yes	Yes	No	Cramps and back pains	Key pupil contacts for girls

11-13 years old	Accessible toilets	Period pads (various absorbencies), Spare underwear, Spare tights	Yes	Yes	No	Yes	The cramps and cravings	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
11-13 years old	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Spare underwear	Yes	Yes	No	Yes	Cramps and craving	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls

11-13 years old	All toilets	Period pads (various absorbencies), Wet wipes, Disposable bags, Spare underwear	Don't mind	Yes	Yes	Yes	I'm not sure	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls
11-13 years old	Most toilets, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Reusable period pads, Wet wipes, Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	I'm not sure	Lessons on the menstrual cycle delivered to all classes including boys and girls
17-19 years old	All toilets	Period pads (various absorbencies), Spare tights	Yes	No	No	No	I don't know	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	Don't know	Yes	Yes	Yes	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets, School pastoral support officer (Mrs McCullough), Designated teacher, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Don't know	Yes	No	No	No	I don't know	I don't know

11-13 years old	All toilets, Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Spare tights	Don't mind	Yes	No	Yes	Being confident	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets	Period pads (various absorbencies), Spare underwear, Spare tights	Don't mind	Yes	No	No	I don't know	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
11-13 years old	All toilets	Period pads (various absorbencies), Spare underwear, Spare tights	Don't mind	Yes	No	Yes	I don't want to talk to my classmates about it	Key pupil contacts for girls
11-13 years old	All toilets, School pastoral support officer (Mrs McCullough)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Reusable period pants, Spare underwear, Spare tights	Don't mind	Yes	No	Yes	Embarrassing	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	Most toilets, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies)	No	Don't know	Yes	No	I don't know	Specific lessons during girls PE lessons on the menstrual cycle

11-13 years old	All toilets, School pastoral support officer (Mrs McCullough), Designated teacher, Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Menstrual cups, Spare underwear, Spare tights	Don't mind	Don't know	No	No	I don't want too many people knowing	Assemblies on the menstrual cycle to entire year groups, Key pupil contacts for girls
11-13 years old	Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Don't mind	Yes	No	Yes	I don't know	Assemblies on the menstrual cycle to entire year groups
11-13 years old	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Don't mind	Yes	No	Yes	Different genders	Key pupil contacts for girls

11-13 years old	All toilets, Accessible toilets, School pastoral support officer (Mrs McCullough), Designated member of staff	Period pads (various absorbencies), Non-Applicator Tampons (various absorbencies), Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	I don't know	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
11-13 years old	All toilets, Accessible toilets, School pastoral support officer (Mrs McCullough), Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Spare tights	Yes	Yes	No	Yes	Embarrassing	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
11-13 years old	Designated teacher	Period pads (various absorbencies), Spare tights	Don't mind	Yes	Yes	Yes	Yes	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
11-13 years old	Most toilets	Period pads (various absorbencies)	Yes	Don't know	No	No	Not go into detail	Lessons on the menstrual cycle delivered to all classes including boys and girls

11-13 years old	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Spare underwear, Spare tights	Yes	Don't know	No	No	Mum	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	All toilets	all	Don't mind	Don't know	Yes	Yes	I don't know	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	All toilets, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	I don't feel there is any barriers	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups
11-13 years old	All toilets	Reusable period pants	Yes	Yes	Yes	Yes	I don't know	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls

11-13 years old	Most toilets	Period pads (various absorbencies), Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	Maybe boys	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls
11-13 years old	Most toilets, School pastoral support officer (Mrs McCullough), Designated teacher, Designated member of staff	Period pads (various absorbencies), Spare underwear, Spare tights	Yes	Yes	Yes	Yes	nothing	Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets	Period pads (various absorbencies)	Don't mind	Yes	Yes	Yes	Immaturity	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	All toilets, Designated teacher, Designated member of staff	Period pads (various absorbencies), Disposable bags, Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	immaturity	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	All toilets, Designated teacher, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Disposable bags, Spare underwear, Spare tights	Don't mind	Yes	No	No	Immaturity	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls

11-13 years old	All toilets, Most toilets, Accessible toilets, School pastoral support officer (Mrs McCullough), Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Reusable period pants, Disposable bags, Spare underwear, Spare tights	Yes	Don't know	Yes	Yes	Immaturity	Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
11-13 years old	All toilets, Most toilets, Accessible toilets, School pastoral support officer (Mrs McCullough), Designated teacher, Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Spare underwear, Spare tights,	Don't mind	Yes	Yes	Yes	Awkward	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
11-13 years old	Most toilets, School pastoral support officer (Mrs McCullough), Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Panty liners, Disposable bags, Spare underwear, Spare tights	Yes	Don't know	Yes	Yes	Nothing	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle

11-13 years old	All toilets, School pastoral support officer (Mrs McCullough), Designated member of staff	Period pads (various absorbencies), Wet wipes, Spare tights	Don't mind	Yes	No	No	Say you are on your period	Lessons on the menstrual cycle delivered to all classes including boys and girls,
11-13 years old	All toilets, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Spare tights	Don't mind	Don't know	Yes	Yes	Immaturity	Specific lessons during girls PE lessons on the menstrual cycle
11-13 years old	All toilets, School pastoral support officer (Mrs McCullough), Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies), Panty liners, Wet wipes, Disposable bags, Spare tights	Yes	Yes	No	Yes	I'm not sure	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Idk
11-13 years old	All toilets	Panty liners, Reusable period pants, Disposable bags, Spare underwear, Spare tights	Yes	Yes	Yes	Yes	If they are a boy	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	All toilets, Designated member of staff	Period pads (various absorbencies), Panty liners, Spare underwear, Spare tights	Don't mind	Yes	No	No	My period	Lessons on the menstrual cycle delivered to all classes including boys and girls

11-13 years old	Most toilets, Accessible toilets, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Disposable bags, Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	I don't think there are barriers	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
11-13 years old	All toilets, School pastoral support officer (Mrs McCullough), Designated teacher, Designated member of staff, Box in specific communal location (e.g. PE hall/reception/office/library/common room)	Period pads (various absorbencies)	Don't mind	Yes	No	Yes	NONE	Key pupil contacts for girls
11-13 years old	Most toilets, School pastoral support officer (Mrs McCullough)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags, Spare underwear, Spare tights	Don't mind	Don't know	No	Yes	I don't know	Assemblies on the menstrual cycle to entire year groups

11-13 years old	All toilets	Period pads (various absorbencies)	No	Yes	No	No	I don't know	Lessons on the menstrual cycle delivered to all classes including boys and girls
11-13 years old	Most toilets, Accessible toilets, School pastoral support officer (Mrs McCullough)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Spare underwear, Spare tights	Don't mind	Yes	Yes	Yes	That some people may not understand.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups

ADULT SURVEY (RESPONSES)							
Please select the most appropriate option below	The new law requires that free period products be reasonably easy to access – what does this mean to you? Please tick all options below that apply. Products available in:	The new law requires that a reasonable range of free period products be made available. What does this mean to you? Please tick all options below that apply.	Would you be happy to use less expensive (unbranded)* period products so we can buy more for everyone? <i>*Branded products = items are from a well-known manufacturer, with its own label, rather than a shop. Examples include Tampax, Lil-Lets, Always, Bodyform, Hey Girls, Flo etc.</i> <i>Unbranded products would still be good quality (i.e. safe, effective and meeting industry standards).</i>	Do you believe pupils feel comfortable speaking to adults in school about the menstrual cycle?	Do you believe pupils feel comfortable talking to their peers about the menstrual cycle?	What do you feel are the barriers to communication when talking about the menstrual cycle?	What do you think our school could do to overcome any barriers that might exist in relation to the menstrual cycle: Please tick all options below that apply.
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	Embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Disposable bags	Yes	No	No	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle

I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	Yes	No	Yes	Not wanting peers, particularly males, to find out and make fun of them	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Disposable bags	Yes	Yes	Yes	Talking to makes .	Key pupil contacts for girls
I am a parent	All toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	No	Yes	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls
I am a parent	Most toilets, Accessible toilets, School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	No	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	Yes	Embarrassment.	Lessons on the menstrual cycle delivered to all classes including boys and girls

I am a parent	All toilets, Most toilets, Accessible toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	No	Embarrassing	Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Age	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	No	Yes	Yes	There should be a number of designated staff in each year group to which the children are introduced to and feel comfortable talking to with regards their menstrual cycle and any needs that might arise during school hours. I think that it is still something girls do not like to speak openly about. I think being in a mixed school girls may	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls

						be even more reluctant to talk about their menstrual cycle.	
I am a parent	Box in specific communal location (e.g. hall/reception/office/common room)	Applicator Tampons (various absorbencies), Panty liners	Yes	No	No	Phones have taken away meaningful communication	Assemblies on the menstrual cycle to entire year groups
I am a parent	Most toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Disposable bags	Yes	No	Yes	Girls are likely embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	Uncomfortable talking in front of males	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	No	Yes	Embarrassing to young girls as it's all new till them	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls

I am a parent	All toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	Don't know	No	Yes	Young people might tend to feel embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Disposable bags	Yes	No	No	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Wet wipes	Yes	No	Yes	Possible embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies)	Yes	No	No	Sometimes it's uncomfortable were children find it better chat parents but it's your child being more confident privately chatting teacher	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	No	No	No	Girls being embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls

I am a parent	Most toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Disposable bags	Yes	No	No	Pupils not being comfortable with staff or peers.	St Patrick's toilet system is not good enough. Pupils need to get out to use the bathroom whenever they need. No pupil should be refused this happens daily! There are toilets with in St Patrick's without a toilet seat. Not acceptable
I am a parent	Most toilets, School nurse, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	No	No	Embarrassing	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	Yes	Yes	not willing to talk in front of male peers or teachers	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies)	Yes	No	No	the menstrual	Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners	Yes	Yes	Yes	Shyness approaching a teacher for some girls.	Key pupil contacts for girls, Key classroom assistants that the girls can come to if needed.

I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	No	Yes	Yes	That all girls feel the same	Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	No	Embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets, Designated member of staff	Period pads (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	No	Girls age	Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	All toilets, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners	Yes	Yes	Yes	I suppose if the subject hasn't been discussed at home a child may feel shyness	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Wet wipes, Disposable bags	Yes	No	No	Embarrassment especially if boys or other girls can hear	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls, Make it less of a taboo subject
I am a parent	All toilets, School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Disposable bags	Yes	Yes	Yes	Receptiveness of the adult they are speaking with	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls

I am a parent	Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Reusable period pants, Reusable period pads, Disposable bags	Yes	Yes	Yes	Embarrassment - as half the population has a period it should be normal conversation	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies)	Yes	No	No	Maybe need a talk on it all	Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Disposable bags	Yes	No	Yes	Being in ear shot of any boys	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls
I am a parent	All toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	Yes	No	Embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	Yes	Yes	The way its spoken about - treating it as a special conversation/topic. Speaking about it regularly in normal day to day conversations normalises it and helps to remove the barriers.	Lessons on the menstrual cycle delivered to all classes including boys and girls

I am a parent	All toilets	Period pads (various absorbencies)	Yes	No	Yes	It is not always easy for girls to talk about this if they are in the company of boys Many girls have a group of mixed gender friend groups now	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets, Most toilets, Designated member of staff	Period pads (various absorbencies), Wet wipes, Disposable bags	Yes	No	No	Teachers not listening to girls when they are on their period & needing the toilet. So girls are afraid to ask.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	Embarrassment	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	Most toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	No	Embarrassing, personal preference not to	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	Uncomfortable	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls

I am a parent	All toilets, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	Yes	Yes	NONE	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	Accessible toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Wet wipes, Disposable bags	Yes	Yes	Yes	As long as it's treated as a normal part of female life girls shouldn't feel uncomfortable talking about it.	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets, School nurse	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	Some girls are embarrassed to talk especially if they themselves haven't got their first period yet.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	Most toilets	Period pads (various absorbencies)	Yes	No	No	Depending on child and if they have the confidence to speak to staff about their period. Some children still feel shy, uncomfortable, awkward and embarrassed to speak about their period.	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets, School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	Yes	Yes	Yes	Maybe embarrassment	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	Designated member of staff	Period pads (various absorbencies)	Yes	No	Yes	Oh f it's adult embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls

I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Wet wipes, Disposable bags	Yes	Yes	Yes	Yes, some pupils may feel uncomfortable about talking about it.	Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	Most toilets, School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Yes, stigmatism. But if adults and parents or school staff only teach about it and not open about their own pupils won't feel its a normal conversation.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls, Elaborate on girls specific - eg effects has on body and for mood, tiredness, affects on sports and if grl only environment they may ask a question
I am a parent	All toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Wet wipes, Disposable bags	Yes	No	No	Embarrassed and worried	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Reusable period pants, Wet wipes	Yes	No	Yes	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls

I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Disposable bags	Yes	No	No	Embarrassment	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	Yes	Yes	Embarrassment	Assemblies on the menstrual cycle to entire year groups
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	No	No	Talking about menstrual cycle is still seen as a taboo subject.	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets, School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners	Yes	No	No	Youth	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Disposable bags	Yes	No	Yes	Anxiety and not knowing who to go to talk to	Key pupil contacts for girls

I am a parent	Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Wet wipes	Yes	Yes	Yes	None	Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Women's issues are long established as just that. Unfortunately the woman's voice is often unheard, and their concerns aren't addressed or taken seriously. The medical community continues this practice within gynaecological medicine. Girls need to know the real truth about what 'normal' is concerning menstrual cycles and what may be an underlying condition such as endometriosis and polycystic ovary disorder that can cause severe symptoms and lasting consequences to their fertility and	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Information evening or teams meetings for parents. Not all families have a female to navigate young women through the difficulties of periods.

						their overall general health. Moreover, it is vital that young boys and men are also educated to listen to girls and not dismiss or discriminate them because of their sex.	
I am a parent	All toilets, Accessible toilets, School nurse	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	No	Embarrassment, self-consciousness, difficulty asking for help, knowing who to approach, knowing what to say, understanding the menstrual cycle and all the terminology.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Disposable bags	Yes	No	No	Communication starts at home, and it does not always happen.	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets	Period pads (various absorbencies)	Yes	No	No	Embarrassing	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	Most toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	Girls do be embarrassed talking about their period	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls

I am a parent	Accessible toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	No	Yes	Trust	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Disposable bags	Yes	No	Yes	Private space to speak	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	Most toilets, School nurse	Period pads (various absorbencies), Panty liners	Yes	Yes	Yes	There shouldn't be barriers	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	Most toilets, Designated member of staff	Period pads (various absorbencies)	Yes	Yes	Yes	More embarrassed regarding boys hearing the fact that a sanitary product is needed.	Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	All toilets	Period pads (various absorbencies)	Yes	Yes	Yes	Embarrassed	Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	Most toilets	Period pads (various absorbencies), Wet wipes	Yes	No	No	Embarrassing	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls

I am a parent	Most toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	Yes	No	Some girls start period very young and shy to talk about it.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	Most toilets, School nurse, Ladies toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	No	No	It depends what way they were brought up to speak about it freely , I've two girls and two boys and my girls talk about it as if it about dinner , and the boys pass no remarks , but in some households it's unspoken topic which I think is very sad	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls, Just girls as boys are well aware about periods , but I do think boys should understand that girls go through a whole lot more with a period like hormone cramps etc but taught to boys on their own not with the girls as can make both boys and girls uncomfortable especially as secondary school age
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets, Designated member of staff	Period pads (various absorbencies), Reusable period pants, Disposable bags	Yes	Yes	Yes	Embarrassed	I'm not sure how this could be addressed

I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	No	Yes	Yes	Being refused out to go to the toilet	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners	Yes	No	Yes	Generational habits 'we don't talk about those things'	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Key pupil contacts for girls
I am a parent	Most toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Yes	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls
I am a parent	School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Reusable period pants	Yes	No	No	Some think they are dirty	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls

I am a parent	Accessible toilets, School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Wet wipes, Disposable bags	Yes	Yes	Yes	There seems to real issues concerning toilet breaks and teachers not allowing pupils out to the bathroom If they have their period they should not be refused going to the bathroom. They should never be refused use of a bathroom	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non- Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	Other peers especially males making fun and sniggering	Key pupil contacts for girls, Don't make a big deal about it, make it part of the everyday normal as well as having toilets accessible at all times and able to be used, allow the girls to go to the bathrooms even if it is during lessons. My daughter has had to wait for prolonged lengths of time to change due to not being allowed out to the bathroom
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	Yes	It should be openly discussed more as it is very normal	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls

I am a parent	All toilets	Period pads (various absorbencies), Wet wipes, Disposable bags	Yes	No	No	embarrassment especially at beginning	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Reusable period pants, Wet wipes, Disposable bags	Yes	No	No	Embarrassing	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	Most toilets	Period pads (various absorbencies)	Yes	No	No	Personal privacy	Key pupil contacts for girls
I am a parent	Most toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	Yes	Yes	Yes	Generally socially acceptable, embarrassment in a mixed school	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	Female toilets	Period pads (various absorbencies), Disposable bags	Yes	No	No	Embarrassment due to age	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	.	Lessons on the menstrual cycle delivered to all classes including boys and girls

I am a parent	All toilets	Period pads (various absorbencies), Panty liners, Wet wipes	Yes	Yes	Yes	It's not talked about as much as it should be especially with young teenage boys and girls	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	Yes	Yes	Yes	N/a	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	Yes	Lack of normalising period talk in general. More talk in front of boys too	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups
I am a parent	All toilets	Period pads (various absorbencies)	Yes	No	Yes	Na	Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	School nurse	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners	Yes	Yes	Yes	May feel uncomfortable talking about it in front of boys/male teachers. If a child is of a shy/less confident disposition they may feel uncomfortable having discussions about menstrual cycle. Personally feel outside of biology class it is	Only feel it is necessary to be discussed during biology lesson. Discussion about where to get products from or if they feel unwell what to do could be discussed with form teacher at start of academic year

						not something that needs to be discussed unless the child has gone to school nurse or staff member to discuss an issue themselves.	
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Disposable bags	Yes	No	No	Embarrassment and lack of knowledge	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	All toilets, Accessible toilets, School nurse	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Don't know	No	Yes	They feel embarrassed	Discussion for just girls only
I am a parent	All toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	Yes	Yes	Possible embarrassment but then we've always talked openly about it even with my son, so he understands how natural it is.	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	Most toilets, Designated member of staff	Period pads (various absorbencies), Wet wipes, Disposable bags	Yes	No	No	The age and embarrassment of talking about it for them.	Assemblies on the menstrual cycle to entire year groups, Key pupil contacts for girls

I am a parent	Most toilets, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	Yes	Yes	Someone over hearing maybe boys	Assemblies on the menstrual cycle to entire year groups, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Panty liners	Yes	No	Yes	Embarrassment	Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	All toilets	Period pads (various absorbencies), Wet wipes, Assistance if girls "leak" on clothing	Yes	Yes	Yes	Male to female. Female to male.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	All toilets, Accessible toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners	Yes	Yes	Yes	Perhaps in class if they need to leave for this reason could be embarrassing for them.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Menstrual cups, Menstrual discs, Wet wipes, Disposable bags	Yes	Yes	Yes	Don't know	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls

I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Disposable bags	Yes	No	No	Many cultures view menstruation as a taboo topic, leading to feelings of embarrassment or shame when discussing it openly. Lack of Education: Inadequate education about the menstrual cycle can lead to misunderstandings and misinformation, making it difficult for individuals to have informed discussions.	Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Disposable bags	Yes	No	Yes	Embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets	All products	Yes	Yes	Yes	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	All toilets	Period pads (various absorbencies)	Yes	No	Yes	Age - embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls
I am a parent	Accessible toilets, School nurse	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Disposable bags	Yes	No	Yes	Age and embarrassment	Key pupil contacts for girls

I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	Yes	.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	Yes	Yes	Most pupils feel shy to talk about it	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets, Accessible toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	Yes	Yes	They may feel embarrassed..	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Embarrassing	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies)	Don't know	No	No	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Key pupil contacts for girls

I am a parent	All toilets, School nurse	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Not having a private place to discuss and teachers not having enough compassion	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	Don't know	Don't know	Yes	No	No	They are embarrassed	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	Don't know	Don't know	Yes	No	No	They are embarrassed	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Disposable bags	Yes	No	Yes	Yes	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I am a parent	female toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	No	Yes	it's a private and personal matter and some want it to stay private and personal.	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I am a parent	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Disposable bags	Yes	No	No	Self confidence and feeling embarrassed, having to ask for a toilet pass to attend personal hygiene during periods is an archaic practice.	Lessons on the menstrual cycle delivered to all classes including boys and girls

I'm currently a staff member in St. Patrick's	Most toilets	Period pads (various absorbencies), Panty liners, Wet wipes	Yes	Yes	Yes	Embarrassing topic of conversation for some girls.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Don't know	No	No	Embarrassment, shyness	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners	No	Yes	Yes	Embarrassment/ Knowledge/ Understanding	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups
I'm currently a staff member in St. Patrick's	All toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Menstrual cups, Wet wipes, Disposable bags	Yes	No	Yes	Lack of education around the full cycle and how it is 28+ days not just the days when bleeding.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle

I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	Yes	Yes	Yes	N/A	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I'm currently a staff member in St. Patrick's	Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	No	Yes	Yes	In Science lessons in Year 8 students are taught about the menstrual cycle. They are then taught about it again in GCSE Year 11 Single Award or Year 12 Double Award.	Assemblies on the menstrual cycle to entire year groups, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	Yes	In a mixed school can be a little more difficult for girls	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Wet wipes, Disposable bags	Yes	Yes	Yes	Embarrassment	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	Yes	Yes	Knowledge	Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls

I'm currently a staff member in St. Patrick's	Accessible toilets, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room), Also available on request from any female member of staff and in the oratory cabinet and photocopying room	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Pants available on request	Yes	Yes	No	Sometimes male students around .	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls, Communication to parents informing them of availability of products and also procedures in school.
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	Yes	Yes	embarrassment for some members of staff not used to talking about intimate topics	Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls, Staff have issues with distance to bathrooms so cannot leave room quickly where the need arises.
I'm currently a staff member in St. Patrick's	All toilets, School nurse, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	Yes	Yes	Embarrassment?	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I'm currently a staff member in St. Patrick's	All toilets, Most toilets, Accessible toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners	Yes	Yes	No	They can feel embarrassed talking to their peers.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls

I'm currently a staff member in St. Patrick's	Most toilets, Accessible toilets	Period pads (various absorbencies), Panty liners, Wet wipes, Disposable bags	Yes	Yes	Yes	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I'm currently a staff member in St. Patrick's	All toilets, Box in specific communal location (e.g. hall/reception/office/common room), All classrooms	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Wet wipes	Yes	Yes	No	Embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Panty liners, Disposable bags	Yes	No	Yes	very personal topic	Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies)	Yes	No	No	Embarrassment	Assemblies on the menstrual cycle to entire year groups
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners	Yes	Yes	Yes	Embarrassment / shame around talking about periods	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	Yes	No	n/a	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle

I'm currently a staff member in St. Patrick's	Most toilets, Accessible toilets, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Panty liners, Wet wipes, Disposable bags	Don't know	No	Yes	Embarrassing, late to get period,	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies)	Yes	No	No	Taboo	Lessons on the menstrual cycle delivered to all classes including boys and girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies)	Yes	No	No	It's personal	Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room), All teachers	Period pads (various absorbencies), Disposable bags	Yes	Yes	Yes	None	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	School nurse, Designated member of staff	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Disposable bags	Yes	Yes	Yes	The presence of boys in the class can make the girls feel a little anxious.	Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Panty liners, Wet wipes, Disposable bags, Pants	No	Yes	Yes	Year 8s over coming embarrassment	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls

I'm currently a staff member in St. Patrick's	All toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Reusable period pads, Menstrual cups, Menstrual discs, Wet wipes, Disposable bags	Yes	Yes	No	Stigma - it is a topic that we do not talk about openly enough about.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Assemblies on the menstrual cycle to entire year groups, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets, School nurse, Designated member of staff, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Wet wipes, Disposable bags	Yes	Yes	Yes	Some girls do feel embarrassed	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls
I'm currently a staff member in St. Patrick's	All toilets, Accessible toilets, Box in specific communal location (e.g. hall/reception/office/common room)	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Wet wipes, Disposable bags	Yes	Yes	Yes	Children are more open to talking about their periods which is amazing to see, a lot of confident young ladies.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Specific lessons during girls PE lessons on the menstrual cycle, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls
I'm currently a staff member in St. Patrick's	All toilets	Period pads (various absorbencies), Applicator Tampons (various absorbencies), Non-Applicator Tampons (various absorbencies), Panty liners, Reusable period pants, Wet wipes, Disposable bags	Yes	Yes	Yes	Certain ages/ year groups may not want to have an impromptu conversation/discussion. Planned talking opportunities for all - girls and boys should be encouraged.	Lessons on the menstrual cycle delivered to all classes including boys and girls, Distribution of information leaflets on the menstrual cycle to all pupils including boys and girls, Key pupil contacts for girls

APPENDIX 2:

PERIOD DIGNITY STATEMENT ON ARRANGEMENTS FOR THE PROVISION OF FREE PERIOD PRODUCTS

The College has a legal duty under the Period Products (Free Provision) Act (Northern Ireland) 2022 and published Guidance to the Specified Public Service Bodies

Name of Specified Public Service Body

Saint Patrick's College, Banbridge

Main Address of Specified Public Service Body

28 Scarva Road, Banbridge, County Down, BT32 3AS

Location of where free period products are available:

Girl's toilets and accessible toilets Learning Support rooms

Pastoral Facilitator (school oratory) Care facility in the Resource room

School reception Designated Teachers offices

Care pack available from all Year Tutors and Form Teachers

Details of Consultation Carried Out:

When was the consultation carried out?

The consultation was conducted from January 2025- June 2025

Who was consulted?

- Staff, students and parents survey
- Student focus groups

How did the consultation process establish:

The ways in which product users ought to be able to obtain free period products?

The school has provided free period products since 2019. All participants were asked in a questionnaire and student focus groups if the current method of obtaining products was adequate. Participants were provided with the opportunity to suggest changes to the current arrangements.

The locations in the school premises where the period products can be obtained free of charge?

All participants were asked in an online questionnaire and student focus groups, if the current locations for obtaining period products were adequate. Participants were also provided with the opportunity to suggest changes to current arrangements.

The types of period products that should be available?

Participants were asked to select which products they thought should be available from a range of options with the schools DE Period Dignity allocated budget allowance.

How did the consultation have regard for:

1. The Dignity, Privacy and confidentiality of product users:
The online questionnaire was anonymous
The student focus group was optional.
2. Articles which are reusable:
Participants were asked to select which products they thought should be available from a range of options.
Participants were also provided with the opportunity to suggest other products that were not on the list provided.

POLICY:

This policy for Period Dignity and Menstrual Wellbeing is available upon request.