

Period Dignity/ **Menstrual Wellbeing** **Policy**



St Colmcille's Primary School
Downpatrick

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.

Importance of Period Dignity:

Access to free products can:

- Promote equality
- Help keep young people in school
- Increase concentration in class through not having to worry about lack of period products
- Support good health
- Increase confidence in participating in extra curricular activities

Aims of a Period Dignity Policy:

Through the implementation of a respectful approach to Period Dignity and Menstrual Wellbeing at St Colmcille's we can:

- Ensure that pupils, staff and parents/carers understand the term 'Period Dignity';
- Promote period dignity in school and ensure that everyone within the school community has access to period products;
- Ensure that all pupils, staff and parents/guardians understand the impact of periods on the emotional, mental, social and educational well-being 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;
- Enable learners to understand how to deal with period issues, hygiene and disposal of period products;
- Promote respect, understanding and open discussion about what people may experience when menstruating; and
- Have a positive impact on pupil confidence, well-being, attendance and attainment.

At St Colmcille's Primary we aim to raise awareness of Period Dignity through:

- Informing pupils about Period Dignity **(age appropriate)**
- Inform staff about Period Dignity
- Inform parents about Period Dignity
- Ensure all members of the school community can access period products
- Ensure all member of the school community are aware of the Period Dignity's key contact **(Mrs Finvola Mussen)**.

Key staff and responsibility for Period Dignity:

- A Relationships and Sexual Education **(Flourish)** Programme will be delivered to all children throughout the school therefore all members of the school community will be aware of Period Dignity.
- Key staff members will oversee the Period Dignity of their pupils. **(Mrs Mussen)**
- Parents will receive updates with regards to Period Dignity via Seesaw/ School Website
- SENCO **(Mrs Marianne Dempsey)**
- Pastoral Care Lead **(Mrs Maria Flanagan/Ms Niamh Wilson)**

Period Dignity and Menstrual Wellbeing Education:

The teaching of Period Dignity/ Menstrual Wellbeing will support the ethos of the school and reflect the religious principles held by the school community. Period Dignity education will be linked with the delivery of Relationships Sexual Education **(Flourish)**. It will also be firmly embedded in the PDMU curriculum as it is concerned with and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. The teaching of Period Dignity/ Menstrual Wellbeing will be inclusive of all children including gender, culture and SEN.

Where possible and appropriate, delivered in mixed-gender classes to increase understanding among all pupils and challenge/reduce stigma, myths and stereotypes.

External organisations/agencies may also be used to complement the delivery of elements of the RSE curriculum/Period Dignity and Menstrual Wellbeing.

The management and co-ordination of Period Dignity/ Menstrual Wellbeing Education within the school will be led by the Period Dignity Key Staff **(Mrs Mussen)**. The Key Staff will ensure training is disseminated to all school members and resources are regularly reviewed and updated.

Policy generated in January 2023

Policy reviewed in June 2026

Next Review: September 2027