



**Period Dignity and Respect
Policy**

Darrington CE Primary School

Vision

Shine, Share, Flourish.

We **shine** our light for each other.

We **share** peace, respect and friendship.

We **flourish** and grow together

‘Your word is a lamp to my feet, a light to my path.’ Psalm 119

Introduction

Periods are normal. They are not a choice. We either have them, have had them or know some people who do. Periods are not just a ‘woman’s issue’, they are not dirty and not something to be ashamed of. No-one in our school should be disadvantaged because of their period. Everyone should have access to period products, as and when required, to use in private space that is safe and dignified.

This policy has been developed in-line with the following guidance:

- United Nations Convention on the Rights of the Child www.unicef.org.uk

Aims

All children have the right to be safe, to be treated with courtesy, dignity and respect and to be able to access all aspects of the educational curriculum and Darrington CE Primary School will work to:

- Create a culture where periods are understood, accepted and normalised. Periods are not a choice and periods products are not a luxury;
- Ensure the dignity and access to good quality, safe products to people who need them;
- Enable learners to achieve their potential by reducing any barriers they may experience due to periods, having a positive impact on pupil confidence, well-being and attendance;
- Reduce stigma/taboo in relation to periods by providing **all pupils** with relevant, age-appropriate information on periods; and
- Enable learners to understand how to deal with period issues, hygiene and disposal of period products;

Staff Roles and Responsibilities

The Board of Governors are responsible for overseeing the implementation of Period Dignity as they review all relevant policies, teaching materials and liaise with key members of staff.

Vicky Meadows is the Period Dignity Key Contact. She works closely with Mrs Egan and Mrs Halstead (KS2 teachers) along with all other members of staff to ensure a whole school approach.

Role of Parents and Carers

Parents & Carers have a key role in explaining periods to your child and that this is a normal and natural part of growing up. It is important to acknowledge again, that children mature at different rates.

The NHS recommends that parents should talk about periods as part of an ongoing process rather than a formal sit-down talk. Advertisements for sanitary products may be a place to start or simply ask your child what they know.

We encourage parents to talk to their child about periods when they see early signs of puberty.

Whole School Approach to Period Dignity

At Darrington CE Primary School we will support period dignity through our provision by;

- Visibly promoting the importance of period dignity in an age and stage appropriate way;
- Challenging negative views, stereotypes, gender inequality and stigma around periods;
- Communicating period dignity and related issues through a whole school approach;
- Educating our children in an age and stage appropriate way about periods, period dignity and menstrual well-being;
- Supplying free menstrual well-being products to those who need them.

RSE (Relationships and Sexuality Education) is taught throughout the school as part of PSHE (Personal, Social and Health Education) lessons using Cross Curricular Themes, practical activities and group/partner work. Refer to PSHE Policy.

Children as young as 8 years old may start their periods. It is important to remember periods are completely normal and natural – they are part of growing up. Period Dignity lessons are taught to all pupils in KS2. Our aim is to ensure equality and information for all children regardless of gender, ethnicity, culture and religion in a sensitive manner.

Lessons are differentiated to accommodate SEND where appropriate. These activities will address the stigma and myths around periods and create an atmosphere of positivity and open communication to increase pupils' knowledge, confidence and well-being.

By providing a comprehensive Period Dignity Education, we will encourage pupils to make the use of the free period products available in school, rather than wearing poor quality or unhygienic products.

Children are advised of the teachers they may approach if they have any issues (Mrs Meadows and class teacher). The products are ordered after consultation with staff and pupils to ensure that suitable items are purchased.

A range of sanitary products are available and a supply is kept by Mrs Meadows (**and the KS2 Teachers**) and Classroom Assistants. The products are replenished by Mrs Meadows when necessary who will also check the expiry dates on products.

Boys

Boys will have mothers, sisters or other relations who have or will one day have periods. By teaching boys and girls together we aim to help normalise and demystify periods. This will also serve to challenge any common myths or stigma associated with periods.

Disposal of Period Products

Period products should be disposed of correctly using the facilities provided in the school toilets. Flushing any period product down the toilet is not only harmful to the environment but may also result in drain blockages and or damage to plumbing. The KS2 girls' toilets, the disabled toilet and the staff toilets are all equipped with sanitary waste bins.

Managing issues

Staff will be vigilant for any children who are distressed or experiencing discomfort due to menstruation. Children will be treated with care and sensitivity. Pupils will be given support and there will always be a stock of towels, disposal bins, underwear and extra clothes.

Staff will work alongside parents to ensure that absences are not caused by children unable to manage periods or lacking confidence. Parents will be informed of any issues that arise.

Policy title	Period Dignity and Respect Policy
Monitoring and review	Every 4 years or subject to any updates from NHS or government
Links	Safeguarding Policy, PSHE Policy, Intimate Care Policy
Staff responsible	Headteacher, Vicky Meadows (SBM), KS2 Staff
Committee responsible	Pupils and Standards Committee
Date approved	July 2024
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