

PERIOD DIGNITY SCOTLAND

WHAT ARE WE LEARNING & WHAT WORKS?

BRINGING MEN INTO THE CONVERSATION

HOSTING OPEN & INCLUSIVE CONVERSATIONS & WORKSHOPS

ABOUT & FOR EVERYONE WHO DOES OR HAS MENSTRUATED

KEEP IT REAL.
LANGUAGE & IMAGES HELP TO DESTIGMATISE

DON'T REINVENT THE WHEEL

SHARE PRACTICE & RESOURCE

TAP INTO EXISTING LOCAL NETWORKS

FEED INTO & USE EMERGING RESEARCH



SUPPORT & PROMOTE ACTIVISM

BECOMING POLITICALLY ENGAGED

LOBBY & ENGAGE LOCAL COUNCILLORS & AUTHORITIES

BE A PERIOD AMBASSADOR

LINKING INTO & SPREADING THE WORD ON SPECIALIST SUPPORT & GROUPS

TRANS & NON-BINARY EXPERIENCE

TRAUMA INFORMED

CULTURALLY SENSITIVE

ENDOMETRIOSIS & MENSTRUAL HEALTH

DESIGNED AROUND LOCAL COMMUNITIES

BUILD A NETWORK OF DISTRIBUTION & PICKUP POINTS

in COMMUNITIES

NORMALISE PERIOD PRODUCTS & OFFER ALONGSIDE OTHER PRODUCTS

DEVELOP BRANDING TO BRING THE CONVERSATION TO LIFE

DEODORANT SOAP & SHAMPOO

IT GETS EASIER EVERY YEAR

MAKE IT LIGHT HEARTED

BRING MENSTRUAL WELLBEING EDUCATION INTO SCHOOLS

FOCUS ON PUPIL OWNERSHIP

in EDUCATION

CREATE OPPORTUNITY FOR PEOPLE TO RECONNECT POSITIVE MESSAGES ABOUT PERIODS IN AGE APPROPRIATE WAYS

POSITIVE IMPACT & PRODUCTIVITY

68% LEAVE WORK & THEY START PERIOD & NEED TO GET PRODUCTS

PERIOD RIGHTS ARE BASIC WORKPLACE RIGHTS

HEALTH & SAFETY

HUMAN RIGHTS

ATTRACT & RETAIN TALENT

LIVE YOUR VALUES

CREATE SPACE FOR INCLUSIVE CONVERSATION

ALIGN YOUR PEOPLE & BUSINESS STRATEGY

TAP INTO RESOURCES

periodpositive.com
freedom4girls.com
myperiod.org.uk
bloodygoodperiods.com
endometriosis-uk.org

in THE WORKPLACE



PLAN FOR & PROVIDE LOWER IMPACT & REUSABLES

LOW & NO PLASTIC OPTIONS

SEW YOUR OWN PAD SESSIONS

STOCK & OFFER EXPERIENCE & REUSABLES