

Are you bleeding today? You're not alone.

15 million people bleed every month in the UK.

No shame in saying its name.

Period.

If you need a pad or tampon please help yourself.
If there aren't any, let a member of staff know.



Delivering for you

Are you in pain?

If you're regularly in a lot of pain when you have your period, talk to the school nurse, your doctor or an adult.

No shame in saying its name.

Period.

If you need a pad or tampon please help yourself.
If there aren't any, let a member of staff know.



Delivering for you

Need a pad or a tampon?

Some days you may be caught out or need more than you've put in your bag.

No shame in saying its name.

Period.

If you need a pad or tampon please help yourself.
If there aren't any, let a member of staff know.



Delivering for you

Bleeding between periods?

It could be a sign that something is wrong.
Speak to the school nurse, your GP or an adult.

No shame in saying its name.

Period.

If you need a pad or tampon please help yourself.
If there aren't any, let a member of staff know.



Time of the month?

It's nothing to be embarrassed about.

No shame in saying its name.

Period.

If you need a pad or tampon please help yourself.
If there aren't any, let a member of staff know.

