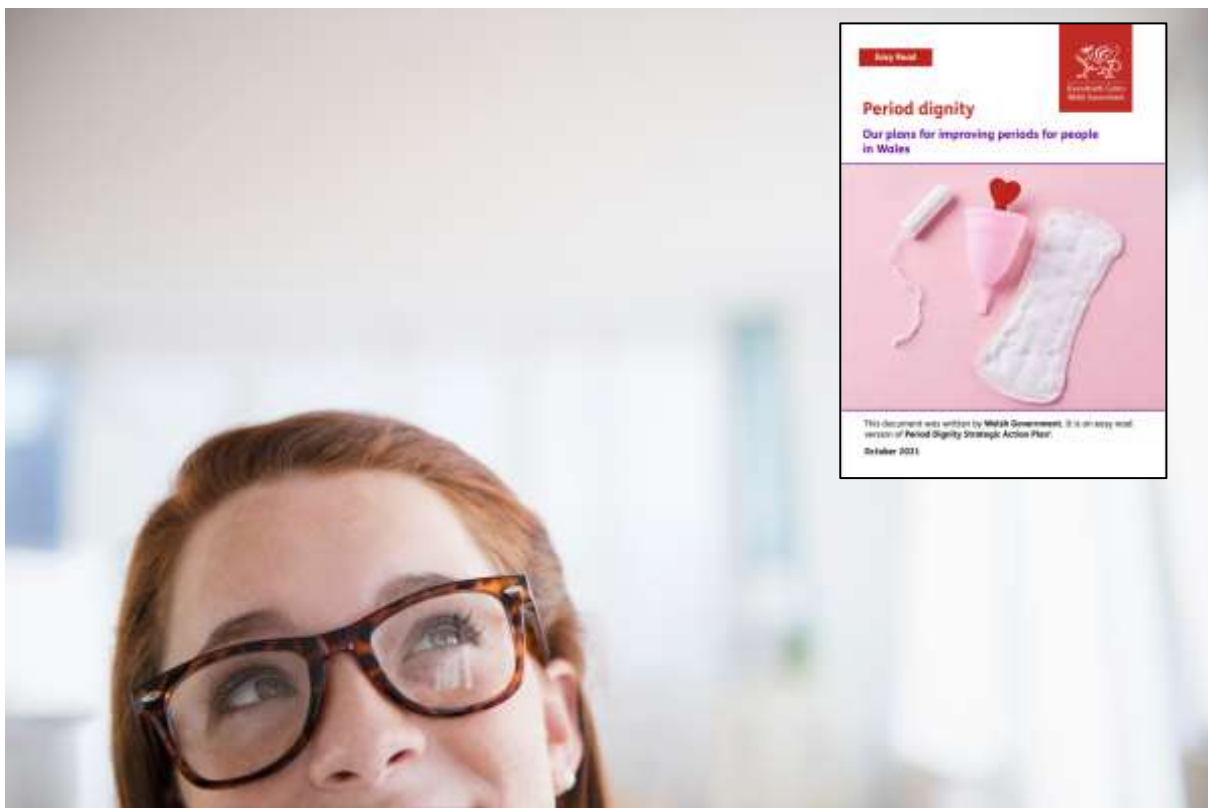


Easy Read

Number: WG45808

# Period Dignity

## What people think of our plan



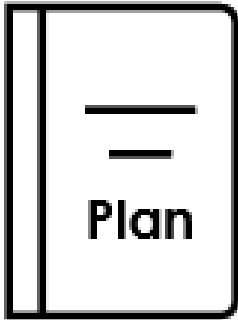
This document is an easy read version of the responses to the consultation on **'Period Dignity Strategic Action Plan'**.

**February 2023**

Mae'r ddogfen yma hefyd ar gael yn Gymraeg.

This document is also available in Welsh.

# Introduction



The Welsh Government made a plan about improving periods for people in Wales.

It calls this **Period Dignity** and means things like:



- People should be able to get the period products they need
- People should not feel shame about having their period
- For all people to be treated equally and fairly.



It asked people to tell them what they thought about the plan.

This report explains what people said.

## Who replied



Two hundred and fifty (250) people and organisations answered the consultation.

## What people said



**Most of you agreed with the ideas in the plan.** You were in support of more efforts to make sure we have period dignity in Wales.



**You asked us to use the words 'women' and 'girls'** in the plan, instead of 'person who menstruates'.

You were worried that not using 'women' or 'girls' made the plan confusing and difficult to understand.

**You said that it's important to make more people aware of period dignity.**



You said that it was important to talk about periods more often in schools. This is important for girls and boys.

You said that doctors need to know more about women's health and periods. You want it to be easier to get in touch with experts who can help with periods.



You said that more research was needed into women's health.

You said that if there was more information available about periods then it would stop people from feeling embarrassed.



You said that employers should be more understanding about periods.



**You said that access to free period products was important for those that need them.**

You wanted Welsh Government to think about what type of products would suit depending on each person's background or needs. It should think about people's culture, making sure that there were reusable products and that products are suitable for those with a disability.



**You were not sure if the Welsh Government can do all of this in the next 5 years.**

You said that there needs to be more education and money to make the plan happen. You said that schools, businesses, doctors and government will have to help make the plan happen.

You said that helping some people feel less embarrassed about periods would take longer than 5 years.



**You asked Welsh Government to think about how it could tell more people about the plan,** especially people living in poverty, people who speak languages other than English or Welsh, and people from different cultures who may have different ideas about periods.

You said that there should be more information on how the changes in plan will happen. You wanted to know where money would come from. You wanted to know if period products would be free for everyone.



**You were not sure what else the Welsh Government should do about other women's health issues.**

Some of you said that the health issues linked to periods should also be included in the plan.

Others said that these other health issues were important so they should have their own plan. You also said that the period dignity plan already has lots of ideas and would be too complicated if it included these health issues as well.



**You said that all information about periods and the plan should be available in English and Welsh.**



**You were worried about people who can't afford period products.** You said that this is part of a bigger problem.

You said that if someone cannot afford to buy period products then there are other things they cannot afford and that they should be helped.

You also said that not being able to afford period products shows that not having enough money affects men and women in different ways.