

Easy Read



Llywodraeth Cymru
Welsh Government

A Period Proud Wales

Our plan to improve periods for women, girls
and people with periods in Wales

2023 to 2027



This document was written by the **Welsh Government**. It is an easy read version of 'A Period Proud Wales 2023 to 2027'.

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How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 35**.



Llywodraeth Cymru
Welsh Government

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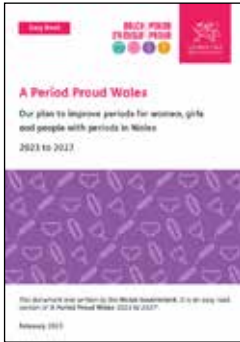
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What this plan is about



This Plan sets out how we will work on **period poverty** and **period dignity** in Wales.



Having a period is normal. No one should feel ashamed about them.



Periods are natural. They are not a choice.



We all either have them, have had them, or know people who do.



They are not dirty. You should not feel shame for having periods.

We want to reduce period poverty in Wales



Period poverty means you are not able to get **period products** because you do not have enough money.



Period products are also called sanitary products. They mean things like sanitary pads, towels, liners, tampons and menstrual cups.



Everyone should be able to get period products when they need them.



They should be able to use them in a safe private space.



We have given money for many years to reduce **period poverty**.



Being able to get period products means that when it is your period you can still:

- Go to school or college.
- Go to work.
- Exercise and play sport.
- Spend time with friends.



Since 2018 we have spent around £12 million to help young people and people on low incomes get free **period products**.



We are proud of the impact this funding has had and of the work we have done.



We have helped local authorities and health boards to give out free period products in schools, colleges and communities.



We want to do more to support women, girls and people with periods when they have their period.



Periods can have a big impact on people's mental and physical health and the ways they can live their lives.



Periods can impact on work, health, **well-being** and confidence.

Well-being means a person is happy, healthy and is comfortable with their life and what they do.

We want period dignity in Wales

Period dignity is about:



- Removing any shame people feel about periods.



- Helping people understand periods are normal.



- Supporting people who have more pain during their periods to get help.



- Thinking about how periods impact a person throughout their life.



- Treating all people equally and fairly.



We will think about the link between periods and:

- Other health issues.



- How **period products** affect the environment.



- The workplace.



- Taking part in sport and culture.



Period dignity and **period poverty** are children's rights matters. Our plan looks at the work of schools and young people's services.



We asked a lot of different people and groups for their ideas when we were making our plan.



People taking part said that they enjoyed talking about their periods and other health matters.



For many of them, it was the first time they had talked about their periods.



They said that talking to us has helped them feel more confident to talk to their friends about periods too.



Thank you to the groups who have met with us, shared their experiences, and run events with us. They have helped us to make this plan and we will be working with them again in the future.

What has happened so far about period poverty and period dignity



2018:

We gave £920 thousand to councils to help reduce **period poverty**.



2019:

We gave over £2.5 million to give free **period products** in all schools and colleges in Wales.



We gave £1.5 million to universities so they could help their learners get **period products**.



Period products were free to all women, girls and people with periods staying overnight in hospital.



We asked councils to tell us how the funding was going. We asked them what things they would like covered in future funding.

2020:



We gave over £2 million so that free **period products** could carry on going to all schools and colleges and to people in communities and staying in hospital in Wales.



We said that half of the products needed to be plastic free or reusable.



We worked with **Eco Schools** to give resources to schools to reduce the shame around periods and **period products**.



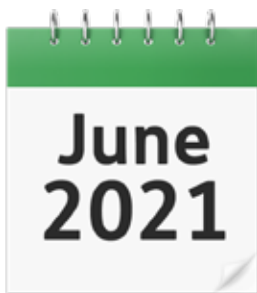
We had a workshop to help us with future policy and this plan. The workshop included members of the **Period Dignity Roundtable**.



The COVID-19 pandemic meant that we could not finish our **Period Dignity Strategic Action Plan**.



We worked with schools, councils and colleges so that women, girls and people with periods could get **period products** when places were closed.



2021:

In June we published the **Programme for the 6th Senedd**. It included that we planned to:



- Work on **period dignity** in schools.



- Give more free **period products** to communities and businesses.



In October we made our draft **Period Dignity Strategic Action Plan** and asked people what they thought.



We gave over £3 million so that free **period products** could carry on going to all schools and colleges and people in communities.

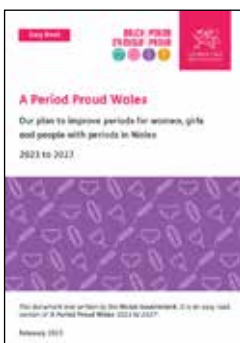
2022:



We gave £3.7 million so that free **period products** could carry on going to all schools and colleges and to people in communities.



We have started telling people about **period dignity**. We are making information about period **well-being**.



2023:

We published this plan **A Period Proud Wales**.

Why things need to change



Through our work we have seen a link between periods and **inequality** and violence against women.

Inequality means people are not treated fairly and do not have the same chances in life.

Lots of things can contribute to this **inequality**:



- Not enough good information given about periods.



- In schools, other people saying bad things about periods can make girls and people with periods feel sad about themselves and not want to go to school.



- Not knowing about and not having the choice of reusable **period products**. This can be bad for the environment.



- Not enough support in schools about periods. This can mean girls and people with periods miss days of school and miss out on sport.



- Periods can affect health conditions, such as anxiety, asthma, depression, epilepsy and migraines.



- Periods can impact jobs and careers.



- Getting **period products** is important for those living in poverty. Poverty can mean you feel shame about not being able to do what your friends are doing. This means women, girls and people with periods feel shame about periods and shame about poverty.



Black, Asian and Minority Ethnic girls, women and people with periods are more likely to have **period poverty**, feel shame about periods and are less likely to talk about periods.



Disabled girls, women and people with periods are more likely to have **period poverty**.



The COVID-19 pandemic and increasing living costs are making **period poverty** worse.

Our goals for the next 5 years



By 2027 in Wales, we want:

- People to understand more about periods and other linked health problems.



- Women, girls and people with periods to be able to get **period products**. And for the products to be good quality and to be the type they want.



- **Period products** to be available everywhere in Wales.



- People to not feel shame about periods. We want people to feel OK talking about periods.



- People to understand how periods change as you get older.



- More support for women, girls and people who have periods when they have their period. For example, at school, in work and in hospital.



- Women, girls and people who have periods to ask for help and health support when they need it.



- More **period products** to be available that are better for the environment.



- Women, girls and people who have periods to know how to deal with their periods, so they can enjoy life.



- Women, girls and people who have periods know how to use different **period products**.



- People to have clear and useful information about periods.

Including people and spreading our message:



Over the next 5 years, we will work with local authorities, health boards, social services, businesses and groups. For example, we will hold our **Period Dignity Roundtable** meetings and work with **WLGA**, and **Children in Wales**.



We will ask people in Wales from a **diverse** range of backgrounds about their periods.

Diverse means people are not all the same. For example, people come from different backgrounds, make different choices or are good at different things.



With your help we will end **Period Poverty** and create **Period Dignity** in Wales.

Our action plan to make a Period Proud Wales



There are 10 actions we plan to take to make a Period Proud Wales:

Access to products

1. We will give more free period products in communities and businesses. To do this, we will:



- Give grant funding to local authorities, so they can give free **period products** to all learners, and those on low incomes.



- Work with trade unions, public services, private and third sectors. We will ask them to put free **period products** in toilets for their staff and visitors.



- Look at how health settings such as hospitals and GP clinics are providing **period products**.



- Give money to colleges so they can give free **period products** to their learners.



When will we do this?

Every year



Outcomes

Free **period products** will be in every school in Wales and in community venues.



They will be in places like food banks, libraries, leisure centres, family centres, community hubs, youth services.



Businesses and employers will give more free **period products** to their staff and visitors.



There will be free **period products** for staff and visitors at sports venues and places like museums, libraries and castles.



Free **period products** will be in healthcare settings.



2. We will look at the impact of the period dignity grant for the period 2018 to 2022. We will use what we find out to make a new plan for the future.



When will we do this?

We will start looking into it in November 2022 with a plan by November 2023.



Outcomes

A new plan for providing **period products** across Wales based on what we know works and what does not.

Guidance and reducing shame

3. We want period dignity in schools. To get this, we will:



- Make sure we think about **period dignity** when making guides for schools, local authorities and colleges.



- Make good resources and look at how we give these to learners.



- Keep working with universities in Wales to have **period dignity** as part of their **well-being** plans.



- Give information on periods to youth workers so that they can give it to young people.



When will we do this?

March 2023



Outcomes

A range of resources about period **well-being** for learners, teachers and parents. Resources will suit a **diverse** group of learners.



Youth workers in Wales will know about **period dignity** and be able to offer the best advice.



Information on how to get free **period products** will be on the [NHS Wales Bloody Brilliant website](https://www.bloodybrilliant.org.uk/).



4. We will work with trade unions, public services, private and third sectors to promote period dignity. We will make sure period dignity resources are available.



Business Wales will work online with businesses to tell people about period dignity at work.



When will we do this?

March 2025



Outcomes

Organisations across Wales will know more about the need to support people having periods.



Groups will have a better approach to **period dignity**, including the **menopause**.

The **menopause** is when a woman's body changes as she gets older. It means her periods stop. When a woman goes through the menopause she might not feel very well. She might feel very hot or find it difficult to sleep.

5. We will review and re-publish our **menopause** policy. We will include more information on period dignity.



When will we do this?

March 2025



Outcomes

Staff working for us will have more support when going through the **menopause**.



Staff telling us about their experiences will help us with our ongoing work.

The environment and other countries



6. We will provide more period products that are better for the environment. We will make sure there is a choice for people who cannot use reusable products.



When will we do this?

March 2026



Outcomes

Nearly all **period products** funded by our dignity grant will be better for the environment. This will support our plans to tackle climate change.



7. We will extend the Wales and Africa Small Grants Scheme to support period dignity projects in Sub-Saharan Africa.



When will we do this?

May 2025



Outcomes

Projects on **period dignity** in Sub-Saharan Africa will have our support. This would include things like providing cheap reusable products.

Equality and including people



8. We want equality to be central to how people get products and the guides we make. To do this, we will:



- Work with the **Disability Rights Taskforce** and other groups so we get better at providing **period products** and information.



- Think about carers and the quality and range of adult changing facilities



- Make sure that **NHS Wales, Social Care Wales** and social care providers have LGBTQ+ health and social care training.



- Find groups left out of what we provide and look at how we can reach them. For example, refugees, Travellers and homeless people.



- We will make guides in Welsh and English.



When will we do this?

December 2025



Outcomes

Disabled people, including those with a learning disability, will help us make resources that are best for them.



There will be support for social care workers around providing **period dignity**. Parents, unpaid carers and teachers supporting disabled people will be able to get this information.



Disabled people will have the right information in the best way for them. For example, video, sign language, braille and easy read.

Health and social workers will know more about the experience of **transgender** and **non-binary** people.



Transgender/trans: A person whose gender is not the same as the sex they were thought to be when they were born.



Non-binary: A person whose gender does not match usual ideas of what is male and what is female. A non-binary person may feel or know that they are not a man or a women.



Groups and people who need more help will get the **period products** they need.



People will have support to talk about periods in the Welsh language.

9. We will improve links between local authorities, unpaid carers services and carers organisations.



We will improve **access** to **period products**, information and advice, and the best support.

Access means to be able to take part or get information you need. For example, information in easy read.



We will focus on support for young carers and young adult carers.



When will we do this?

May 2023



Outcomes

Unpaid adult carers and young carers will have advice and support, including where they can get **period products**.



10. We will work with Sport Wales to look at the impact of periods on people taking part in sport and exercise.



We will look at how we can improve joining in with sport for women, girls and people having periods.



When will we do this?

March 2026



Outcomes

We will understand the impact of periods in sport. There will be a plan to help women, girls and people who have periods to take part.

Hard words

Access

Access means to be able to take part or get information you need. For example, information in easy read.

Diverse

Diverse means people are not all the same. For example, people come from different backgrounds, make different choices or are good at different things.

Inequality

Inequality means people are not treated fairly and do not have the same chances in life.

Menopause

The menopause is when a woman's body changes as she gets older. It means her periods stop. When a woman goes through the menopause she might not feel very well. She might feel very hot or find it difficult to sleep.

Non-binary

A person whose gender does not match usual ideas of what is male and what is female. A non-binary person may feel or know that they are not a man or a woman.

Transgender

A person whose gender is not the same as the sex they were thought to be when they were born.

Well-being

Well-being means a person is happy, healthy and is comfortable with their life and what they do.