

## NOT JUST FOCUS ON BLOOD

Blood is not the only symptom of a period; cramps, headaches, changes in mood and fatigue can all happen as well. Providing ways to alleviate these can make people feel valued, this can be as simple as heat pads and pain relief and can extend to flexible working and leave. Being able to talk openly can really help too!

## INVOLVE EVERYONE!

Periods are not just for people who bleed but we all benefit from regular, healthy cycles. Keeping it a closed conversation only adds to shame and stigma, so let's open it up to all. This would be a huge step forward in creating period positive spaces.

## PROVIDE GOOD QUALITY PRODUCTS

The quality of products can help someone feel cared about. Spending a bit more time researching can go a long way towards being period positive. It's in the little things like applicator types, pad thickness, absorbencies, sustainability. It might seem like they're trivial but they matter!

# PERIOD POSITIVE SPACES WILL...

\*these recommendations  
come from teenage girls.

Girls To The Front  
@grrrlsttf

## LISTEN

Be open to hearing new ideas and involving others when planning. Plans around uniform and other policies can benefit from listening.

## NOT HIDE YOUR PRODUCTS!

There's no need to lock them away. Having to ask someone for them can be difficult so make them accessible. All spaces should provide free products, it's a basic need - not a luxury.