

SHIMNA INTEGRATED COLLEGE

Period Dignity Policy



Updated: June 2024

Next Review: June 2026



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1. Introduction

At Shimna Integrated College, we believe in fostering an inclusive and supportive environment for all students. We promote a culture of equality whereby every learner can reach their full potential by reducing any barriers they may experience due to periods. The Period Dignity Policy plays a part in this.

2. Policy aims

- To ensure that products are available to pupils where and when they need them;
- To provide education and awareness around Period Dignity in an inclusive and equitable manner;
- To help enable students to be present for all lessons;
- To provide a supportive learning environment for all;
- To link in with the College Development Plan's aims for promoting student health and wellbeing.

3. Guidance and context

The Policy takes into account the following:

1. [The Equality Act \(Sexual Orientation\) Regulations \(Northern Ireland\) 2006.](#)
2. [Period Products \(Free Provision\) Act \(Northern Ireland\) 2022](#)
3. [The relevant sections of UNCRC](#)
4. [Every School A Good School](#)
5. [Together Towards Improvement](#)
6. [Community Relations, Equality and Diversity in Education Policy](#)

4. Policy formulation and consultation process

- The Policy is shared with staff, who are given the opportunity to provide feedback;
- Student Ambassadors are at the centre of the Period Dignity Project. They are involved in consultation on the choice of products, and they also take an active role in the replenishment of supplies. Other students are informed of the scheme during Year group Assemblies and are given the opportunity to provide feedback;
- Parents and carers are informed of the scheme through a letter and can contribute through the Religious and Sexual Education (RSE) Working Group. Parents and carers are made aware of how students may access the products and have had the opportunity to comment on this policy.

5. Key staff roles and responsibilities

- The Period Dignity lead in the College liaises with the Student Leadership Team and Young Ambassadors to replenish supplies and requisition products, including reusable items;
- Pastoral leaders (Heads of Year) assist in co-ordinating period dignity education within the PC programme for their Year Group;
- The Special Educational Needs Coordinator (SENCo) and Learning Support Assistants (LSAs) ensure pupils with Special Educational Needs (SEN) know how to access the products.



6. Whole College approach

The College supports period dignity by:

- actively promoting the importance of period dignity through posters and planned lessons in PC programme;
- challenging negative views, stereotypes, gender inequality and stigma around periods;
- communication about period dignity and menstrual wellbeing as a whole-school approach through assemblies and PC class to complement the provision of free products;
- raising awareness of the inaccessibility/unaffordability of period products, lack of menstrual education and period stigma;
- ensuring all students, staff and parents understand the impact of periods on the physical, emotional, mental, social and educational wellbeing of students.

7. Student-centred provision

The issues that affect young people in relation to periods or period dignity are addressed through the Pastoral Care (PC) programme. When addressing these issues, the College takes into consideration the needs of all students including SEN, gender, culture, religion and age/developmental appropriateness. The College will continue to engage with students about how and where period products should be made available and will evaluate the impact of the Period Dignity Scheme on an annual basis.

8. Period Dignity and Menstrual Wellbeing Education and Learning

Teaching about period dignity and menstrual wellbeing supports the College's ethos and is delivered through the Pastoral Programme and supported by the Pastoral Teams and leaders. Different teaching methodologies are used to ensure student engagement, taking into account those with SEN.

Any resources being used to deliver the lessons are from [CCEA](#) and monitored to ensure that they are inclusive and consistent with the College's integrated values. Teachers respond to sensitive issues raised within lessons in line with the principles outlined in the Relationships and Sexuality Education Policy. Resources used in delivery of lessons: [Period Dignity | CCEA Resources](#)

9. Links to other College policies

- [Child Protection and Safeguarding Policy](#)
- Pastoral Care Policy
- SEN Policy
- [Positive Behaviour Policy](#)
- [Addressing Bullying Policy](#)
- [Relationships and Sexuality Education Policy](#)

10. Appendix 1

[Statement on Arrangements for the Provision of Free Period Products](#)