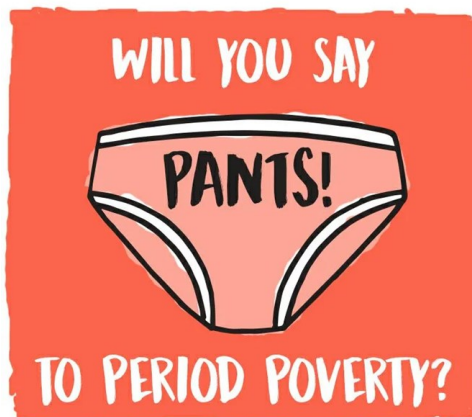


## What is 'Period Poverty'?

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'Period poverty' means being unable to access sanitary products and having a poor knowledge of menstruation often due to financial constraints.

In the UK, 1 in 10 girls can't afford to buy menstrual products, while 1 in 7 have struggled to afford them, according to a representative survey of 1,000 girls and young women aged 14-21 by Plan International UK.



## Some student feedback.

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"I have been waiting for something like this for a while, it has finally begun to open a discussion about something affecting so many of us yet talked about by so few".

"The process has been comfortable and educational, giving me information I feel I am long overdue . I am proud and excited to be part of Milford Haven School and this positive movement to support our girls".

Milford Haven School

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## 'Period Poverty' at Milford Haven School

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*This leaflet has been made by Gemma Baker for Milford Haven School, and contains information relating to 'Period Poverty', and what is being done here at Milford Haven School to tackle it.*

## Grant Funding

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All secondary schools in Wales have received grant funding to help tackle the issue of period poverty in our school communities.

Milford Haven School have chosen to focus the spending of our grant money on reusable sanitary products. The main reasons for this are due to the huge environmental and financial benefits of girls having the option to use more sustainable and reusable products to manage their periods.

Incredibly, 60% of our grant spend so far has been on reusable sanitary products such as menstrual cups and period pants.

Milford Haven School are on track to have an overall 75% spend of our grant money on reusable items, 65% more than the 10% WAG suggested target of how much should be invested in items that are not single use and plastic based. We are at present the only school in Pembrokeshire County that has committed this level of spend to reusable items, which we are proud of.

## Environmental & Financial Impact

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There are 100 billion sanitary products thrown away each year. Each item takes at least 500 years to degrade, which means that every plastic based pad or tampon that has even been used is still on the planet in landfill- and is hundreds of years away from degrading. For some of our girls these single use and plastic based products are the right choice, but for some that are looking for another option that is more environmentally friendly and sustainable reusable products offer a perfect solution.

From a financial perspective it is shocking to know that on average a woman will spend £18,450 during their lives on sanitary products. Reusable products significantly reduce the cost implications of periods, and naturally has a positive impact on people affected by period poverty. By Milford Haven School absorbing the initial purchase cost of what can be costly sanitary products, our girls are not being excluded from these options due to financial restrictions. It also means that long after they leave Milford Haven School those that chose to have reusable items from us will not have to bear the cost of a period till they are hopefully out of education and training, and therefore we would hope financially stable enough to fund any replacements or alternative sanitary products that they need.

## Reusable products available:

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**Reusable Pads:** Reusable cloth menstrual pads provide a soft and natural protection during your period, and make a great alternative to traditional disposable pads and tampons. They attach to your underwear, and when removed are washable and reusable. These pads are also made of natural and environmentally friendly fibres, guaranteed free from nasty chemicals and kind to your skin.

**Period Pants:** These are pants are worn as normal underwear, but unlike standard pants contain full wide back coverage and extended protective lining in the front . The pad is essentially built into the pants via an anti-leak design of three layer lining. These pants give extra protection against leakage; the leak proof lining can prevent liquid going through so on light flow days could be used alone but should always be used with pads, cups or tampons together for perfect protection on heavier days.

**Menstrual Cup:** The small, flexible cup is made of medical grade material, and instead of absorbing your flow, like a tampon or pad, it catches and collects it. To use this sanitary product you tightly fold the menstrual cup and insert it like a tampon without an applicator. You will need to manually empty the cup as required.

