



## Period Dignity at St Patrick's Academy

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At St Patrick's Academy, we are committed to creating a welcoming, caring, and supportive environment for all pupils, staff, and visitors. As part of this commitment, we recognise the importance of menstrual well-being, and are actively supporting period dignity initiatives and tackling period poverty within our school community.

Our Period Dignity Programme aims to:

- Promote positive attitudes towards menstruation and reduce stigma.
- Provide free period products for pupils, staff, and visitors while on the school premises.
- Offer presentations through our Health Education and Well-being programme to raise awareness of menstrual health.
- Deliver a Period Dignity Talk to Year 8 girls in Term 1 as part of their induction, to promote understanding and confidence.
- Communicate information relating the products available, and where they can be accessed, through relevant communication channels, including the school website.
- Empower our Period Dignity Ambassadors, a group of pupils who promote awareness and lead initiatives within the school community.
- Ensure our practices align with Department of Education and Education Authority guidance and the Period Products (Free Provision) Act (NI) 2022.

Through these actions, we strive to make St Patrick's Academy a place where every individual feels supported, respected, and empowered.

For more details, please refer to the school's **Period Dignity Policy**, available on the School Policies page

## Period Products Available at St Patrick's Academy

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### Available Period Products

- **Sanitary pads**
- **Tampons**
- **Panty liners**
- **Reusable period pants**
- **Pants, tights, skirts and trousers**, these too are available should a pupil find themselves in a situation whereby they require such items (see where to access below)

### Where to Access Products

Period products are available in multiple locations across the school for easy access:

- **Female bathrooms**
- **Accessible bathrooms**
- **Classrooms** – identified by a **colourful daisy sticker** on the door
- Office of the School Health Officer
- **The School Office**
- **The SEND Office**
- Reusable period pants - available from:
  - Mrs L McCann (Hist 3)
  - Mrs S Moetrl - The School Health Officer
  - Mrs L McFall (Main Office)
  - The SENco office
- Should a pupil find themselves in a situation whereby they require **pants, tights, skirts or trousers**, these are available from:
  - Mrs L McCann (Hist 3)
  - Mrs S Moetrl - The School Health Officer
  - Mrs L McFall (Main Office)
  - SEND Office



**For a visual guide, please see the [School Map],** which identifies all locations where period products can be accessed.

Providing these products is part of the school's commitment to promoting period dignity, reducing stigma, and supporting the health and well-being of our school community.

## Our Period Dignity Ambassadors

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At St Patrick's Academy, our Period Dignity Ambassadors are a dedicated group of pupils who play an important role in promoting awareness and supporting menstrual well-being across the school. These student volunteers work to reduce stigma, encourage open conversation and help ensure that everyone knows where and how to access free period products.

As part of their role, ambassadors also help monitor and replenish period product stock in bathrooms and other designated areas.

You can easily recognise our ambassadors by their **colourful daisy badge**, which symbolises their commitment to promoting period dignity throughout the school. They are approachable and ready to support pupils who require access to products.

By taking on this role, these pupils are helping to create a caring and inclusive environment where individual dignity is respected.

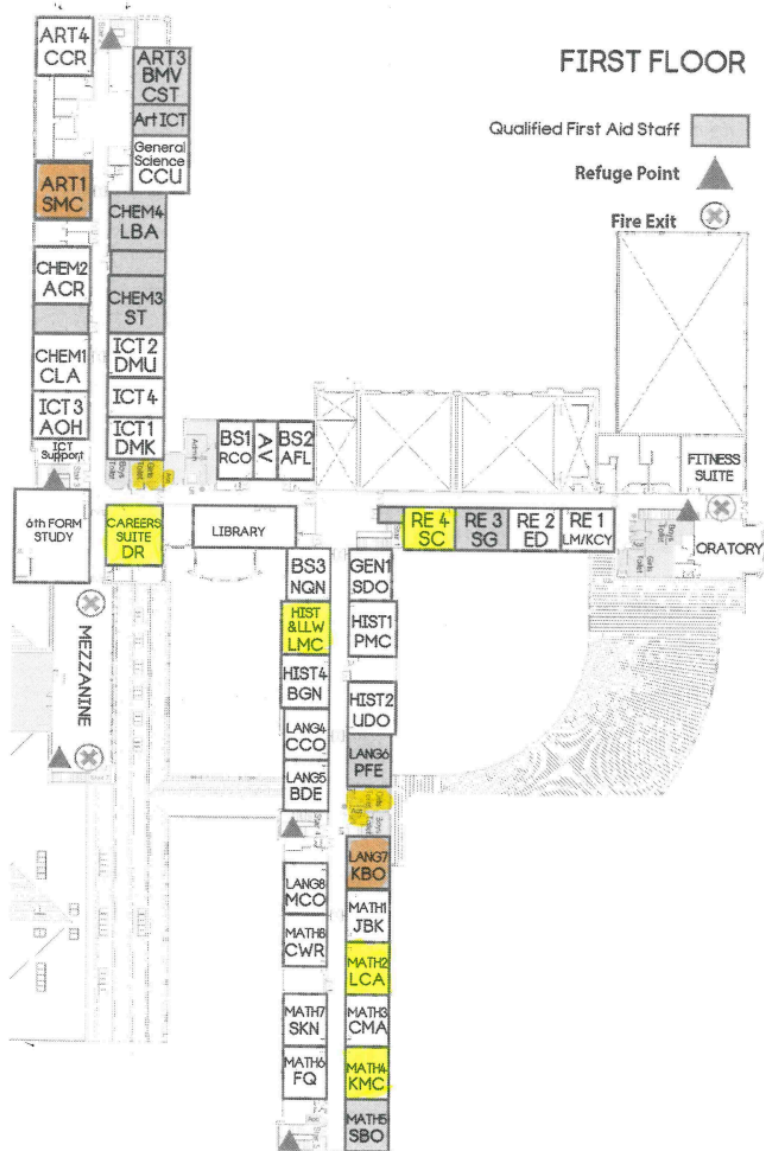
*Colourful daisy badge worn by our Period Dignity Ambassadors*



Additional attachments below -







Pictured: Period Dignity Ambassadors (Academic Year 2025/26)



Pictured: Period Dignity Ambassadors delivering a presentation about their role to the First Minister of Northern Ireland, Michelle O'Neill, last year.





