

Easy Read



Llywodraeth Cymru
Welsh Government

Period dignity

Our plans for improving periods for people in Wales



This document was written by **Welsh Government**. It is an easy read version of **Period Dignity Strategic Action Plan**'.

October 2021

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 15**.



Llywodraeth Cymru
Welsh Government

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Hawdd ei Ddeall Cymru
Easy Read Wales

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What this plan is about



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



Everyone should have enough money to buy the products they need for their period.



Some people don't have enough money to buy period products. We call this **period poverty**.



The Welsh Government has done a lot of work to change this. Students and people who don't have much money have been given free period products.



This plan wants to do **more** to support people when they have their period.



We also want to think about other health issues that are connected to periods.



And the effects period products can have on the environment.



We also want to think about how periods affect other parts of life. Like the workplace.



We now want to know what people think of our plans. We would like to hear your views.

Why things need to change



A lot of people don't know enough about periods, or the products used for them.



This can cause a lot of other problems and confusion.



For example, it can affect how well girls do at school. And cause girls to miss out on activities. This is not fair.



It can also mean some health issues are not recognised early. And that some health problems are due to having a period.

Our goals for the next 5 years

By 2026 we want:



- Periods to be better understood.



- People to easily get hold of the right period products they need.



- For people to be able to speak openly about periods. And not feel ashamed.



- For people to have more understanding about other health issues and periods.



- For society to be supportive to people when they have their period. For example, in schools and work.



- For people to get the health support they need.



- For more period products to be available that are better for the environment.



- For people to be able to have good information about periods.



- For people to be able to get the support they need.



- For people to be treated equally and fairly when they have their period.



- For people to be able to get hold of the products and equipment they need to manage their period well.

Period dignity

We have come up with the term period dignity to mean:



- people should be able to get the period products they need



- people should not feel shame about having their period



- for all people to be treated equally and fairly.

Our plan

We have made a list of plans we want to see carried out in Wales. These are the main ones:



1. Hold meetings to check the Plan is being carried out and to talk about issues. These are called **Period Dignity Roundtable meetings**. These will happen at least twice a year.



2. The Welsh Government departments and local authorities will work together. This will help make sure the best work is done.



3. Make sure these issues are discussed at meetings to do with race and faith. This will help make sure a wide range of people have a say.



4. Talk about people's real life experiences. This will help people understand the many issues different members of society face.



5. Put guides together to help organisations in Wales know how to support people in the best ways.



This is no matter what their background is or what their needs are. For example, disabled people.



6. To make sure **funding** is used in the best way. For example, to offer training and education.

Funding is money given to run a service. In this case it is money for Period Dignity.



7. Look to see which groups in society need the most support around periods. For example, people who often get left out.



8. Make sure businesses in Wales have the right information about period dignity.



9. Encourage businesses to make period products free in the workplace.



10. Work with organisations in Wales to make sure there is good support for periods in the workplace.



11. Check the right information about period dignity is given in schools. And free period products.



12. Make sure information about period dignity is **accessible**.

Accessible means something can be used by anyone. For example, making information Easy Read.



13. Work with colleges and universities to make sure period dignity is understood.



14. Work with Sports Wales to check how periods affect sport and exercise. And put plans in place to improve things.



15. Make sure period products are available in various venues in Wales. For example, museums and libraries.



16. Speak to people who can't afford period products and find out their views.



17. Think about how these issues affect people who are disabled and from other backgrounds.



18. Think about giving people a card which they can use to get free period products.



19. Help make sure more products are made that are better for the environment.



20. Give people information about the importance of using more environmentally friendly products.



21. Make sure information is available about period products on the NHS website called [Bloody Brilliant](#).



22. Work with other organisations to do with women's health. This will help make sure we share information.



23. Look at whether free period products can be made available at health services.

Hard words

Accessible

This means something can be used by anyone. For example, making information Easy Read.

Funding

This is money given to run a service. In this case it is money for period dignity.

