

#endperiodpoverty



PadATTACK

DID YOU KNOW?

10% of girls in the UK have been unable to afford menstrual products

15% of girls in the UK have struggled to afford menstrual products

68% of girls said they felt less able to pay attention in class at school/college while menstruating

40% of girls in the UK have used toilet role because they couldn't afford menstrual products

Over **137,000** children in the UK have missed schools due to period poverty.

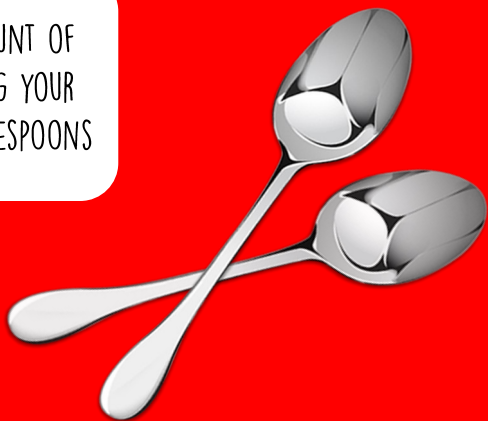
Menstrual Products cost over **£18,000** in a women's life (**£13** every month)

The UK first introduced VAT in **1973** when it joined the European Economic Community with a standard rate of **10%** which applied to menstrual products.

In **2001**, following a campaign and debates in parliament, the Labour government moved menstrual products onto a reduced rate of **5%** after having it at **17.5%** since **1991**.

DON'T FREAK OUT! IT'S TOTALLY NATURAL

THE AVERAGE AMOUNT OF
BLOOD LOST DURING YOUR
PERIOD IS 3-4 TABLESPOONS



TOP TIPS

A HOT WATER BOTTLE CAN EASE YOUR BELLYACHE
GET YOURSELF WRAPPED UP IN A COMFY BLANKET
WATCH YOUR FAVOURITE FILM

EAT YOUR FAVOURITE FOOD

WEAR COMFY CLOTHES

DON'T FORGET TO BE KIND TO YOURSELF

DIFFERENT PRODUCTS YOU CAN USE

PADS



Pros

- Easy to use
- Protects you from leaks
- Cheaper options
- Many different brands
- No painful insertion

Cons

- Can be uncomfortable
- Trial and error of where to place it in your undies
- Can be bulky in your underwear
- Can't wear pads whilst swimming

YOU CAN CHOOSE ONE'S WITH WINGS OR WITHOUT
NOT FLUSHABLE!

DIFFERENT PRODUCTS YOU CAN USE



TAMPONS

Pros

Inside your body, so no one knows!

You can go swimming

Can be used for up to 8 hours

Discreet to use

Enables you to be more active

Cons

Can be uncomfortable

Can be tricky to use for the first time

You can forget they are in

Can lead to Toxic shock syndrome if left in too long

YOU CAN CHOOSE ONE'S WITH WINGS OR WITHOUT
NOT FLUSHABLE!

DIFFERENT PRODUCTS YOU CAN USE

MENSTRUAL CUP



Pros

Can be used for up to 12 hours

Re-usable—No waste!

Save money over time

Helps the environment as less waste of a product

Cons

Initial purchase of the cup is expensive

Can be tricky to get used to

Can be messy when taken out

REUSABLE SILICONE CUP TO COLLECT BLOOD FLOW

NOT FLUSHABLE!

USEFUL LINKS AND INFORMATION

PMS

PRE-MENSTRUAL SYNDROME IS A REAL THING! YOU MAY FEEL—

ANXIOUS

DEPRESSED

EMOTIONAL

ANGRY

UPSET

TIRED

TSS

TOXIC SHOCK SYNDROME

This is nothing to worry about but, you do need to know that if you leave a tampon in for longer than 8 hours, then you could be at risk.

CK SYNDROME

This is nothing to worry about but, you do need to know that if you leave a tampon in for longer than 8 hours, then you could be at risk.



IF YOU WANT TO FIND OUT MORE INFO
CHECK OUT THESE USEFUL LINKS...

<http://plan-uk.org/media-centre/plan-international-uks-research-on-period-poverty-and-stigma>

<https://www.always.co.uk/en-gb/about-us/endperiodpoverty>

<https://www.freeperiods.org/mission/>

<https://metro.co.uk/2019/01/09/the-responsibility-to-end-period-poverty-lies-with-government-not-teachers-8324947/>

<https://www.bbc.co.uk/news/health-42013239>

VIBE is a Together Women Project.

This booklet was made in response to supporting young women and girls in education having access to free menstrual products.

It has been created by: Becky Moffatt, Charlotte Kershaw, Juliette Catling and Esther Barker

With logo by: Lisa O'Hara

#endperiodpoverty

FIND US....

Together Women Project

106 Arundel Lane
Sheffield S1 4RF

☎ 0114 275 8282 or 07763 624 708

✉ twpvibe@togetherwomen.org

🌐 www.togetherwomen.org/vibe



Many thanks to all who have donated menstrual products to support our campaign to end period poverty via Sheffield Hallam University, SASS, Grace Food Bank and Women's Institute.

MP Philip Hammond announced in the Spring Statement that government funding will be made available to provide free menstrual products in secondary schools and colleges in England from September 2019.

Together Women Project, registered charity in England and Wales (1128892).
Registered office: 13 Park Square East, Leeds, LS1 2LF