

PERIOD
REALITY

PERIOD REALITY:

AN INCLUSIVITY BLUEPRINT FOR SCHOOL-WIDE COLLABORATION

INVESTING IN MENSTRUAL HEALTH AND MENSTRUAL EQUITY IS NOT ONLY A MATTER OF SOCIAL JUSTICE AND GENDER EQUITY BUT ALSO MAKES GOOD BUSINESS SENSE FOR SCHOOLS.

Girls who receive menstrual health education and have access to menstrual products perform on average **9% better academically** than those who don't.

Presenteeism (being at work while unwell) **costs businesses 10 times more** than absenteeism

Over 90% of women experience menstruation-related discomfort at work

Investing in menstrual health and menstrual equity is not just a matter of meeting a basic need; it is an investment in the well-being, academic success and inclusivity of the entire school community.

As schools strive to create environments that foster learning, growth and equality, addressing menstrual health is a crucial step forward.

WHY DOES YOUR CYCLE MATTER?

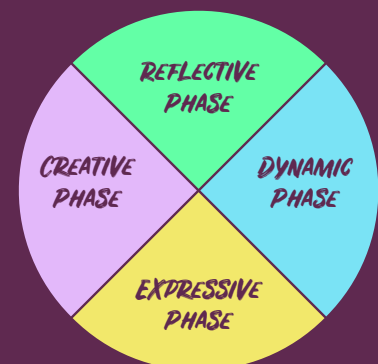
Where you are in your cycle influences how you are showing up each day.

Period Reality believes that embracing your cycle can empower you to show up feeling your best self. At the University and beyond.

THE FOUR STAGES OF A MENSTRUAL CYCLE

The power of understanding these four phases - each representing a unique blend of physical, emotional and spiritual experiences, needs and preference unlock the potential within.

Period Reality empowers individuals through cycle awareness, fostering holistic well-being and gender equity.



WHO ARE WE?

Period Reality is a global movement to achieve gender equity through system-level change. We do this by educating about and advocating for a living in sync with your cycle.



WAYS TO PARTNER

Period Reality can be a valuable partner for schools to demonstrate a commitment to holistic well-being, gender equity and inclusivity among their students, staff and the wider school community.

This collaboration not only benefits the individual members of the school community but also contributes to the institution's reputation as a forward-thinking and socially responsible educational institution. Book us for a one off session or let's chat about incorporating cycle health in full.

Here are several ways in which **Period Reality** could partner with your school:

EDUCATIONAL WORKSHOPS:

Engaging workshops on menstrual health education, covering body literacy, menstrual health and cycle awareness for students.

RESEARCH AND SURVEYS:

Collaborating on research by conducting surveys that will help us understand the unique needs and challenges students face regarding menstrual health in schools.

COMMUNITY OUTREACH:

Extending our partnership beyond the school to involve the wider community in discussions around menstrual health.

SCHOOL HEALTH PROGRAMS:

Collaborating on broader health and wellness programs, to integrate menstrual health into overall health education.

TEACHER AND STAFF TRAINING:

Conducting comprehensive workshops for staff on menstrual health, cycle awareness and the positive impact of cycle tracking on overall well-being.

ONLINE RESOURCES:

Developing online resources, webinars and e-learning modules that can be incorporated into your virtual or blended learning environments.

SOCIAL MEDIA ENGAGEMENT:

Utilising social media platforms to actively engage with students, parents, and educators.

INCLUSIVE POLICIES:

Consulting and supporting the development of inclusive menstrual health policies that address the specific needs of students and staff regarding menstrual health.

CREATING A SUPPORTIVE ENVIRONMENT:

Discussing the option of creating a dedicated physical space, equipped with amenities such as hot water bottles, which students can conveniently book for comfort.

STUDENT AWARENESS CAMPAIGNS:

Collaborating on awareness campaigns within the school to break the stigma surrounding periods and encourage open conversations.

PARENTAL INVOLVEMENT:

Hosting informational sessions for parents, emphasising the importance of menstrual health education and suggesting ways they can support their children.

STUDENT AMBASSADOR PROGRAM:

Establishing a student ambassador program, where students can become advocates for menstrual health within the school community.

WHY PARTNER WITH PERIOD REALITY?

The Impact on School Culture:

This partnership contributes to a more supportive, inclusive and socially responsible school culture, aligning with the institution's commitment to holistic well-being and gender equity.

Supporting Evidence:

Research findings highlight the positive impact of menstrual health awareness on academic and professional success. Embrace a strategic initiative that supports the well-being and success of your school community.

BOOK A DISCOVERY CALL TO GET INVOLVED

Contact us to explore the unique opportunities for a collaboration with **Period Reality**.

Join us in fostering a transformative partnership that not only acknowledges the significance of the menstrual cycle but leverages it as a powerful tool for well-being, gender equity, inclusion and overall success. Embrace the future of school culture with **Period Reality**.

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