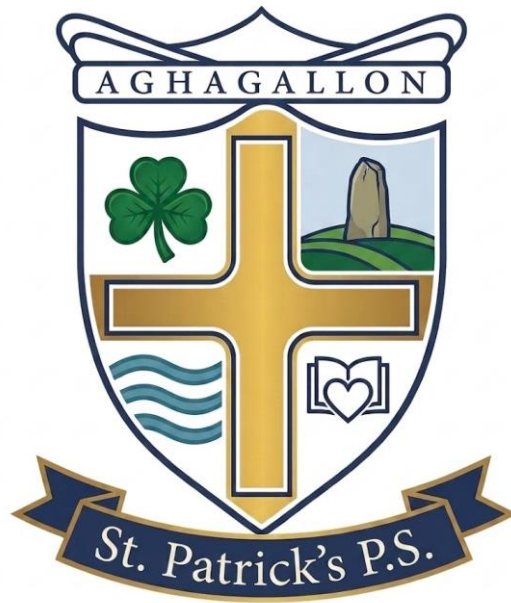




Period Dignity Policy 2026

Policy Review

Date Agreed by Board of Governors:

June 2026

Next Review Date:

June 2028

Signed by Chair of Governors:

Date:

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1. Mission Statement

Mission statement: In St Patrick's we endeavour to promote Catholic values, to enable each individual to reach their potential, in a secure, caring and respectful environment.

We in St. Patricks have a responsibility for the safeguarding and child protection of the children in our care and we will carry out this duty by providing a caring, supportive and safe environment, where each child is valued for his or her unique talents and abilities, and in which all our young people can learn and develop to their full potential. All staff, teaching and non-teaching should be alert to the signs of possible abuse and should know the procedures to be followed. This policy sets out guidance on the action, which is required where abuse or harm to a child is suspected and outlines referral procedures within our school.

Key Principles of Period Dignity

The overarching principle for Period dignity is that it sits inside the Policy for Child protection and safeguarding policy, and as such follows the key strands of the UN Convention on the Rights of the Child and are enshrined in the Children (Northern Ireland) Order 1995, "Co-operating to safeguard children and young people in Northern Ireland" (DHSSPSNI, 2017), the Department of Education (Northern Ireland) guidance "Safeguarding and Child Protection in Schools" Circular 2017/04 (amended September 2019; updated June 2020) and the SBNI Core Child Protection Policy and Procedures (2017).

The following principles form the basis of our Period Dignity Policy:

- Providing free access to period products for pupils when required;
- Promoting positive attitudes and reducing stigma surrounding periods;
- Supporting attendance, participation and wellbeing;
- Delivering age-appropriate education relating to puberty, menstruation and menstrual wellbeing;
- Ensuring dignity, privacy and confidentiality for all pupils;
- Promoting equality, inclusion and respect.

2. Other Related Policies

The school has a duty to ensure that safeguarding permeates all activities and functions. The child protection policy therefore complements and supports a range of other school policies including:

- Child Protection Policy
- Anti-Bullying Policy
- SEN Policy
- Pastoral Care Policy
- Safe Handling Policy
- Code of Conduct
- Complaints policy

- First Aid and Administration of Medicines
- Health and Safety Policy
- Intimate Care
- Relationships and Sexuality Education

These policies are available to parents and any parent wishing to have a copy should contact the School office or visit the school website at www.stpatricksaghagallon.co.uk

3. Roles and Responsibilities

The following are members are responsible for overseeing and the delivery of the Period Dignity curriculum:

- Chair of the Board of Governors **Mrs Sheena Devlin**
- Designated Governor for Period Dignity
- Principal **Mr S Downey**
- Period Dignity Lead **Mrs L Friel**
- Designated Teacher **Mrs L Judge**
- Deputy Designated Teacher(s) **Mrs L Friel**

4. Definition and Aims:

Period dignity is about ensuring that nobody is disadvantaged, excluded or embarrassed because of menstruation. Research undertaken through the CCEA Period Dignity programme highlights the importance of accessible period products, open discussion and educational support in reducing absenteeism and improving pupil confidence.

We in St.Patrick's Acknowledge::

5. Some pupils may begin menstruation during primary school;
6. Pupils may experience anxiety, confusion or embarrassment regarding periods;
7. Access to products and trusted adults is essential;
8. Period stigma can negatively affect wellbeing, confidence and participation in school life;
9. Our School plays a vital role in promoting understanding and inclusion.

This policy supports the school ethos of respect, care, inclusion and safeguarding for all members of the school community.

The aims of this policy are to:

10. Promote a whole-school culture of respect, inclusion and understanding around menstruation;
11. Ensure free period products are available to pupils when needed;
12. Reduce stigma, shame and embarrassment associated with periods;
13. Support pupils' physical, emotional and mental wellbeing;
14. Ensure pupils can fully participate in school life during menstruation;

15. Provide age-appropriate education about puberty and menstruation;
16. Enable staff to respond sensitively and appropriately to pupils' needs;
17. Promote equality of opportunity and inclusion.

5. Guidance and Framework

This policy has been informed by:

18. The Period Products (Free Provision) Act (Northern Ireland) 2022;
19. Department of Education guidance for schools;
20. CCEA Period Dignity and Menstrual Wellbeing resources;
21. Education Authority Period Dignity Quick Guide;
22. The Northern Ireland Curriculum;
23. Relationships and Sexuality Education (RSE) guidance;
24. UN Convention on the Rights of the Child (UNCRC);
25. Equality legislation relevant to schools in Northern Ireland;
26. Safeguarding and pastoral care guidance.

6. Curriculum and Education

Period dignity education will be delivered through the Northern Ireland Curriculum, primarily within:

7. Specific Period Dignity and Puberty lessons aimed at UKS2 pupils
8. Personal Development and Mutual Understanding (PDMU);
9. Relationships and Sexuality Education (RSE);
10. The World Around Us;
11. Circle time and pastoral activities where appropriate.

Teaching will be age-appropriate and may include:

12. Puberty and body changes;
13. Understanding menstruation;
14. Personal hygiene;
15. Emotional wellbeing;
16. Respectful language and attitudes;
17. Challenging myths and stigma;
18. Seeking support and help

Teaching and discussion will promote empathy and understanding; encourage respectful behaviour; avoid shame or embarrassment; reflect the diverse needs and experiences of pupils; support a safe and inclusive learning environment. Parents/carers will be informed about the school's Period dignity curriculum and will be given the opportunity to view some of the teaching materials, they will also be supported in discussing puberty and wellbeing at home.

7. Accessibility

St. Patrick's Primary School will ensure that a reasonable choice of period products is available free of charge to pupils and staff when needed.

Product Availability

Products will include:

- Sanitary pads;
- Liners;
- Period Pants (pupils)
- Spare Pants (pupils)
- Spare leggings (pupils)
- Disposal bags.

Products will be available in accessible and discreet locations, including:

- Designated pupil toilets; (1 in the main school and 1 in the Mobiles)
- Designated Staff toilets;
- P7 Store room in a labelled box
- Secretary's Office

Access Arrangements

Pupils will:

- Not be required to explain or justify their need for products;
- Be able to access products discreetly and respectfully;
- Be supported by trusted adults where appropriate;
- Be allowed to leave class when necessary.

The school will maintain appropriate stock levels and monitor accessibility regularly.

Dignity and Privacy

The school will ensure:

- Products are accessible without embarrassment;
- Pupils' privacy is respected at all times;
- Staff respond sensitively and discreetly;
- Toilet and disposal facilities are maintained appropriately.

8. Staff Training and Professional Learning

Relevant staff will access professional learning opportunities relating to:

- Period dignity;
- Menstrual wellbeing;
- Puberty education;
- Pastoral care;
- Safeguarding;
- Inclusive practice.

The school will utilise guidance and training opportunities available through CCEA, the Education Authority and the Department of Education.

9. Communication with Parents and the School Community

The school will communicate this policy through:

- The school website;
- Parent information sessions where appropriate;
- Staff induction and training;
- Pupil learning activities;
- School policies and pastoral guidance.

Parents/carers are encouraged to contact the school if they require support or further information.

10. Monitoring and Evaluation

The school will monitor:

- Accessibility and availability of products;
- Pupil wellbeing and feedback;
- Staff awareness and confidence;
- Incidents of stigma or bullying;
- Effectiveness of educational provision.
- This policy will be reviewed every three years, or earlier if required due to legislative or guidance changes.

Consultation may include: pupils; staff; governors; parents/carers

Appendix 1

Links to Supporting Resources

The school recognises and may utilise:

- CCEA Period Dignity resources;
- CCEA Menstrual Wellbeing materials;
- CCEA posters and films;
- Department of Education guidance;
- Education Authority support materials.

Useful websites:

- <https://ccea.org.uk/learning-resources/period-dignity>
- <https://www.education-ni.gov.uk/articles/pilot-scheme-address-period-dignity-schools>
- <https://www.eani.org.uk/publication/period-dignity-quick-guide/period-dignity-quick-guide>