

Wen.

PERIOD EDUCATION LETTER TO SCHOOLS TEMPLATE

Dear [INSERT NAME OF HEADTEACHER HERE],

I am getting in touch as I would like to know what period education is provided at (insert name of the school)? I think it's important that pupils have unbiased period education so that they are able to make an informed choice about which menstrual products to use.

I hope that our school includes information about reusable and organic biodegradable disposable menstrual products in its menstrual education programme. For example, providing information about reusable menstrual products such as menstrual cups, washable pads and period underwear, as well as plastic-free disposable options. This should include examining the health, environmental and economic implications of each product. Period poverty has recently gained much attention and providing information about reusable alternatives can help to address this problem. Exploring the pros and cons of each product is crucial.

Creating an open and safe environment for discussion is paramount to smashing the taboo surrounding menstruation. Tampax and Lil-Lets often give free menstrual workshops in schools. Allowing corporations that profit from disposable menstrual products to educate young people about their menstrual health does not provide an unbiased education or a truly informed choice for pupils.

The following organisations provide unbiased period education:

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- Women's Environmental Network –

<https://www.wen.org.uk/environmenstrualworkshops/>

- PeriodPositive – <http://www.periodpositive.com>

- City to Sea – <https://www.citytosea.org.uk/plasticfreeperiods/>

- No More Taboo - <https://www.nomoret taboo.org/education>

Thank you for your time. I look forward to your response.

Yours sincerely,