

# Be Prepared!

Don't be caught out by your period - keep a stash of whatever gets you through in a **little pouch** in your backpack.

You might like to include some **paracetamol**, **pads** and/or **tampons** or **period pants** and **extra snacks** for days when you know you will be really hungry.



## Did you know?

**Student Services** has a supply of sanitary products, spare tights and hot water bottles if you are having a bad day with your period. There are **purple boxes** around the school filled with sanitary products if you run short. (We keep them in spaces which are mostly female so you feel more comfortable asking.)



### You can find a purple box in:

The LRC

The English office (**H Room**)

The PE office (**D wing**)

■■■■ office (**B wing**)

The Sixth Form office

Technicians' office (**C wing**)

The Media office (**A wing**)

We want to make school as comfortable as possible for you when you have your period. If you have any additional ideas or questions, please message ■■■■ confidentially on Teams.