

Periods - Impact on School Students

By David Knuckey

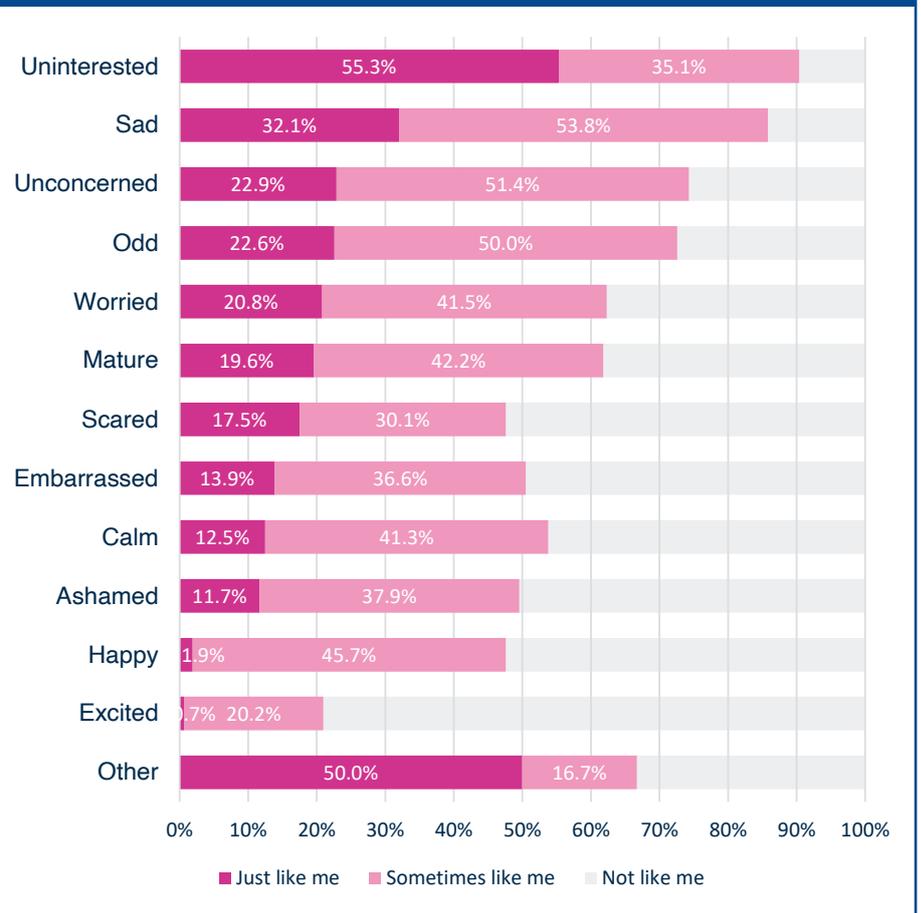
A new report from the Queensland University and Share the Dignity, reveals the impact of periods on high school student's mental and emotional health, relationships, attendance and performance.

Key Findings

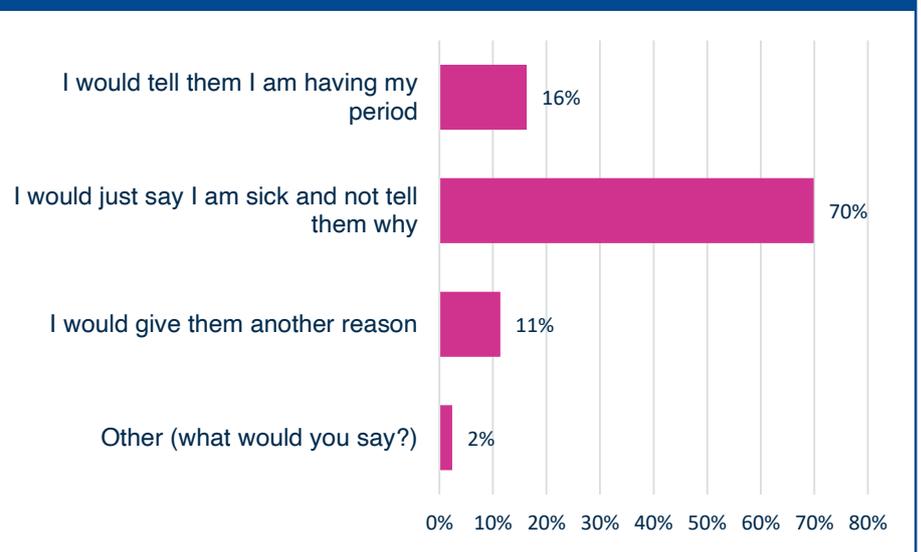
- 70% of high school students say if they stay home because of their period, they tell their school they are 'unwell'. Only 16% tell schools it is period-related.
- High school students have the most difficulty buying period products every month.
- Due to the cost, 30% of high school students often ask someone to purchase them for them – while 21% often wear a tampon or pad longer than the recommended four hours.
- 37% of students say they often or sometimes 'make do' with tissue, cloth or paper instead of pads or tampons.
- 19% of high school students and 14% of tertiary students often or sometimes stay home due to their inability to afford pads and tampons.
- 98% of high school students believe having free pads and tampons at their school is important.
- High school students said having free period products at school means they change their pad more regularly (91%), stay at school (82%), feel less embarrassed (85%) and anxious (76%) and more confident (74%).

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Generally, how does your period make you feel?



Would you tell your school if you wanted to stay home because of your period?



- Free period products at school means 61% of students feel their school cares about them.

Recommendations

To reduce period stigma, period poverty and poor menstrual health there needs to be policies and practices concerning menstrual equity and dignity.

- Education for students and women about how to manage their period confidently.
- Clean and appropriate toilet facilities.
- Supportive school and workplace policies that encourage good menstrual health and period care. ■

Source: *Periods: How They Impact Our Lives. Preliminary results of an Australian Study.* QUT The Australian Centre for Philanthropy and Nonprofit Studies & Share the Dignity.

Has your period ever made you...



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Thinking about the cost of buying pads and tampons, have you ever...

