



# Sharing practice: Period dignity at Denny High School

Education Scotland

Tuesday

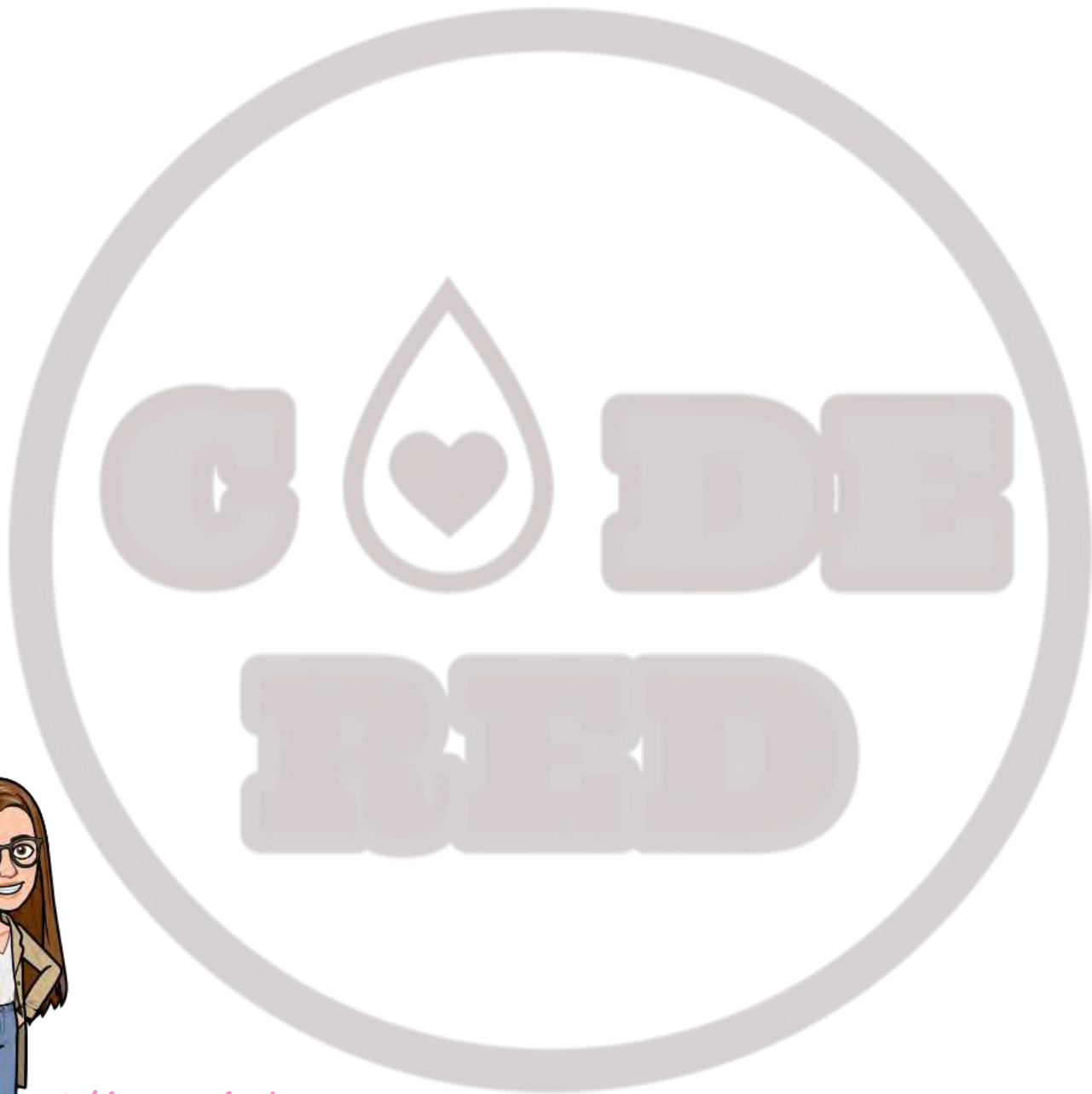
1<sup>st</sup> March

16:00 – 17:30



*Tweet us @\_DHSCodeRed*





*Miss Dickson*

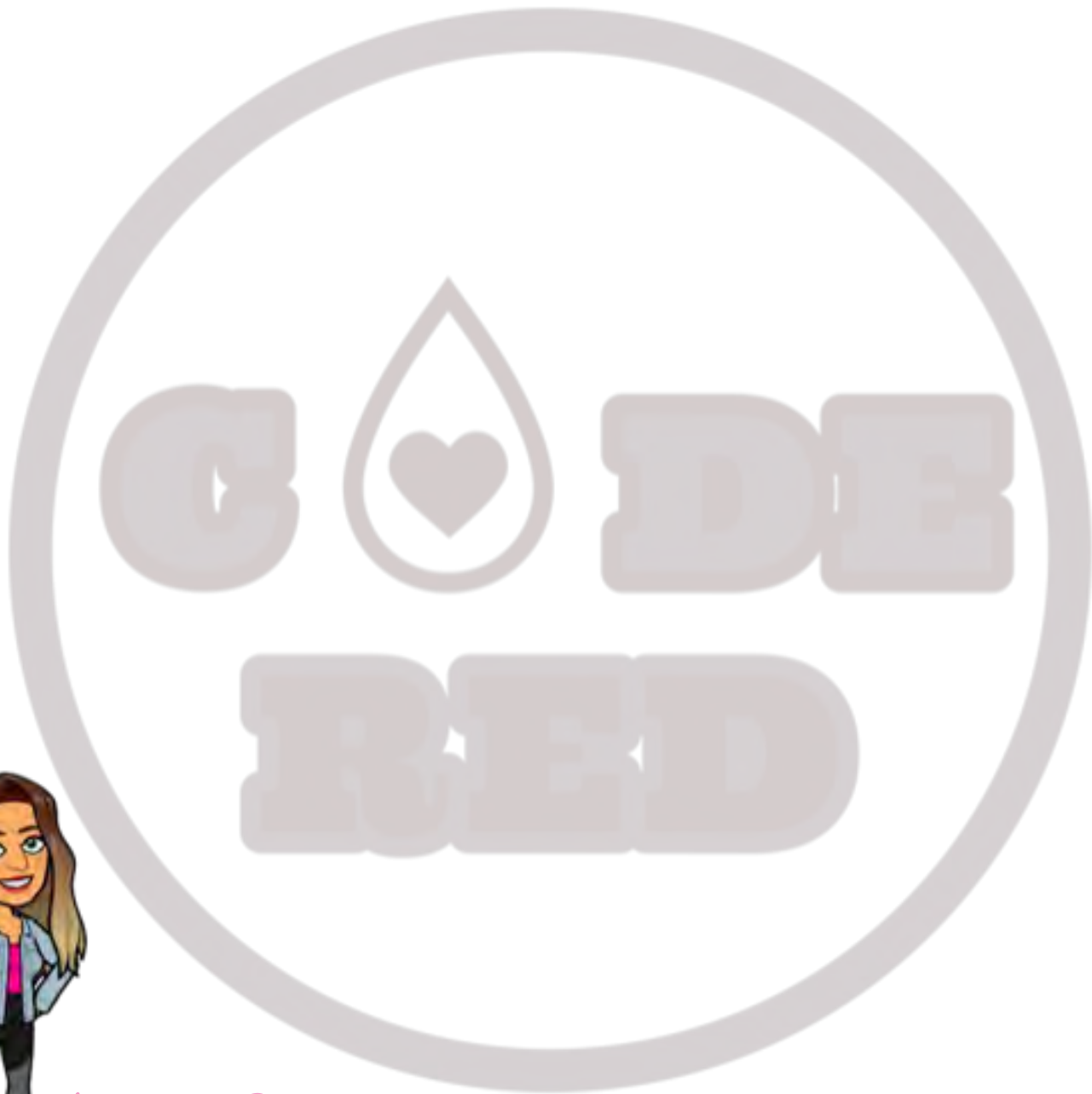
Welcome to our session today on period dignity.

I'm Rachael Dickson, Physics Teacher at Denny High School. I launched Code Red when it was apparent that periods were impacting attendance.

I hope you find this session valuable and that it provides you with an insight into forming a successful pupil led period dignity group within your school. Alongside the presentation, there will be many opportunities for discussions and if you have any questions then we can try to answer them towards the end of the session.

As Code Red is pupil led, I'm going to pass you onto the pupils behind the success of supporting period dignity within Denny High School.

*Tweet us @\_DHSCodeRed*



*Jenna, S5*

I'm Jenna and I'm in S5. I'm one of two pupils who started Code Red with Miss Dickson.

I'm confident that my involvement with Code Red will strengthen my application to study Medicine at university.

I've had so many opportunities through Code Red but the highlight was meeting Monica Lennon, MSP who campaigned for the Period Product Bill (Scotland) which was passed in 2020.

*Tweet us @\_DHSCodeRed*



*Jenna, S5*

Role models play an important part in our life which is why we wanted to include both junior and senior pupils.

My role models are my parents who continue to encourage me to be the best I can be whilst providing me with unconditional support.

*In your breakout room, we would like you to introduce yourself and share your role model. 10 mins*

*Tweet us @\_DHSCodeRed*



*Katie, S5*

I'm Katie and I'm in S5. Jenna and I started Code Red with Miss Dickson in 2020. As Jenna has mentioned, we have had so many opportunities through Code Red.

My highlight was when I was 1 of 20 girls selected to develop an eco-friendly period product with Dame in Oxford.

My willingness to try alternative products has driven Code Red to educate our school community about sustainable options through Code Red Go Eco.

*Tweet us @\_DHSCodeRed*

I'm now going to share our Code Red timeline which we hope will help you in the early stages of forming your own period dignity group.

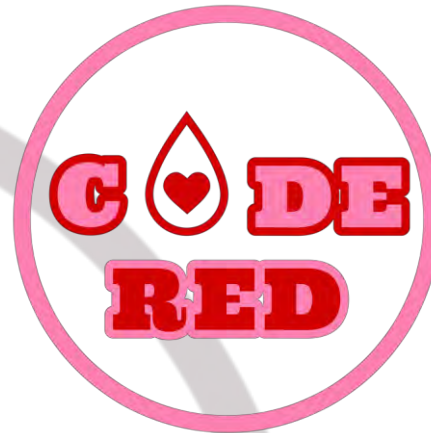


*Katie, S5*

*Tweet us @\_DHSCodeRed*



@\_DHSCODERED



INNOVATIVE VOLUNTEER  
OF THE YEAR AWARD  
WINNERS 2021

2020-2021

- Introduce products to pupil and staff toilets.
- Monitor stock levels and replenish when appropriate.

- Share journey with a secondary school within another local authority.

- Review eco friendly products as part of Code Red Go Eco.

NOV

- Establish Code Red and share vision with school through tannoy announcements, PSE and Twitter.

DEC

- Introduce products to pupil and staff toilets.
- Monitor stock levels and replenish when appropriate.

JAN

- Introduce delivery and click & collect service for pupils during lockdown and return to school.

FEB

- Share journey with a secondary school within another local authority.

MAR

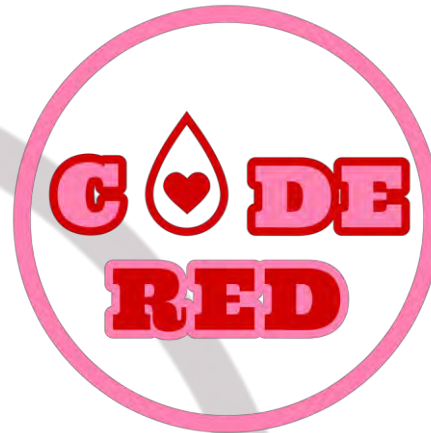
- Record Q&A with Dr Kinkaid on periods.
- Support families to access local authority service.
- Order products for whole school.

APR

- Review eco friendly products as part of Code Red Go Eco.



@\_DHSCODERED



2021-2022

INNOVATIVE VOLUNTEER  
OF THE YEAR AWARD  
WINNERS 2021

- Support S1 families to sign up to Falkirk Council service.
- Share journey with a secondary school within the local authority.
- Share journey with Monica Lennon, MSP.

- Deliver Education Scotland session to teachers within Scotland.

AUG/SEP

- Communicate with pupils: PSE and tannoy; signpost local authority service.
- Order more storage for more staff toilets.

OCT/NOV

DEC/JAN

- Meet DAME to share journey and record Q+A.

FEB/MAR





*Katie, S5*

We've now shared our journey over the last 18 months and would like to give you the opportunity to discuss questions we think are important when forming a period dignity group.

In your breakout rooms, we would like you to discuss the following questions. 15mins

1. How can we communicate effectively with pupils, families and staff?
2. How can we ensure pupils, families and staff have access to period products?
3. How can we normalize periods?

*Tweet us @\_DHSCodeRed*



*Abi, S4*

I'm Abi and I'm in S4. I joined Code Red this year because I could see the positive impact it was having on pupils and staff.

Part of reason, Code Red is recognized within school is through strong visual content and merchandise.

I've enjoyed creating TikToks to support period dignity as well as using the vinyl printer to design Code Red jumpers. Any key event in the Code Red calendar is followed by cupcakes and party canons to highlight the work we do and ensure achievements are celebrated.

*Tweet us @\_DHSCodeRed*

Now that you've had the opportunity to discuss key questions, we are going to share our answers which we hope will match some of your discussions.



*Abi, SA*

*Tweet us @\_DHSCodeRed*

## 1. How can we communicate effectively with pupils, families and staff?

Communicating through tannoy announcements ensured pupils and staff were aware of Code Red and their goal. Regular announcements reduced vandalism and continued to challenge the stigma as we continued to highlight period poverty and the purpose of the products.

Communicating with the pastoral team to share updates through MS Teams encouraged pupils to sign up to the local authority service and use the digital resources we developed with Dr Kinkaid on periods.



Abi, S4

*Tweet us @\_DHSCodeRed*

## 1. How can we communicate effectively with pupils, families and staff?

Communicating with senior management provided us with the opportunity to take the lead in ordering period products at a whole school level to ensure a range of quality products were readily available.

Communicating through Instagram and Twitter helped us reach more pupils and share updates with the wider community who have continued to support Code Red as well as set an example for secondary schools in Scotland.



Abi, S4

*Tweet us @\_DHSCodeRed*

## 2. How can we ensure pupils, families and staff have access to period products?

We ensured both pupils and families had access to products during lockdown by developing a delivery service through MS Forms before the local authority service was available.

Now that we've returned to school we monitor and restock both pupil and staff toilets on a regular basis. We also have whole school responsibility for ordering stock to ensure a range of products are available to suit the needs of our school community.



Abi, S4

Tweet us @\_DHSCodeRed

## 2. How can we ensure pupils, families and staff have access to period products?

Miss Dickson has ensured the most vulnerable families are able to access the local authority service by contacting families directly via telephone to support them in completing the application on their behalf, addressing any literacy or technology barriers.



Abi, S4

Tweet us @\_DHSCodeRed



Abi, S4

### 3. How can we normalize periods?

As we have the responsibility to restock toilets, period products are more visible in school as pupils will see us restocking toilets regularly.

We record videos, TikToks and posters to share in each House Team as well as tannoy announcements to increase the awareness of Code Red.

*Tweet us @\_DHSCodeRed*





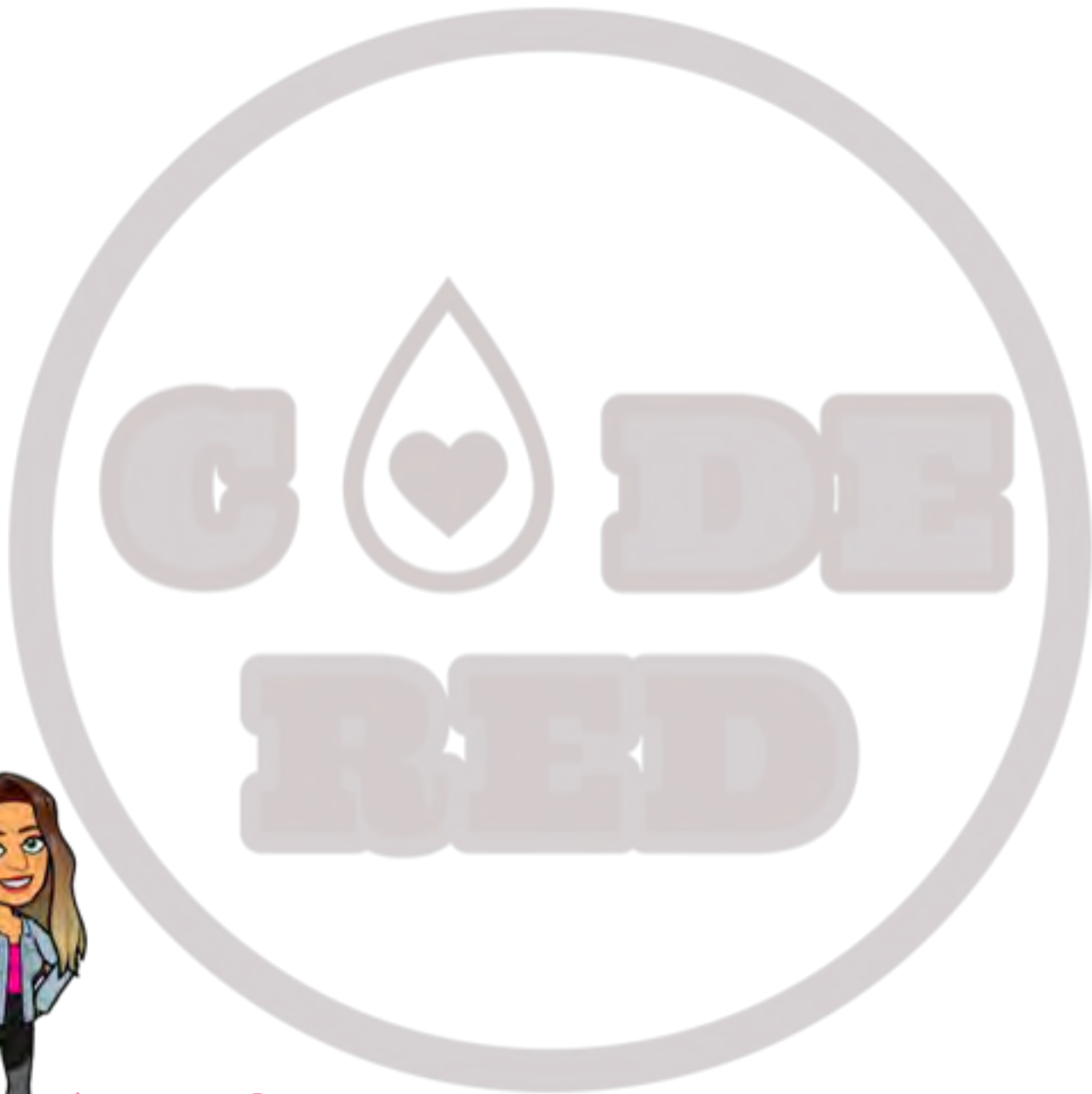
Abi, S4

### 3. How can we normalize periods?

We recorded a Q&A with Dr Kinkaid on periods who specializes in female health to ensure both pupils and staff were able to make more informed choices about their body. We ensured that we asked the questions people may feel nervous or embarrassed to ask.

We shared our own reviews of eco-friendly products which we sampled during Code Red Go Eco to highlight the range of products available including menstrual cups and reusable tampon applications.

*Tweet us @\_DHSCodeRed*



Jenna, S5

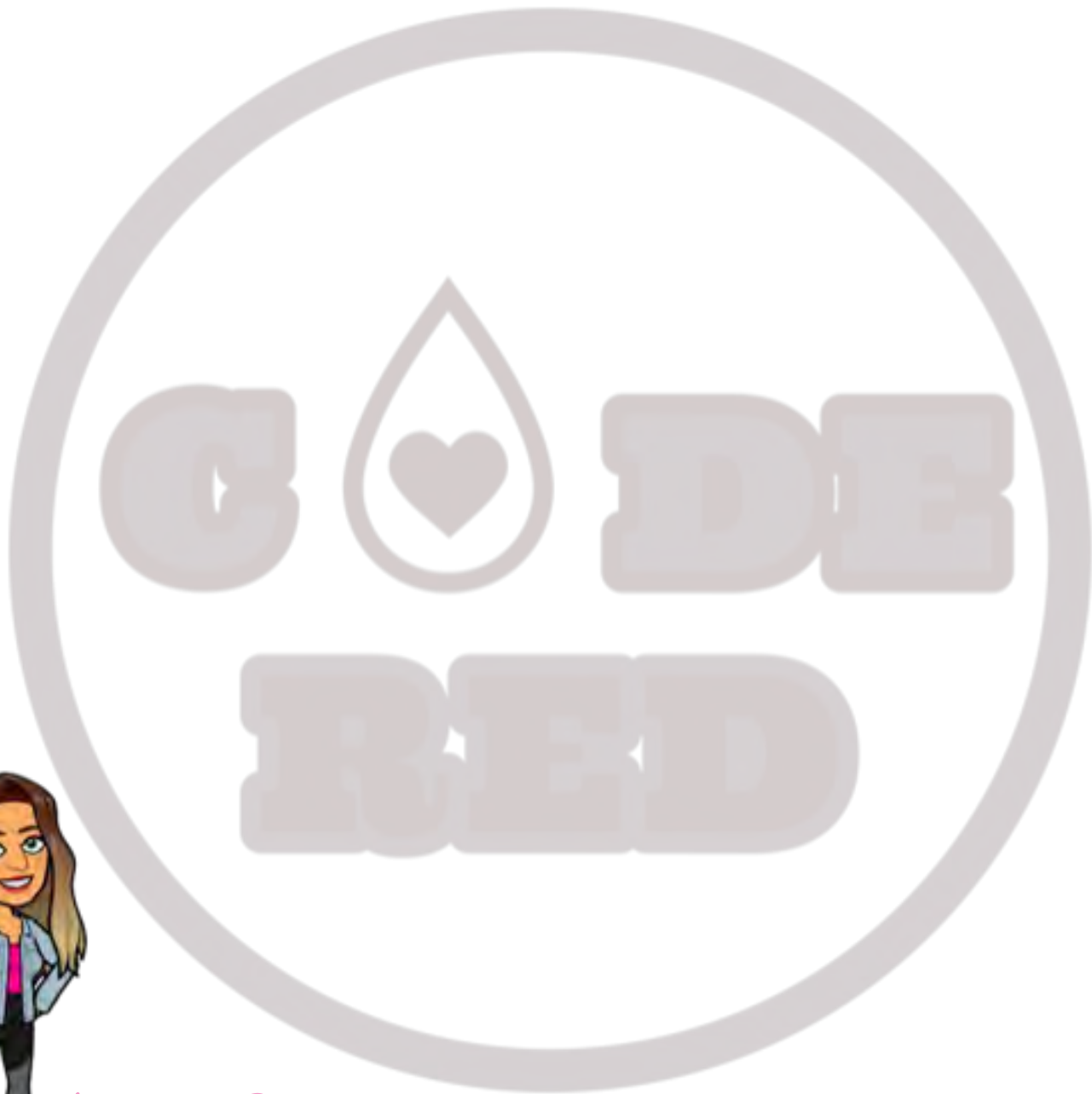
Code Red is a solution focused group: however, we did face some challenges.

In your breakout rooms, we would like you to discuss the challenges you may face launching your own period dignity group. 10mins

Tweet us @\_DHSCodeRed



Jenna, S5



Now that you've had the opportunity to discuss the challenges you may face, we would like to reassure you as we didn't face many challenges.

Due to regular communication both pupils and staff were aware that we were addressing a need which reduced vandalism. Although products were initially vandalized, we continued to restock, highlighting they were an essential item in toilets just like toilet roll.

Periods are predominately experienced by women and girls however; other people experience periods too. We spoke to the diversity group who recommended where they would prefer to products.

*Tweet us @\_DHSCodeRed*



*Jenna, S5*

The success of Code Red is evidenced by the frequency we replenish stock, highlighting that we have addressed a need in school.

In June, 2020 after a year of launching Code Red we developed a MS Form for feedback which highlighted that there was an awareness of Code Red within school.

This year, Miss Dickson is monitoring the number of products being used to calculate on average how many periods we will have supported which will further highlight the success of Code Red.

*Tweet us @\_DHSCodeRed*

I'm Emma and I'm in S3. I joined Code Red this year because I'm working towards my Duke of Edinburgh and my involvement in Code Red will contribute towards the volunteering section.



*Emma, S3*

*Tweet us @\_DHSCodeRed*



Emma, S3

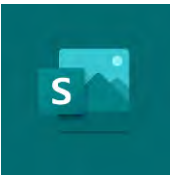
I'm going to share with you the Apps we have used and highly recommend.

Canva has been used to create logos, posters and timelines to share in school and on our socials.

Microsoft Form has been used as part of our delivery service during lockdown and for feedback.

Microsoft Sway has been used to share Q&A with both Dr Kinkaid and Celia Pool, Co Founder of Dame.

Flow has been added to the App Portal to encourage pupils and staff to track their periods.



Tweet us @\_DHSCodeRed



I'm Ellie and I'm in S6. I'm Bethany and I'm Ellie's sister, I'm in S2. I (Ellie) joined Code Red as I'm applying to university to study Neuroscience and knew there were a lot of opportunities with Code Red. I (Bethany) had heard about Code Red through my sister and wanted to get involved too. Everyone in school are aware of Code Red and Miss Dickson is always thinking ahead, planning the next opportunity.



*Ellie, S6 & Bethany, S2*

*Tweet us @\_DHSCodeRed*

We know how busy you are as teachers and would like to give you the time to think about your next steps.

In your breakout rooms, we would like you to discuss your next steps in launching a period dignity group. 10 mins



*Ellie, S6 & Bethany, S2*

*Tweet us @\_DHSCodeRed*





I'm Olivia and I'm in S2. I joined Code Red because I wanted to make a positive difference whilst making new friends.

Now that you've had the opportunity to discuss your next steps, I'm going to share our next steps over the next few months.

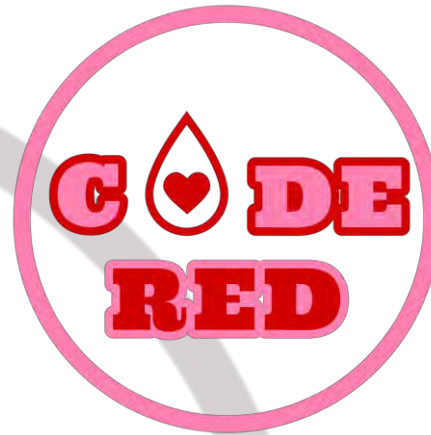


*Olivia, S2*

*Tweet us @\_DHSCodeRed*



@\_DHSCODERED



2021-2022

INNOVATIVE VOLUNTEER  
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- Review eco friendly products as part of Code Red Go Eco.

APR

MAY

- Record Q+A with Dr Kinkaid on contraception.

- P7 Transition period pack.

JUN

I've been involved in the P7 transition period starter packs as I think it's important that we normalize periods before there is an awareness that there is stigma around periods.



*Olivia, S2*

*Tweet us @\_DHSCodeRed*



*Jenna, S5*

We hope you have enjoyed a snapshot of our Code Red journey and that it helps you launch your own period dignity group.

If you have any questions, please let us know and we will try our best to answer them. If not, can we ask you that you complete a short MS Form for feedback. There is the option to be added to a MS Team to share your progress with other secondary schools in Scotland.

On behalf of Code Red, we would like to thank you for your time today and wish you the best of luck.

*Tweet us @\_DHSCodeRed*



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1<sup>st</sup> March

16:00 – 17:30



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