

Puberty & Period Dignity Training

WITH
BROOK

For teachers, support staff and agencies
working with children and young people in
Ceredigion.

Choose from one of the following sessions:

03/02/26, 9.30am - 12.30pm
~ Online, via MS teams

25/02/26, 9.30am - 12.30pm
~ Ystafell Ystwyth, Penmorfa, Aberaeron

End
Period
Poverty

To book your space or for more information, please
contact perioddignity@ceredigion.gov.uk

In life, there are plenty of things to worry about,
periods shouldn't be one of them.

Training Aim:

To equip professionals with the knowledge and understanding on the process of menstruation, provide an understanding of what period dignity means, and provide professionals with practical skills to teach their pupils about periods.

Learning Outcomes:

- Recognise the statutory requirements for RSE and period education.
- Understand Welsh Government's 'Period Dignity Strategic Action Plan'.
- Understand the process of menstruation.
- Tackle myths and taboos concerning periods.
- Understand what products are available to people who menstruate, including reusable products.
- Understand what barriers could be experienced by those who menstruate and how to address these.
- Identify practical changes to ensure schools and other education settings are encouraging a culture of period dignity for pupils.

Funded by Welsh Government's Period Dignity Grant, this training is free to attend. Limited spaces available*

www.brook.org.uk