Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

**I am writing today to ask you to support *Let Periods Flow*, a campaign to end period poverty and period stigma.**

Period poverty is an urgent problem. According to a [survey by Plan International](https://plan-uk.org/media-centre/nearly-two-million-girls-in-the-uk-miss-school-because-of-their-period), 64% of girls aged 14-21 have missed a part day or full day of school due to their period. It is positive that the Department for Education has acknowledged the significant impact of period poverty on young people’s education by creating a [free period products scheme](https://www.gov.uk/government/publications/period-products-in-schools-and-colleges/period-product-scheme-for-schools-and-colleges-in-england#fn:1). However, we are deeply concerned that this scheme is due to expire in July 2025. The pressing need for free period products is evident in the level of response - as of September 2023, [99% of secondary schools](https://educationhub.blog.gov.uk/2023/09/28/how-the-period-products-scheme-is-removing-barriers-in-education/) have ordered products using the scheme. What will the young people who are dependent on this scheme do when it ends?

A second urgent concern is the accessibility of period products. [Research by PHS](https://feweek.co.uk/we-must-move-from-availability-to-accessibility-to-end-period-inequality/) (Personnel Hygiene Services, the leading hygiene services provider in the UK) has found that over half of students did not find period products freely available in toilets. Too often, period products are locked away in cupboards or held by members of staff, meaning that young people have to explicitly and publicly ask for them. As this often causes young people extreme embarrassment, they are continuing to go without.

Underlying this accessibility problem is the problem of period stigma. People who have periods are so often made to feel dirty, embarrassed and ashamed about them. [Research from Action Aid](https://www.actionaid.org.uk/latest-news/quarter-uk-women-face-period-stigma-millions-miss-school-work-and-exercise#footnote5_1azcbcw) has demonstrated that a quarter of UK women have directly experienced negative, shaming comments about their periods - and this period stigma combined with transphobia means trans people with or without periods are even more likely to experience negative or shaming attitudes regarding periods. Keeping period products from young people, and maintaining silence on period education in schools, simply reinforces the stigma, and does a great injustice to young people - impacting their wellbeing and their education.

Therefore I am writing to ask you to use your voice at Westminster and in our constituency to:

1. Renew the free period products scheme indefinitely
2. Urge schools to make period products freely and easily accessible to young people
3. Ensure that high quality period education is taking place in *all* schools for *all* learners

Please visit <https://www.reclaim.org.uk/let-periods-flow> for resources for free, easily accessible period education resources.

Thank you for your attention in this urgent matter,

Yours sincerely,

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