

Why become a period positive workplace?



We're on a mission to *spread period positivity* in all workplaces. This International Women's Day, we are highlighting why it's crucial for employers to *support menstrual wellbeing and equality at work*.

To help us out, we reached out to our community and asked them to share their experiences with periods in the workplace. Here's what we found out:

Top 3 symptoms that many struggle with in work

Low energy & fatigue

86%

Menstrual cramps

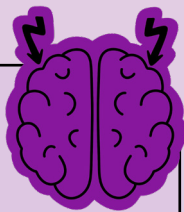
74%

Mood changes

67%



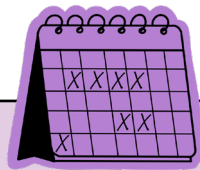
80%



of our community notice a difference in **stress levels** during menstruation compared to other times of the month.

Nearly half have had to **leave work early** or **take time off** due to period-related discomfort.

47%



Around two-thirds

66%

have felt **hesitant** or **uncomfortable** discussing period-related issues with co-workers or supervisors.

76% say they do not have access to any menstrual policies or support at work.



55.4%

More than half of our community do not have access to free period products at work.

Of those with access, 74% said it made them feel relieved and supported at work.

74%



70% of our community say free

period care products would improve their overall comfort during their menstrual cycle.

92% believe that free period products in the workplace contribute to a more supportive and inclusive environment.

66% say they are more likely to stay with their current employer if they introduced policies & practices that supported menstrual health.