

# TOTM

## Communicating the scheme to your employees.

Our top tips and recommendations





## **In our recent survey, the majority (64%) said they would not feel comfortable discussing periods in the workplace.**

Period stigma is deeply rooted in environments such as this which causes shame, embarrassment, and stress.

### **You're taking a step towards period positive change.**

By signing up to our Period Dignity Workplace Scheme, you're taking a step towards tackling period stigma in the workplace. To take this further, there is an opportunity to engage your employees and create an inclusive working environment in which periods are supported.





## To help you get started, here are some ways you could go about communicating the scheme to your employees:



### Host a menstrual wellbeing talk

To generate discussions and champion menstrual wellbeing, you could host virtual webinars or workshops. Speak to our team to discover what talks we offer!



### Share menstrual wellbeing resources

Break down stigma and support your employees with our accessible resources around periods and menstrual wellbeing (*you'll find them in this onboarding folder*).



### Put signage or posters in your workplace

Put posters or signage in the bathroom or around your workplace so employees can locate products when they need them. We provide free posters to all companies who sign up.