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BREAK the CYCLE

Lil-Lets.com

YOUR PERIOD-FRIENDLY BATHROOM GUIDE



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YOUR PERIOD-FRIENDLY BATHROOM GUIDE

Make a period-friendly zone

A period-friendly bathroom isn't *just* a nice thing to have, although, it **is** a nice thing to have! It's deeper than that. Having a space that is comfortable and convenient, and that promotes a period-positive attitude prevents learning disruptions for younger people with periods, and encourages grown up menstruators to practice self-care and feel confident.



Let's see the pads!

Keep your products visible and accessible – for everyone

Period products are normal, natural and necessary. Instead of hiding them away in a box or drawer, organise them in clear containers in an obvious area.


Tip: Not everyone is a tampon or pad gal. So make sure to include a variety of options (tampons, pads and cups – if available) so that everyone feels catered for.

KEEP IT TIDY

Keeping period products tidy and ensuring a consistent supply of bins in public toilets is essential for hygiene, comfort, and dignity.

- ✓ Remember to bin your pads and tampons, not flush them!
- ✓ Have a bin handy in both the toilet stall and near the sink
- ✓ Line the bin with biodegradable bags for easy disposal



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- ✓ Empty the bin regularly for hygiene reasons
 - ✓ Choose a bin with a lid for privacy
 - ✓ Have handwash handy

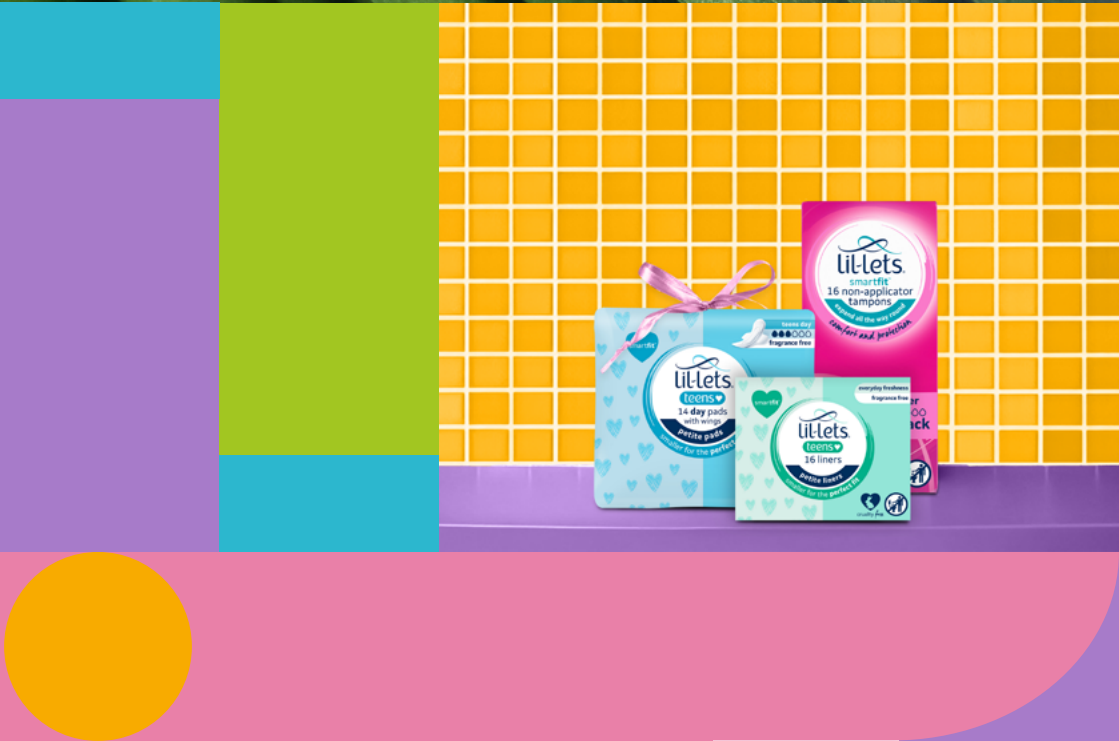
PROVIDE TAMPON INSERTION ADVICE

Because using a tampon can take a little practice,
ensure you always have the instruction leaflet handy
for someone to read.

Visit:

<https://www.lil-lets.com/uk/hub/how-to-put-in-a-tampon/>

<https://www.lil-lets.com/media/wtqnyct2/lil-lets-uk-tss-leaflet-05-10-2023.pdf>



IT CAN BE PRETTY, TOO

Lil-Lets has made it easier than ever to have a pretty and empowering bathroom, too.



WHY NOT ADD THE FOLLOWING?

- ♥ Quotes that promote period positivity
- ♥ Add posters with QR codes that link to Ask Vicki



CAN EVERYONE USE THIS SPACE?

Where possible, try to make sure bathrooms are for everyone, including non-binary and transgender people with periods.



HAVE PERIOD KITS

People with periods might need to grab products and head to class or a meeting. If you can, have made-up period kits available.

INCLUDE:



A single pad or tampon



A pantyliner



Wipes



A small disposal bag

DON'T FORGET

- ✓ Have a bunch of Lil-Lets products handy, including tampons and pads
- ✓ Have small bags to dispose of used products
- ✓ Store products in a visible area. A counter is best but if there's no space, use the top of the loo or next to the basin

VISIT:

 <https://www.lil-lets.com/uk/our-products/>

