



Inclusivity:

Menstruation is an inclusive subject. Anyone can be affected by their menstrual health, either directly or through supporting a family member, friend or colleague. Here is an example inclusion statement:

Everyone's experience of menstruation and their menstrual health is different. People experience different symptoms, have different views or philosophies about how they manage them and different medical histories, too. This policy sets out how our organisation supports those impacted by menstruation and their menstrual health at work.

People of diverse gender expressions and identities menstruate, and although we may use the terms 'women' 'female' 'her' when quoting specific research, this policy is focused on how everyone can be supported.

Design/Imagery

Consider what images and design you are using to position your documents so they feel positive accessible for everyone.

