

Overview for Parents/Students

Introducing Free Pads and Tampons in Government Schools

The Victorian Government is providing free sanitary pads and tampons in every government school because being able to access sanitary products shouldn't be a barrier for girls and young women to getting the most out of their education.

This initiative aims to:

- provide students with the confidence that sanitary items will be readily accessible at school
- relieve students of the stigma, anxiety and discomfort that can be associated with menstruation and its management
- ease the cost of living for families.



Lack of easy access to sanitary items can negatively affect attitudes, behaviours and equal participation in sport and everyday school activities. By providing access to sanitary items these barriers can be reduced.

The Government's investment will ensure sanitary pads and tampons are available at school to help female students to manage their periods with greater ease and less embarrassment and to normalise periods as a healthy part of growing up.

Product Information

Students will be able to choose from two Libra Products

1. Libra Tampons – Regular
2. Libra Ultrathin Pads with Wings – Regular



Why these products were chosen:

Libra's product usage study (females 10-18) showed that pads (day) are the most popular, with Ultrathin Regular pads with wings the most used amongst girls this age. For tampons, non-applicator tampons are preferred, with regular absorbency tampon most used.

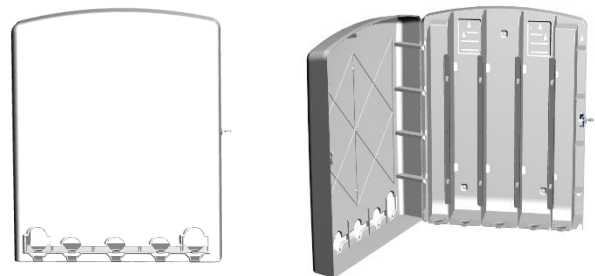
Information about these products can be found:

<https://lovelibra.com/products>

How will the sanitary items be accessed?

Dispensers will be allocated and installed within the nominated school bathrooms to allow easy access for students.

Dimensions: 45cm W x 55cm L



The use of sanitary items provided at school will be entirely voluntary.

Providing both sanitary pads and tampons allows students to make a choice based on their own needs, cultural beliefs, maturity and parental preferences.

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Looking for information to share with your child

Information available from the following websites may help to guide your conversations:

The Love Libra website

<https://lovelibra.com/educators/>

The Australian Parenting Website (suitable for 9 – 15 year olds) <https://raisingchildren.net.au/pre-teens/development/periods-hygiene/periods>

Jean Hailes for Women's Health

<https://jeanhailes.org.au/health-a-z/periods>

Jean Hailes Yarning About Periods

https://jeanhailes.org.au/contents/documents/Resources/Fact_sheets/Yarning_about_periods.pdf

Contact Us

Asaleo Care Contact Details

All general enquiries can be directed to Asaleo Care via email or phone, details are below:



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