

The Red Box Project

Providing free period products to young
people who need them

A Guide for Teachers

What is the Red Box Project?

- We're a community project set up to tackle period poverty and provide period products to any young person who needs them.
- We collect donations of period products and new underwear from members of the public and we take them to schools for students who need them.
- We deliver the items in Red Boxes, which schools keep in a safe place for students who need them.



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What's in a Red Box?

New underwear in different sizes

Brown paper bags for discretion

Posters to put into the school toilets to tell your students about the box

Loose pads in case of emergencies



Whole packs of pads and tampons in different sizes and absorbencies, including night pads



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How does the box work?

- Coordinators deliver a Red Box full of items.
- The box is kept with a trusted adult.
- Posters are put up in the toilets and students are told about the project.
- When students need items, they go to the trusted adult and ask for the Red Box.
- They can take whatever they need for their entire period – day pads, night pads, tampons – and clean underwear if required.
- When the box is nearly empty, the coordinator brings more!



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Who can use a box?

The Red Box Project is a fully inclusive project.

We believe **all young people deserve equal access to education** and that access to period products is essential to this.

The box is available to everyone, with no questions asked.

No one should miss school because of their period.



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Who might need the box?

- Girls, young women and transgender males.
- Young people experiencing “period poverty” (when they cannot afford appropriate period products).
 - In the UK*:
 - 1 in 10 girls have been unable to afford sanitary wear
 - More than 1 in 10 girls have had to improvise sanitary wear due to affordability issues
- Young people who have difficult relationships at home.
- Young people who find the stigma surrounding periods difficult to manage with their family.



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Statistics taken from a survey by Plan International, August 2017

Quotes about the Red Box Project

"Oh my God, that box has well saved my life Miss" – Year 8 Student in Portsmouth

"Our girls are not having to decide between buying lunch or sanitary protection. They feel loved and supported" – Teacher from school in South East London

"We are really impressed with the RBP. Their support is constant ensuring that students continue to learn and have the ability to confidentially collect items for their period" – Teacher

"Miss, I wish you had done this when we were in year 7" – Year 9 Student in Stoke-on-Trent

"It makes school more comfortable at my time of the month" – Year 11 Student



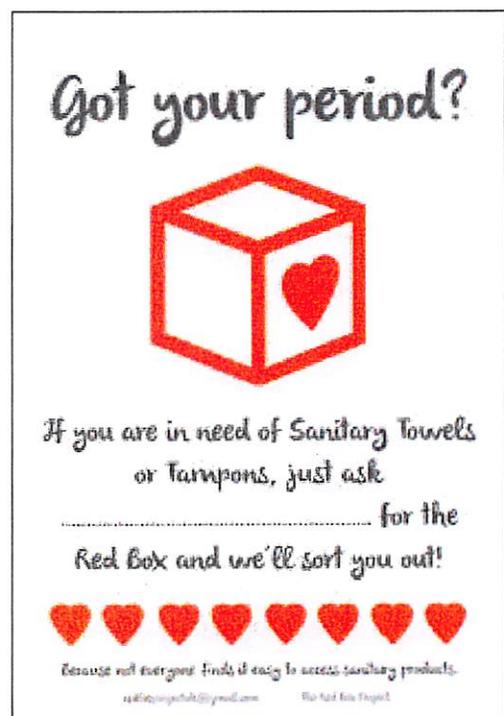
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How can you help?

- Talk to your students about the Red Box Project and how they can access it.
- Display a poster in your classroom or offer to look after posters in toilets near you.
- Help break the stigma surrounding periods – talk about them to girls and boys.
- If you would like to support our work, you can donate to the box in your school (but please understand that we're here to help you and there is no obligation whatsoever to do this. You already do an incredible job!)



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How to find out more

Web: redboxproject.org

Facebook: facebook.com/theredboxprojectuk

Instagram: [@theredboxprojectuk](https://www.instagram.com/theredboxprojectuk)

Twitter: [@redboxproject](https://twitter.com/redboxproject)

Email: redboxprojectuk@gmail.com



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