Period dignity: our statement

At University College Birmingham, we believe periods are a normal part of life and should never stop anyone from feeling well, studying, or achieving their goals. Where possible, we provide free period products that are environmentally conscious and strive to make sure students and staff have access to the information, facilities and support they need, in a sustainable way. We also want to create an environment where people feel comfortable talking about periods without embarrassment or stigma.

We know that conditions such as polyendocrine metabolic disorder (PMOS) and endometriosis can have a real impact on people's lives. As an Endometriosis Friendly Employer, UCB is committed to raising awareness, understanding different experiences and making sure students and staff feel supported, listened to and valued.

Our commitment to period dignity forms part of our wider approach to creating an inclusive, supportive and sustainable university community. By providing free period products to anyone who needs them, improving access to facilities, information and support, and encouraging open conversations that help challenge stigma, we are working to ensure that periods do not hold anyone back.

This approach supports our organisation-wide commitment to the United Nations Sustainable Development Goals (SDGs), particularly:



We also recognise that experiences of menstruation differ. Through awareness and support around conditions such as endometriosis, and our commitment as an Endometriosis Friendly Employer, we aim to foster a culture in which students and staff feel listened to, respected and supported.