

# **BLOODY GOOD IDEA: FREE PERIOD PRODUCTS AT SPORTS AND LEISURE FACILITIES**

**INSIGHTS TO HELP GOVERNMENTS AND SPORTS DRIVE CHANGE**

Active Lives

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A collaboration between Victoria Universities Women in Sport Team and Share the Dignity, an Australian charity working to end period poverty, the report explores the impact of periods on taking part in sport and physical activity and potential solutions.

## Brighton plus Helsinki Declaration Principles

- Developing Participation
- Education Training and Development
- Sport Information and Research
- Resources
- Facilities

## Background

A collaboration between VU's Women in Sport Team and Share the Dignity, the report is aimed at policy makers and community clubs to help improve their support for members who have their period when playing sport.

## Summary

The guide considers:

- Responses and key findings from a cross-sectional national online survey of adults and adolescents who menstruate.
- Impact of free period products at sports facilities including a range of good practice case studies.

READ MORE:

[Bloody good idea: Free period products at sports and leisure facilities.](#) Insights to help governments and sports drive change.

