

SCHOOL BROCHURE

Code Red Period Products Ltd

MY FIRST PERIOD



TABLE OF CONTENTS

03-04

Not Your Ordinary Company

05

Period Workshops

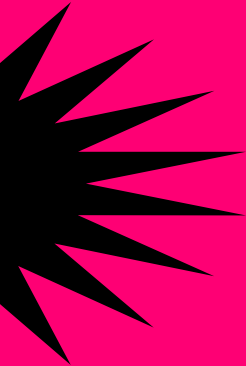
06-15

My First Period Kit & Contents

16

Get a Quote!

NOT YOUR ORDINARY COMPANY



Code Red Period Products is more than just a brand; it's a mission born from personal experience. After years of battling Endometriosis and enduring surgeries, I realized the power of open conversation and education around periods. Our products are designed to empower teens with knowledge and tools to navigate their periods confidently. We prioritize evidence-based information and inclusivity, ensuring accessibility for all. Through workshops and conferences, we educate schools and communities, striving to break the stigma surrounding menstruation. At Code Red, we're rewriting the period narrative, one teen at a time.



At Code Red Period Products, our story is deeply personal. It's rooted in the experiences of someone who's walked the challenging path of living with Endometriosis for over two decades. After enduring 11 surgeries and countless painful periods, it became crystal clear: something had to change.

Reflecting on those years, it's clear that access to basic period information and open conversations could have made all the difference. If only there had been a community unafraid to discuss uncomfortable topics, if only there hadn't been such a stigma around periods, perhaps the journey would have been less daunting.

But instead, like many others, silence prevailed. The lack of open dialogue perpetuated the suffering. Looking back, it's understandable why even my own mother, with her own negative experiences, couldn't find the words beyond a simple "oh dear."

So, Code Red was born from this desire to rewrite the narrative for teens embarking on their period journey. It became apparent that the education system was falling short, leaving many in the dark about their own bodies. If only I'd had the knowledge then that I do now, maybe my diagnosis wouldn't have been such a prolonged battle.



RACHEL BRYAN
CEO and Founder

PERIOD WORKSHOP

At Code Red Period Products, our mission is to empower tweens and teens to take control of their menstrual health through our informative and engaging workshops.

During our [workshops](#), we cover a wide range of topics related to periods to ensure that participants feel informed, prepared, and confident as they navigate this new experience. From what to expect during your first period to managing symptoms and staying comfortable and confident, our workshops provide comprehensive guidance on all aspects of menstruation.

We understand that choosing the right menstrual products can be overwhelming, which is why we discuss the different types available and offer tips on selecting the best option for individual needs. Whether it's pads, tampons, menstrual cups, or period underwear, our goal is to ensure that every participant feels confident in their choice and comfortable using their chosen product.

We want to work closely with Schools & Communities creating workshops all over the world especially the United Kingdom.

LEARN MORE



350,000

girls are missing school
due to being on their
period



PERIOD STARTER KIT

- 1. All-in-One Convenience:** My First Period Kit is the epitome of convenience. Packed with essentials like pads and educational resources, including a period tracker, hot water bottle and belt, underwear template for practice, and a school period pass for restroom access, it offers a hassle-free experience for customers on the go.
- 2. Tailored for Teens:** Understanding the distinct challenges teenagers face, our kit is thoughtfully crafted to cater to their needs. With meticulous attention to design and contents, we aim to ensure that the period experience is comfortable and stress-free for young customers.
- 3. Educational Empowerment:** In addition to menstrual products, our kit features informative resources aimed at empowering both teenagers and parents to understand and manage menstrual health. By debunking common myths and providing valuable insights, we foster confidence and knowledge among young customers and their support systems.
- 4. Quality You Can Trust:** Quality is paramount to us at Code Red Period Products. That's why our starter kit includes top-notch products, ensuring that customers receive nothing but the best for their bodies.

27%

of girls say they miss school on their period due to embarrassment and shame-related factors are the reasons



PERIOD PASS 

DEAR TEACHER,
I MAY NEED TO GO TO THE TOILET
MORE OFTEN, BECAUSE I AM ON MY
PERIOD. I FIND IT EASIER TO SHOW
YOU THIS PASS THAN TO SAY IT
OUT LOUD.

PLEASE MAY I GO TO THE TOILET?

Period Passes are an absolute game-changer, especially for girls who might be non-verbal.

Picture this: you're in school, and

it's that time of the month. But maybe you can't easily express what you need. That's where these passes swoop in!

For girls who struggle to communicate their needs, having a tangible pass gives them the power to access the bathroom whenever they need it. No more awkward explanations or trying to convey what's going on – just a discreet pass that says, "Hey, I need a moment."

But it's not just about bathroom breaks.

Plus, let's not forget the practical side of things.

Periods can be unpredictable, and having a pass on hand means never feeling trapped or anxious about being stuck without access to the bathroom when they need it most.



HOT WATER BOTTLE & BELT

Introducing our fabulous hot water bottle belt from Code Red Period Products! Picture this: you're bustling through your day, and you need handsfree comfort pronto. This belt swoops in like a superhero, giving you that warm, cozy hug you crave for gentle pain relief. Perfectly designed to alleviate those pesky aches and pains while you're on the move, it's like having your own personal pain-busting sidekick.

But wait, there's more! Did you know that heat is a total game-changer when it comes to period pain relief? It's not just a cozy sensation; it's backed by science! Studies show that applying heat can help relax your muscles and ease menstrual cramps like a dream. So, while you're out and about, this hot water bottle belt isn't just cute—it's a powerful ally in your battle against period pain.

And here's the kicker: it's discreet enough to hide under your clothes, so you can enjoy its soothing warmth without anyone being the wiser. Say hello to discreet relief, and goodbye to pesky period pain, with our hot water bottle belt from Code Red Period Products!



THERMOS & GINGER DRINK

Not only will it keep your drinks hot or cold for hours, but it also comes with a motivational touch to sprinkle some positivity into your day!

Ginger drink–

****Nausea Relief****: Ginger is famous for its ability to calm an upset stomach, making it an excellent ally during those pesky period-induced queasy moments. Whether it's morning sickness or just general tummy troubles, ginger's got your back! 🤢

****Menstrual Cramp Relief****: Ginger has natural anti-inflammatory properties that can help alleviate those painful cramps that sometimes accompany Aunt Flo's visit. Sip on some ginger tea or add it to your meals for some extra relief! 💪

So, not only does our thermo cup keep your drinks at the perfect temperature, but it also comes with the bonus of our ginger drink, ready to soothe your stomach and support your menstrual health journey.



SANITARY PADS & WIPES

Organic Bamboo & Corn Fiber This layer is all about comfort and sustainability. We blend organic bamboo and corn fiber to create a soft, gentle touch against your skin.

Wood-made Paper + SAP: SAP stands for Super Absorbent Polymer- it's really good at soaking up liquid. between layers of wood-made paper to ensure maximum absorption So, whether it's a light flow day or you're tackling those heavier moments.

PLA Biodegradable White Breathable Bottom Film PLA (Polylactic Acid) is a biodegradable material derived from renewable resources like corn starch or sugarcane.

Premium White Release Paper: No more unexpected slips or shifts during your busy day.

PLA Biodegradable White Wrapper Film: We're not just eco-conscious with what's inside the pad; even the wrapper is biodegradable! It's our little way of reducing our environmental footprint while keeping your pads fresh and ready whenever you need them.



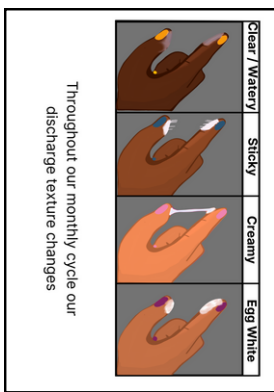


BATH SALTS (EPSOM SALTS)

Epsom salts, also known as magnesium sulfate, work wonders for relieving period cramps.

The magnesium they contain plays a crucial role by helping to relax your muscles, which can greatly reduce cramping during your period.

Lavender is renowned for its calming properties, adding an extra touch of comfort and tranquility to your soak. Whether you're seeking relief from period cramps or simply craving some well-deserved relaxation, Epsom salts are definitely worth trying out. They offer a straightforward yet effective remedy that can make a significant difference during that time of the month



WORKBOOK

Here's what's packed inside:

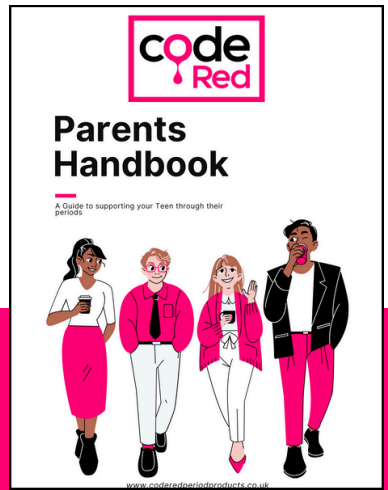
Period Tracker: Understanding your period starts with understanding your own cycle. That's where our Period Tracker comes in handy! Keep tabs on your flow, mood swings, pain levels, and even predict when Aunt Flo's next visit is due. It's like having a personal period coach right in your pocket!

Workbook: Get ready for some quality bonding time with mom as you dive into our workbook together. Answer questions honestly, enjoy fun quizzes, unleash your creativity with coloring activities, and most importantly, equip yourself with essential learning tools about your body's changes during puberty.

Puberty Dictionary: Confused by all the puberty jargon? Don't worry, we've got a dictionary just for you! Understand those tricky terms used in the workbook and beyond, so you can navigate this exciting (and sometimes confusing) time with confidence.

Diary Pages: Let those feelings flow onto paper with our diary pages. Whether you're venting about a bad day, gushing about your crush, or just need a space to jot down your thoughts, these pages are your safe haven.

PARENTS HANDBOOK



Parenting can be a challenging and rewarding experience. It involves a lot of patience and understanding, as well as a willingness to learn and adapt.

For parents with Teens, navigating the topic of periods can be difficult. It's important to have open and honest conversations about menstruation, and to provide Teens with the resources and support they need to manage their periods with confidence and ease.

One of the best ways to do this is by talking about periods earlier and often. By starting the conversation early, parents can help their Teens feel more comfortable and informed about their bodies and the changes they will experience during puberty.



STORYBOOK

To ensure diverse representation and promote positive self-esteem we have chosen to write this book with Gender Neutral characters with a space for you to enter your child's name.

The story focuses on the period Journey and all the experiences, ups and downs and many different emotions that they are just trying to understand, but too scared to talk about. They don't seem to understand what is happening to their body, why are they feeling so sad so snappy and irritable.

They end up losing their friends for what seems like no reason at all.....until the day it all makes sense why they have been feeling this way. In the book we take a look at the start of your period what it may look like, what it may feel like, and what to look out for. Inside the book you can find out special tips for period pain and some gentle information about Endometriosis is shared in the story to help teens identify this condition if needed in the future.

CERTIFICATE

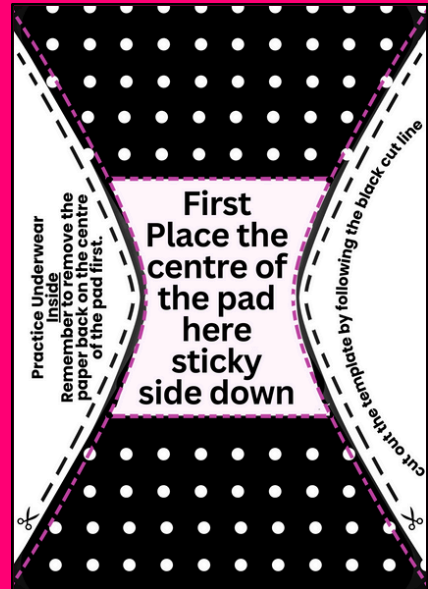
My First Period Certificate- To celebrate the start of a new chapter we felt it was fitting to celebrate the momentous moment of these Teens. We want to break down the stigma and taboos that comes along with having a period and promote this as a celebratory time in a women's life.



UNDERWEAR TEMPLATE

Guides you through placing your pad just right, every time. No more worries about leaks or discomfort – you'll feel like a pro in no time.

Mastering pad placement not only boosts your confidence but also ensures maximum comfort and protection during your period. whether it's acing that exam or dominating on the sports field – without worrying about leaks.



We're thrilled to announce that Code Red Period Products will be offering our highly sought-after Period Starter Kits for delivery to schools this autumn. These kits are designed to provide comprehensive support for students navigating menstruation, and we're eager to make them available to your school community.

Due to high demand and limited availability, we're operating on a first come, first served basis. Once our current stock is depleted, the next shipment won't be available until January. Our products have gained significant attention, partly thanks to our viral TikTok videos, resulting in rapid sell-outs on our website.

To ensure your school secures these essential resources, we encourage you to promptly request a quotation via our website at coderedperiodproducts.co.uk/schools. Following your request, our team will guide you through the necessary steps to reserve your allocation.

Thank you for considering Code Red Period Products to support menstrual health education at your school. We look forward to serving your needs and empowering students with the knowledge and resources they deserve.

GET A QUOTE

[Click Here!](#)



www.coderedperiodproducts.co.uk

coderedperiodproducts@gmail.com

Socials

[@coderedperiodproducts](#)