**Empower Period Webinar 1: Getting Started**

**SBAR:**

Situation

Background

Assessment

Response

**Situation:**

* **Coronavirus**
* Quarantine, lockdowns
* Limited access to products and services
* Face the burden of care for family
* Girls and women’s rights are not prioritised
* **Vulnerable groups - think of vulnerable groups to consider?**
* Women and girls
* People with periods
* Young people
* LGBTQA+
* Disabled

**Background:**

* **Our coronavirus response campaign:** <https://www.irise.org.uk/our-coronavirus-response/>
* **Empower Period Project:** <https://www.youtube.com/watch?v=yx-zn_fpUXk>

**Assessment:**

* **Specific community need**

Find existing research, gain the evidence and assess:

* Research challenges women and girls face in the UK
* Where to find existing information on period poverty and shame in the UK - government websites and formal research but also gain personal stories from twitter, facebook etc

Do your own research, gain the evidence and assess:

* Identify and contact existing organisations, responses to pandemic, projects and policies that support and protect vulnerable people - who would you think to contact? (food bank, schools, charities, mutual aid groups, women’s shelters)
* What initiatives are already being pursued?
* How successful are these initiatives?
* What do these organisations already know about the needs of your community?
* Can they suggest an area of need?
* Is there something missing from the existing period poverty initiatives? Think about who are their beneficiaries, who is benefiting, who isn’t benefiting etc
* Research your local population
* Is income poverty an issue in certain areas of your community?
* Research into the dominant intersectionalities of your population e.g. think about race, religion, age, disability, ethnicity, gender, LGBTQA+ etc and any significant issues or barriers these populations may face
* Identify and contact existing organisations that support particular communities in your area
* Contact organisations that support the groups that are prevalent in your community, ask about their period poverty initiatives
* Contact schools and ask them about their period poverty initiatives - are free products available? Schools can still order products, inform them of this and encourage them to do so. Do they have menstrual education? What does it consist of?
* **Specific community response**

**Response:**

* **Where and how can you add value?**
* Identify what’s missing/Identify where existing support isn’t sufficient
* Taking all of the existing research and your own inquiries into consideration, what is missing from your community’s fight against period poverty? Would could be done to further the ending of period shame in your community?
* If access to products is an issue, organise a product drive
* If ensuring women have a safe space to quarantine, raise money to support a local women’s shelter
* If you feel that vulnerable people’s voices aren’t being heard, gather those stories and start a campaign to get people to listen
* Are there certain positive initiatives that may need extra support/benefit from your support?
* **What support do you need from Irise?**

**Homework:**

* Investigate the needs of your community, identify who needs support and the best ways to do this, think about what kind of support you may need from us and be ready to share your findings at the next webinar in two weeks time