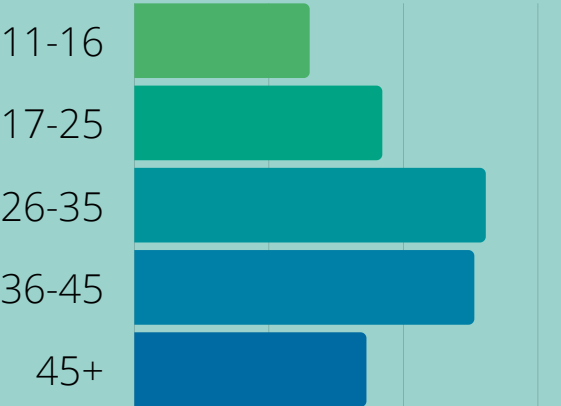


# East Suffolk Period Survey



This chart compares the total respondents ages.

A total of 1,184 people responded to the East Suffolk Period Survey. The survey was created by East Suffolk Council to gain a better understanding of the hidden impact periods can have on those who experience them.

We will use the information gathered to explore ways to provide the necessary support to reduce the stigma associated with the menstrual cycle.



104 respondents started their period before they turned 11 years old.



said they had not been educated about their menstrual cycle before it started.



said they had missed work or school due to their period with 707 respondents saying this was due to pain.

Do you talk to you male peers about your periods?



57%  
said 'No'

uncomfortable  
lack of empathy  
not discussed  
awkward  
not interested  
embarrassed  
laughed at  
taboo subject  
embarrassing  
inappropriate jokes  
personal  
conversation  
lack of understanding  
stigma  
private  
feel uncomfortable  
never mentioned

prefer pads  
messy  
feels  
unclean  
too messy  
expensive  
too expensive  
cost  
heavy periods  
too heavy  
more difficult  
heavy  
washing  
hassle to wash  
uncomfortable  
can't afford  
smell  
already tried  
prefer tampons  
Worry  
very heavy periods

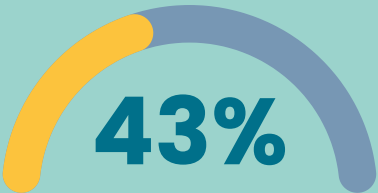
Would you be open to using sustainable products such as cups or reuseable pads?



42%  
said 'No'



121 respondents said the Covid-19 pandemic and the resulting lockdowns impacted their access to sanitary products.



509 respondents have used sanitary items that were not fit for purpose, or for too long because of the cost. This includes leaving a tampon in for too long because they were worried about running out of them, or using rolled up toilet roll as a substitute.



89%

said they conceal sanitary items whilst going to the toilet in public.



2 in 10 respondents have been in receipt of free sanitary items. This includes help from a friend, food bank, school provision, or East Suffolk Period Poverty box.

