

Hi Share the Dignity team,

Pride Group proudly presents, *We Bleed Rainbows*, a creative celebration of inclusion and period pride for every body. Inspired by conversations about dignity, gender, diversity and visibility, we designed a t-shirt that blends the pride flag, transgender flag and symbolises that menstruation belongs to everyone.

At Clarence High School, our school health nurse delivered period classes, include open discussions about disposable and all sustainable period products, to help students make informed choices. By ensuring students, regardless of gender, learn about menstruation, we're normalising the conversation and reducing stigma around periods. As Tasmania has the highest rate of period poverty, we also highlight local initiatives such as rebates from Clarence City Council and free reusable period products, available from the Share the Dignity's Teen Eco Period Club.

We advocate for sustainable choices, like reusable period undies, including shorts styles, to ensure that everyone, regardless of identity, has access to comfortable, affirming, and eco-friendly products. Together, we're normalising conversations around periods and through creativity and pride. We're spreading the message that everyone deserves dignity, understanding and a chance to shine, because we all bleed differently, but we should all bleed proudly.

