



Dear parents and carers,

At club name we want every player to feel comfortable at football, including when they have their period.

Periods and puberty are a normal part of growing up, and they can bring a few extra worries at football, such as leaks, kit, toilets and talking to a coach. This season our coaches will:

- make sure players can use the toilet without having to explain why
- keep period products, spare underwear and dark spare shorts in the match bag
- respond calmly and privately if a player needs help
- never ask players to share information about their periods to take part
- let you know if your child is unwell or needs your support

Players can speak to any of our coaches, or to named adult, our role, if they would prefer.

If there is anything that would help your child, such as a health condition or a worry about kit, please let us know privately at contact.

Thank you,

Coach name, team

Fill in the underlined parts before sending. The same letter can be copied from the Coach Toolkit at hub.ladytalkmatters.org.