Terms of Reference: Period Peers Programme Delivery Partner

1. **Introduction**

This terms of reference from Plan International UK invites expressions of interest from any organisation working with young people across the UK to collaborate on our Period Peers Programme as a delivery partner. The programme harnesses the power of peer-led activities and peer support to break down period stigma and build girls’ and young people’s knowledge and confidence in managing their periods and period pain.

The Period Peers Programme is a new and exciting 3-year programme in partnership with Nurofen as part of their [See My Pain Campaign,](https://www.nurofen.co.uk/see-my-pain/) which aims to close the Gender Pain Gap.

This document outlines the period peers project, budget and timeline.

**Who can apply?**

We are looking for expressions of interest from any organisation that works with young people across the UK. This could be but not limited to:

* Community organisations
* Youth groups and clubs
* Sports Governing Bodies or clubs
* Universities
* Colleges
  1. **Plan International UK**

Plan International UK is a global children’s charity. We strive to advance children’s rights and equality for girls all over the world. We work as an independent development and humanitarian organisation alongside children, young people, supporters, and partners to address the root causes of challenges faced by girls and vulnerable children, ensuring they can realise their rights.

1. **Background**

**Why Period Peers?**

A lack of proper education around periods, the stigma and shame around menstruation and the cost of period products all form part of a 'toxic trio’ of issues in the UK. Because of this toxic trio, periods can interrupt and negatively impact daily life for girls and young people.

Key findings from Plan International UK research include:

* 1 in 4 girls said they did not feel they knew what to do when their period started.
* Shame, stigma, and taboo surrounding period discussions create an uncomfortable atmosphere for Menstrual Health Education.
* Girls and young people want menstrual health education that moves beyond biology, takes up issues relevant to young people’s lives and draws on ‘peer power’.
* Period poverty solutions led by young people have more success, i.e. Stigma reduction and improved period product access and menstrual health knowledge.
  1. **The Programme**

The programme harnesses the power of peer-led activities and peer support to break down period stigma and build girls’ and young people’s knowledge and confidence in managing their periods and period pain. The outcome being an increase in girls and young people with periods ability to participate fully in everyday life and feeling more confident to seek help when they need it.

The Period Peers programme aims to recruit 14-24 years olds to become Period Proud Peers. The Period Proud Peers will coordinate menstrual health related activities which build young people’s knowledge and confidence in managing their periods, reduce the stigma and encourage young people to seek help should they need it. Period Proud Peers will have a handbook with example activities and information to support them in their role, which has been co-created with Period Peers in our pilot programme.

Organisations with Period Proud Peers will be supported with a workshop to build awareness of girls and young people experiences and provided with information on how to become Period Proud Environments.

Plan International UK is seeking to collaborate with an organisation or organisations to support us in reaching and engaging a diverse range of young people across the UK.

1. **The offer to organisations:**

Plan International UK is looking to collaborate with an organisation which empowers young people to take a leading role in solutions to issues that affect their lives. We are looking to fund an organisation that is passionate about smashing the taboo and stigma of periods, so that girls and young people can be confident when it comes to their periods. The organisation will recruit and support young people to become Period Proud Peers. These Period Proud Peers will conduct informal menstrual health-related activities which directly engage girls and young people. The organisation will also reach additional young people and adults through wider programme related activities such as Period Parties, period craftivism activities, Period Proud Peers or staff speaking at events and more.

**Our requirements, targets and budget**

Plan International UK are offering a flexible opportunity for organisations to apply for either £5,000 or £10,000 to reach targets in a timeframe no longer than 2 years. Over the project you will:

* Recruit young people to become Period Proud Peers
* Support the Period Proud Peers to deliver period related activities to girls and young people
* Support the Period Proud Peers to collect feedback from the groups
* Provide support to the Period Proud Peers, including during the period peer led activities.
* Reach additional young people and adults through wider programme related activities such as Period Parties, Period craftivism activities, Period Peers or staff speaking at events and more.
* Participate in a Plan UK 1.5 hour online Period Proud workshop at a time and day that works for you.
* Return project reports and relevant participant/Period Peers feedback forms.

Organisations can apply for either £5,000 or £10,000 to achieve the following targets:

|  |  |  |
| --- | --- | --- |
| Grant: | £5,000 | £10,000 |
| Timeline: | Complete by June 2027 | Complete by June 2027 |
| Recruit Period Peers: | 15-20 girls and young people to deliver period activities | 30-40 girls and young people to deliver period activities |
| Engage: | 750 girls and young people take part in peer led activities and complete feedback form | 1500 girls and young people take part in peer led activities and complete feedback form |
| Reach: | 600 additional young people/adults reached by wider programme related activities. | 1200 additional young people/adults reached by wider programme related activities. |

This is a flexible programme, and Plan International UK will work with you on a specific delivery plan that works for your organisation.

What Plan International UK will provide:

* A grant of £5,000 or £10,000
* Period Products Kits for each Period Peer
* Period Proud Peers handbook
* Period Proud Environment workshop
* Period Proud Environment resource and checklist
* Feedback backs forms for Period Peers and participants
* Reporting template
* Support from Plan International UK Project Coordinator

1. **Your Response**

If you would like to be considered for this opportunity, please submit a proposal that includes:

* Details of your organisation, including where you currently deliver, scale and reach to young people
* Details of your current work with young people, including an example of work on young people projects
* Which funding amount you are applying for (£5,000 or £10,000) and an outline of costs for delivering your proposal
* An outline of your ability to meet our requirements and targets as set out above, including how you propose to meet these.
* Motivation for applying for this work

Your proposal should be no longer than 2 pages, 11-point font.

Please submit your proposal to periodpeers@plan-uk.org **by Friday 7th February at 5pm**

1. **Selection Process**

Expressions of interest will be reviewed by Plan International UK and we will contact organisations with the outcome by **Monday 17th February**

1. **Vetting and due diligence**

The organisation(s) appointed to carry out this work will be subject to a range of vetting and due diligence checks includinga vetting check using the [Accuity ‘Online Compliance’](https://accuity.com/product/online-compliance/?intcmp=summary-product-online-compliance) screening process. The Accuity system identifies whether a person or organisation comes up in a search on: Adverse media, Enforcement or Government Sanction Lists.

We will also request to see the organisation’s safeguarding policy.