



Last year we helped over 600,000 girls receive free period products!

About You is the innovative health and wellbeing education programme brought to you by Always and Tampax.

Crafted by industry experts and running for over 7 years, About You equips educators with the vital tools to deliver comprehensive Relationships and Sex Education in line with the PSHE curriculum.

Our packs have been created to **support and inform young people** as their bodies change, helping empower your students to build confidence and ask questions.

Get your free packs today

As a bonus you'll also access **free adapted resources for SEND students** covering the same core modules.



Each pack comes with a puberty and confidence guide for students and a separate guide for parents.

Once you sign up not only will you receive a fantastic resource pack, but you'll also be able to order free samples which include:

- Always Pads for students aged 11-12
- Tampax Tampons for students aged 13-14.

Downloaded over 10,000 times in the previous school year, About You is the go-to resource for schools, so why not sign up today!

Access the resources