

THIS IS

A .



**PUBLIC HEALTH CLUB
@PUBLICHEALTH.PHC**

PUNCTUATION?

Comma

- Commas are primarily used to aid in clarity and to join two independent clauses with a conjunction.

Apostrophe

- Apostrophes are used to mark possession and to mark contractions

Period

- The Period is placed at the end of declarative sentences, statements thought to be complete after many abbreviations

PUNCTUATION?

Commas

Commas are primarily used to indicate a pause or to join two independent clauses.

Apostrophes

Apostrophes are used to mark possession and to mark contractions.

Period

- The Period is placed at the end of a sentence, a statement thought to be complete, or a list of items.

WE'RE HERE TO TALK ABOUT THE OTHER PERIOD.

A period is the part of the menstrual cycle when a menstruator bleeds and releases unneeded tissue from their uterus.

For most menstruators, every 28 days or so

can last between 3 and 8 days

Different flows on different days

Cramping is the most common reported symptom

You'll lose about 30 to 72ml (5 to 12 teaspoons) of blood during your period, although some women bleed more heavily than this.

WHY DO WOMEN HAVE PERIODS

As a woman, your period is **your body's way of releasing tissue that it no longer needs.**

- Your period is a natural occurrence.
- *Not all women have periods

Every month, your body prepares for pregnancy.

- The lining of your uterus gets thicker as preparation for nurturing a fertilized egg.

But what if you are not pregnant

- During your period, the uterus sheds its lining and it's passed, along with some blood, out of the body through the vagina.

WHAT IS NEEDED FOR ONE'S PERIOD?

Sanitary products soak up or collect the blood released during your period.

TAMPONS

PADS

MENSTRUAL CUPS

**MENSTRUAL
UNDERWEAR**

A period is the
end of a sentence.
Not the end of a
girl's education

The Period Stigma

- potential lack of access to sanitation supplies
- verbal shaming of menstruating people as "dirty" or "unclean"
- unable to attend school due to lack of supplies, pain, or "unpurity"
- unable to use nor access sanitary items due to religious reasons and misconceptions
- lack of discussion in gov. for a "taboo" topic

"period stigma results in a lower quality of life for those who are faced with it. In developing nations, this can be even more harmful"

THE PERIOD STIGMA

Let's talk about periods!

We have created a society in which menstruators are taught to feel less confident and dignified, and are too often considered less capable, simply because their bodies menstruate.

This prevents conversation from occurring, and which in turn results in our situation right now

- Menstruators don't really know what a normal period is
- And period poverty.

the stigma around it serves no useful purpose. How can we rightfully stigmatize a normal body process, shame those who have it, and reject their right to education? How we can better society by normalizing menstruation?

**MENSTRUATING PEOPLE
DON'T FUNCTION AS WELL AT
WORK—AN IDEA THAT HAS
NO BASIS IN REALITY.**

**"THERE IS EVEN STIGMA
AND MISINFORMATION
AROUND SANITATION
SUPPLIES THEMSELVES,
SUCH AS THE NOTION THAT
USING A TAMPON WILL
"TAKE" SOMEONE'S
VIRGINITY."**

**POLITICIANS LACK
DISCUSSION ON A
SUPPOSED TABOO TOPIC
"THAT TIME OF MONTH"
"FLO DAY" "CODE RED"**

**IN CERTAIN CULTURES,
PEOPLE ARE
CONSIDERED "IMPURE"
FOR THE TIME OF
MENSTRUATION.**

**PERIOD STIGMA
MANIFESTS AS A JOKE
ACCUSATIONS THAT A
PERSON IS MENSTRUATING
IF THEY ARE PERCEIVED AS
ACTING SENSITIVE OR IN
AN EXTREME MANNER.**

**NAME A
STATE.**



**NORTH CAROLINA HAS A TAX
ON TAMPONS, BUT
FRATERNITY AND SORORITY
MEALS ARE UNTAXED.**

NORTH CAROLINA

**TENNESSEE HAS A TAX ON
TAMPONS, BUT FISHING
TOURNAMENT REGISTRATION
FEES ARE UNTAXED.**

**VIRGINIA HAS A TAX ON
TAMPONS, BUT LIP BALM
IS UNTAXED.**

**NORTH CAROLINA HAS A TAX
ON TAMPONS, BUT
FRATERNITY AND SORORITY
MEALS ARE UNTAXED.**

**CALIFORNIA HAS A
TAX ON TAMPONS,
BUT CHOCOLATE
BARS ARE
UNTAXED.**

**MICHIGAN HAS A TAX
ON TAMPONS, BUT
DOUGHNUTS ARE
UNTAXED.**

IN A YEAR, THE AVERAGE COST OF
PADS OR TAMPONS USE
IS ALREADY \$185.

IN A SPAN OF 33 YEARS, A WOMAN
WOULD HAVE SPENT ABOUT \$5352.

!!!THE WORST PART IS, YOU CAN'T
CHOOSE NOT TO BUY PADS OR TAMPONS
IF YOU WANT TO STILL FUNCTION
NORMALLY IN DAILY LIFE!!!

STATISTICS

Nearly 1 in 4 students have struggled to afford period products in the United States

Lower-income students and students of color (particularly Latinx students) are more impacted by lack of access than white and middle-income students

76% of students are taught more about the biology of frogs than the human female body in school.

51% of students have worn period products for longer than recommended.

Nearly two thirds (64%) of women were unable to afford needed menstrual hygiene supplies during the previous year.

Among the results, **14.2% of women had experienced period poverty ever in the past-year**; an additional **10% experienced it every month.**

Compared to those who had never experienced period poverty, adjusted analysis revealed that women with monthly past-year period poverty were the **most likely to report moderate/severe depression**, followed by those who had experienced it ever in the past year.

PRODUCTS DRIVE

**PADS, TAMPONS, MENSTRUAL
CUPS**

**WILL BE DONATED TO
PROJECT HOSPITALITY**

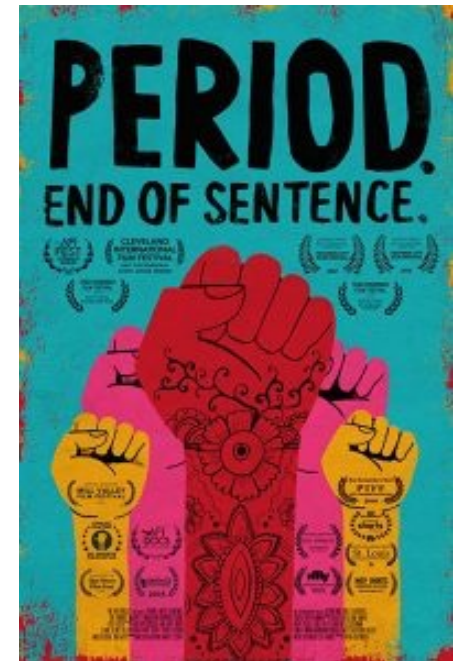
**ORDER ON AMAZON, BUY IN
STORE**

**DROP IN BOXES PLACED IN
KEARNS.**

ADVOCACY

- TAKE ACTION BY DONATING
- TAKE ACTION BY EDUCATING YOURSELF AND OTHERS
- TAKE ACTION BY HALTING THE PERPETUATION OF THE STIGMA.
- PERIODS ARE NOT EMBARRASSING, THEY ARE NORMAL BODILY PROCESSES
- WE CAN TALK ABOUT THEM IN PUBLIC AND THIS REQUIRES THE ACTION OF EVERY INDIVIDUAL, INCLUDING NON-MENSTRUATORS


The documentary discusses the perpetuating stigma of menstrual cycles, specifically in India. There is a lack of knowledge and lack of discussion that leads to many people, assuming periods are an illness. Women hide their menstrual cycles, ashamed to let men see them purchase items — also, much too expensive items. In the short film, they use a machine to make such sanitary items, and inspire many young individuals to realize the impact they can have on the world, themselves.



PERIOD POLICY UPDATE

**UTAH HOUSE BILL 162
HAS OFFICIALLY &
UNANIMOUSLY PASSED!
PERIOD PRODUCTS WILL
BE FREE AND ACCESSIBLE
IN EVERY ELEMENTARY,
MIDDLE, AND HIGH
SCHOOL IN UTAH!**


Implementation of HB162 begins
July 1, 2022!



PERIOD POLICY UPDATE ^{3/3}

**ALABAMA HOUSE
BILL 50 HAS
UNANIMOUSLY
PASSED THE HOUSE!
NOW, IT MOVES TO
THE STATE SENATE.**


HB 50 would require that Title I
funded middle schools and high
schools provide free menstrual
products to students.



PERIOD POLICY UPDATE ^{2/3}

**ILLINOIS HOUSE BILL
4218 HAS
UNANIMOUSLY
PASSED THE HOUSE!
NOW, IT MOVES TO
THE STATE SENATE.**

HB4218 will require that free
menstrual products are provided,
as needed, in IL prisons.



EVIDENCE YOUR ACTIONS WORK!!