

Menstrual Hygiene Day 2019: It's Time for Action!



Graduate Women International (GWI) is once again collaborating with the [Menstrual Hygiene Day](#) organisation in their efforts to raise awareness about Menstrual Hygiene Insecurity (MHI). The 2019 theme is “Leave No Girl Behind: Action for Menstrual Hygiene Education”.

An initiative by Menstrual Hygiene Day, “Leave No Girl Behind: Action for Menstrual Hygiene Education” catalyzes advocacy, accountability and action on menstrual hygiene education, so that no girl is left behind because of her period.

Why focus on Menstrual Hygiene Education

Menstruation matters worldwide. The specific challenges that women and girls experience differ widely, depending on social norms, customs, education and socio-economic factors. It is, however, fair to state that managing menstruation with normalcy and in dignity remains a challenge for too many women and girls across the world. To increase global awareness and to mobilize the community and political will required to prevent MHI, GWI joins Menstrual Hygiene Day in calling for a concerted focus on menstrual hygiene education. In order to leave no woman or girl behind, overarching goals, commitments and monitoring tools interconnected with the Sustainable Development Goals (SDGs), must be created and promoted worldwide as a means to harmonize communities, governments, nongovernmental organizations and other stakeholders into action.

Menstrual Hygiene Management (MHM) is critical to achieving the SDGs

Menstruation is an issue of human rights and dignity. Nevertheless, considerable barriers curtailing the equal and safe access to hygiene and education for women and girls across the world persist to this day, among which is the issue of MHI. For further information about the intrinsic interrelation between adequate MHM and the realization of several of the SDGs, we invite you to read and share this noteworthy Menstrual Hygiene Day [infographic](#).

Join GWI in raising awareness about the importance of MHM on Menstrual Hygiene Day! It's Time for Action!

GWI encourages all members, partners and friends to celebrate Menstrual Hygiene Day on 28 May. Beginning 25 May, plan to [FOLLOW](#), [PARTICIPATE](#) and [SHARE](#) the GWI social media campaign that will offer three daily posts for [Facebook](#), [Twitter](#) and [LinkedIn](#) each aimed to eliminate taboos, educate, galvanize support, prevent MHI and advance the status of women and adolescent girls.


As a means to these goals, GWI offers this comprehensive and impactful social media campaign, in partnership with Menstrual Hygiene Day. **We encourage the download and global sharing, on all platforms, of these ready-to-use social media graphics.**

A text version of each post is also available below: simply copy and paste to all social media platforms and join GWI in taking action against MHI!

To download the full GWI Menstrual Hygiene Day 2019 Social Media Pack, click [HERE](#).

To download each of the ready-to-use social media posts individually, click on the post of your choice below.

GWI Menstrual Hygiene Day Materials



Did You Know

A major global issue is around access to education about menstruation. In countries such as Iran, India and Afghanistan, some girls believe that menstruation is a disease. In Afghanistan and Malawi, some girls are unaware of periods before their first period.

(Plan International UK)

Menstrual Hygiene Day

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Did You Know

70% of girls in Malawi miss one to three school days a month due to menstruation, more than they do from Malaria. GWI is resolute to combat all barriers to girls' and women's education, including Menstrual Hygiene Insecurity (MHI) and Menstruation Stigmatization #MHD2019

(Plan International UK)

Menstrual Hygiene Day

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Did You Know

In rural areas of Ethiopia, Kenya, Mozambique, Rwanda, Uganda and Zambia, less than 20% of schools had at least four out of five recommended menstrual hygiene services. These services include water for use, separate sex latrines with doors and locks, and waste bins.

(UNESCO)

Menstrual Hygiene Day

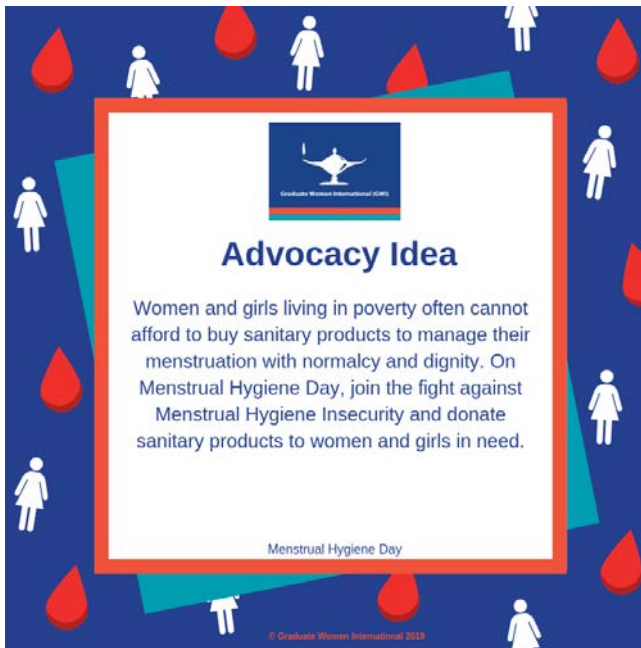
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Advocacy Idea

The persistent and widespread taboo surrounding menstruation results in girls in many countries entering puberty with knowledge gaps and misconceptions about menstruation. Call on your government to integrate menstrual hygiene education into national school curricula, policies and programmes for adolescents.

Menstrual Hygiene Day

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GWI Menstrual Hygiene Day 2019 Facebook and Twitter Covers



1 in 10 African adolescent girls miss school during menses and eventually drop out (UNESCO) #ItsTimeForAction

Today I join GWI in celebrating Menstrual Hygiene Day 2019

Menstrual Hygiene Insecurity is as a severe barrier to girls' and women's access to education #ItsTimeForAction

Today I join GWI in celebrating Menstrual Hygiene Day 2019

1.2 billion young women across the world are unable to manage their menstruation with dignity due to a lack of access to the basic and affordable sanitation #ItsTimeForAction

Today I join GWI in celebrating Menstrual Hygiene Day 2019

Text versions

- On Menstrual Hygiene Day, Graduate Women International draws attention to Menstrual Hygiene Insecurity (MHI) as a needless barrier to girls' and women's education worldwide #ItsTimeForAction #MHDay2019
- Half of the world menstruates: it's time to start the conversation on menstruation! Today I join GWI in celebrating #MHDay2019 #ItsTimeForAction
- 1 in 10 African adolescent girls miss school during menses and eventually drop out (UNESCO) Today I join GWI in celebrating #MHDay2019 #ItsTimeForAction
- Menstrual Hygiene Insecurity #MHI is a severe barrier to girls' and women's access to education. Today I join GWI in celebrating #MHDay2019 #ItsTimeForAction

- 1.2 billion young women across the world are unable to manage their menstruation with dignity due to a lack of access to the basic and affordable sanitation. Today I join GWI in celebrating #MHD2019 #ItsTimeForAction
- Did you know? 70% of girls in Malawi miss one to three school days a month due to menstruation, more than they do from Malaria. GWI is resolute to combat all barriers to girls' and women's education, including Menstrual Hygiene Insecurity (MHI) and Menstruation Stigmatization (Plan International UK) #MHD2019 #ItsTimeForAction
- Did you know? In rural areas of Ethiopia, Kenya, Mozambique, Rwanda, Uganda and Zambia, less than 20% of schools had at least four out of five recommended menstrual hygiene services. These services include water, separate sex latrines with doors and locks and waste bins. (UNESCO) #MHD2019 #ItsTimeForAction
- Did you know? A major global issue is around access to education about menstruation. In countries such as Iran, India and Afghanistan, some girls believe that menstruation is a disease. In Afghanistan and Malawi, some girls are unaware of periods before their first period (Plan International UK) #MHD2019 #ItsTimeForAction
- Advocacy Idea: Women and girls living in poverty cannot afford to buy sanitary products to manage their menstruation with normalcy and dignity. On Menstrual Hygiene Day, join the fights against Menstrual Hygiene Insecurity and donate sanitary products to women and girls in need. #MHD2019 #ItsTimeForAction
- Advocacy Idea: The persistent and widespread taboo surrounding menstruation results in girls in many countries entering puberty with knowledge gaps and misconceptions about menstruation- Call on your government to integrate menstrual hygiene education into national school curricula, policies and programmes for adolescents #MHD2019 #ItsTimeForAction
- Advocacy Idea: In need of feminine hygiene products? Consider purchasing such products from social enterprises in order to help support efforts in other countries. Many of those social enterprises use the “buy one, give one” model and provide girls in need with essential feminine hygiene products. #MHD2019 #ItsTimeForAction

Menstrual Hygiene Day and GWI Social Media Set – “Education”

The Menstrual Hygiene Day materials are simpler and easier to use than ever. There are ready-to-use materials for on-the-ground activities and digital campaigning. This year, the materials are available in English, French, Spanish and – for the first time – also in Arabic. Click [here](#) to view and download all the available Menstrual Hygiene Day campaigning materials.



Menstrual Hygiene Day Infographics

- **Period Friendly Toilets : [Infographic 1](#) – [Infographic 2](#)**

These infographics present facts how lack of it impacts women and girls and what are easy measurements to guarantee a safe, hygienic and dignified toilet. They were developed by Menstrual Hygiene Day in partnership with WSSCC and World Vision.

- **Education about menstruation changes everything :** [English](#) – [Portuguese](#) – [Hindi](#)

This infographic presents facts around education and how lack of it impacts women and girls. This infographic is available in three different languages.

- **MHM and the SDGs:** [English](#)

This infographic shows how MHM is linked to several of the SDGs. It was created with support by SIMAVI, PATH and WASH United.

- **General MHM Infographic :** [English](#) – [Portuguese](#) – [German](#)

The “classic”: MHM infographic that explains why menstruation matters and what is required to have good menstrual hygiene management. This infographic is available in three languages: English, Portuguese and German.