



MENSTRUAL HYGIENE DAY INFOGRAPHIC

28 MAY 2022

#PeriodsAreNotBad #StopPeriodTaboo #MHMEducation

MAKING MENSTRUATION A NORMAL FACT OF LIFE BY 2030!

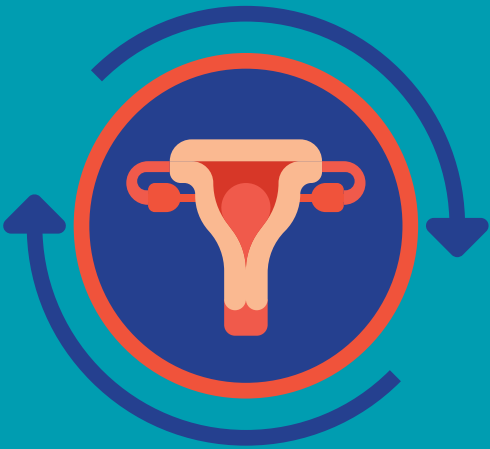
Today, millions of women and girls around the world are stigmatised, excluded and discriminated against because they menstruate hugely impacting their education. Due to period poverty and stigma, girls can be denied access to education and can face extreme bullying and gender-based violence in and around schools. Before the COVID-19 pandemic, more than 500 million women and girls worldwide already lacked basic needs to manage their menstruation and the pandemic has further exacerbated these challenges. **Your action is needed!**

Source: Citron Hygiene/ Harvard/ MHD



MENSTRUAL HYGIENE AROUND THE WORLD

In **Nepal**, women are banished to huts during menstruation because the community perceives them as “impure.”



In **Uganda**, girls miss up to **8 days** of study each school term because they have their periods.

In **Canada**, **70%** of women say they’ve missed school or work because of their period.

In **Venezuela**, women are forced to turn to the black market for period products because extreme hyperinflation has increased the price of tampons by **1800%!**

In the **USA**, **64%** of women reported ever having difficulty affording menstrual products, such as pads, tampons, or reusable products like menstrual cups.

Sources: Citron Hygiene / Farid / Girls Helping Girls. Period. / UNESCO / UNICEF

SCOTLAND: A SHINING EXAMPLE!



There are some strong global leaders emerging in the fight against period poverty. In 2020, Scotland became the **first country to make period products universally free!** The Scottish Government is doing this in an effort to fight period poverty and inspire other countries around the world to follow suit.

Source: Citron Hygiene

TAKE ACTION!

About half of schools in low-income countries lack the adequate drinking water, sanitation and hygiene crucial for girls and female teachers to manage their period. Inadequate facilities can affect girls’ experience at school, causing them to miss school during their period. All schools should provide:

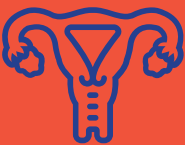
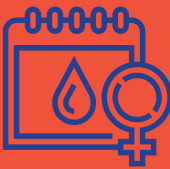
A supportive social environment

- Don't restrict access to Menstrual Hygiene management
- Encourage communication to end taboos and stigma
- Be an ally / Be considerate and empathetic



Education

- Teach girls and boys about the menstrual cycle
- Educate about sexual and reproductive health and puberty
- Explain how to deal with physical and mental effects



WASH services

- Provide access to cheap/free menstrual products
- Ensure access to water and adequate sanitary facilities.



Source: UNICEF/ World Bank

Graduate Women International (GWI)

Empowering women and girls through lifelong education since 1919



MENSTRUAL HYGIENE DAY

#MHD2022
#WeAreCommitted

GWI calls on states to make **menstrual hygiene products affordable and accessible**. Ideally, period products should be **free for everyone** in all spaces. **Eliminating a tax on period products**, commonly referred to as “tampon tax,” is a **medial step that governments can take immediately**.



Many countries have shown it is possible to eliminate this biased tax, including Canada, Australia, Kenya, India, Jamaica, Nicaragua, Nigeria, Tanzania, Lebanon, Malaysia, Colombia, South Africa, Namibia, and Rwanda.

Source: International Institute for Sustainable Development

GWJ RESOLUTIONS

Every three years the GWI General Assembly adopts new **resolutions** to guide the international advocacy of our **National Federations and Associations** (NFAs) towards women and girls' education and empowerment.

Through their implementation, the GWI resolutions **empower** women and girls to achieve higher levels of **education and professional goals**. **The next GWI General Assembly is in November 2022!**

2019 - No. 3: **SRH Education as a Human Right for All**

2004 - No. 10: **Protection of Water**

2001 - No. 3: **Education for Establishing a Society of Gender Equality**

1998 - No. 1: **Right to Education**

1995 - No. 1: **Adolescents**
No. 5: **Health Education**

1992 - No. 4: **Girl's Self-Esteem**

SUSTAINABLE DEVELOPMENT GOALS

The mental burden, as well as psychological and physical pain due to menstruation must be addressed to ensure good menstrual hygiene management.



4 QUALITY EDUCATION



Period-friendly schools provide students with an environment that increase concentration, learning, and school attendance, which leads to empowerment through opportunity.

Societal taboos around menstruation result in neglect of menstrual hygiene needs and unjustly fuel gender discrimination, inequality and patriarchal practices.

5 GENDER EQUALITY



6 CLEAN WATER AND SANITATION



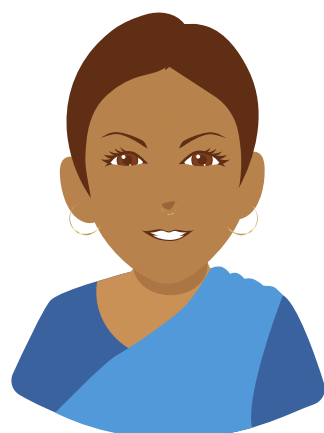
To manage menstruation in privacy and dignity, women and girls need water and sanitation facilities that are safe and where they can safely dispose of menstrual products.

Source: The Palgrave Handbook of Critical Menstruation Studies

"Stigma around menstruation and menstrual hygiene is a violation of several human rights, most importantly of the right to human dignity".

Jyoti Sanghera

Section Chief of Human Rights and Economic and Social Issues
Office of the of the High Commissioner for Human Rights



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