

PERIOD POVERTY

SHAME

STIGMA

SILENCE

Menstrual products are Essential Hygiene

It's time to stop it!

*Periods might be tough to talk about, but they are a fact of life.
It is time to stop the shame, stigma and silence.



Menstrual equity is:

*equal access to products free of stigma, safe places to change and use products.

*as essential as toilet paper, soap and water for a normal bodily function that affects half the population.

PLEASE consider supplying free menstrual products in your washrooms and be part of the movement for hygiene equity.

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Additional Information

*Period poverty is the inability to access menstrual products, largely because of financial limitations. Public awareness about period poverty has ignited a worldwide movement calling for free and accessible pads and tampons in all restrooms and public spaces, including schools.

*A period should end a sentence; not end an education. Studies have shown that one in seven young women and non binary people in Canada will miss some school because they don't have access to pads and tampons.

*Lack of access disproportionately impacts youth, single mother, Indigenous people, Black and other racialized communities, immigrants, the unhoused, people with disabilities, gender diverse individuals and those who live in remote areas.

*Did you know approximately 70,000 tampons are needed for women in crisis across Canada every month?

*One in six Canadians who menstruate have personally experienced period poverty.

*One in five who menstruate say they may not be able to afford period products at some point in the next 12 months.

*Menstrual equity requires health education, support from the medical community, as well as open and informed discussions.

*At any given moment, there are 800 million people menstruating on planet Earth. Without periods, none of us would be here. We all come from someone who menstruated.