

HALF OF THE WORLD MENSTRUATES

LET'S START THE CONVERSATION ABOUT MENSTRUATION!

MENSTRUAL HYGIENE IS FUNDAMENTAL TO...



EDUCATION

UNESCO estimates that 1 in 10 African adolescent girls miss school during menses and eventually drop out.



ECONOMY

In Bangladesh, garment workers miss work for an average of 6 unpaid days per month due to vaginal infections.



HEALTH

Poor menstrual hygiene not only affects physical health, but also social and mental well-being.



ENVIRONMENT

The average North American woman will use and throw away about 13,000 tampons and pads in her lifetime.



HUMAN RIGHTS

A lack of adequate MHM denies women and girls their right to education, right to health, and right to work in favourable conditions.

MENSTRUAL HYGIENE MANAGEMENT (MHM)

IDEAL SCENARIO

HARSH REALITY

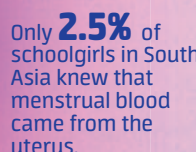
FACILITIES

Clean and private toilets with water and soap are available at school, at the workplace, in institutions, at public toilets and at home.



Factual information and education about menstrual hygiene is provided in schools, via health workers and doctors, via the media, and at home, too!

INFORMATION



Hygienic sanitary products are easily accessible and affordable. Used materials are safely disposed of.

HYGIENIC MATERIALS & SAFE DISPOSAL

Many women and girls use unsanitary materials, such as old rags, dried leaves, grass, ash, sand, newspaper or socks, because they do not have access to affordable, hygienic and safe products and facilities.

Commercial tampons and pads can contain harsh chemicals including pesticides and dioxin, a serious environmental pollutant. In landfills, these substances can leach into the groundwater, causing pollution and health concerns.

Menstruation is considered normal
Taboos and stigmas no longer exist.

NO TABOOS

In Kenya, menstruating women are not allowed to touch or milk cows for fear that the cows will get sick or die.

In some parts of Bangladesh, girls are confined indoors upon their first menstruation. In parts of Nepal, this happens every time a woman or girl menstruates.

WHAT CAN WE DO?

TALK!

BREAK THE SILENCE AT HOME, WORK OR SCHOOL. USE #MENSTRUATIONMATTERS



SUPPORT!

THE WOMEN AND GIRLS IN YOUR LIFE!

CELEBRATE!



MENSTRUAL HYGIENE DAY
28 May