



Menstrual Equity For Community-Based Organizations

DIGITAL RESOURCE GUIDE

2024



Massachusetts Chapter of the National Organization for Women (Mass NOW)

www.massnow.org

massnow@massnow.org

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Introduction



A resource guide designed for community-based organizations that support menstruators.

Welcome! If you're accessing this resource guide, you participated in a Menstrual Equity for Community-Based Organizations training session. We hope this resource guide will help you deepen your understanding of menstrual equity and access resources that will support you and your organization advance menstrual equity in the community.

This guide is thoughtfully structured according to the agenda items in the training slide presentation. We hope that it encourages a deeper and more meaningful learning experience.

The Power of Storytelling

Creating a safe and open environment for sharing personal stories can help break down the stigma surrounding menstruation and promote understanding and empathy. Everyone's experiences are valid and important, and sharing them can be a powerful tool for change. By listening to each other's stories and perspectives, we can build a more inclusive and supportive community that values menstrual equity and works towards creating a more just and equitable world for all menstruators.

Period Stories From Around the World



My First Period: Stories From Across the USA

Columbia University's Mailman School of Public Health reached out to girls living in states across the USA in person or online, asking them to share with us their anonymous first period stories.

[Read More](#)

First Period Stories

"Growing up, I learned a lot of information from my sister, Sarah. She paved the way for me, and that made me feel more at ease about all the changes I was going through."

[Read More](#)



These 11 Celebrities Have Shared Their Period Stories

There are quite a few A-listers who have been real AF (see what we did there?) about their periods, and we LOVE it! After all, the more we talk openly about menstruation, the less stigma and taboo there will be.

[Read More](#)



Youth-Friendly Activities

Lulu's Journey

Menstrual Hygiene



Lulu's Journey

Lulu's Journey is a digital game based on interactive storytelling, teaching 10 - 24-year-old girls and young women about Menstrual Hygiene. The game is intuitive, simple, and fun, and based on visual learning and voice-overs, to embrace both the literate and illiterate users as well as those who are less familiar with tech and digital platforms.

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The Period Game

The Period Game is a board game designed to teach menstruation in a fun, engaging way. Games are for 2-5 players and take approx 20-30 minutes to play.

[Read More](#)



How to throw the ultimate first moon party for your first period

The hot new trend... People are throwing period parties (first moon parties) across the globe and we are here for it!

[Read More](#)

What Is Menstrual Equity?

“The most commonly recognized definition refers to the affordability, accessibility and safety of menstrual products. But menstrual equity is not just defined by products — it is also about education and reproductive care. It’s about making sure that people have the needs, support, and choices to decide how they want to take care of their menstrual health. And it’s about finally ending the stigma around periods that has prevented not only decision-makers, but also healthcare providers, educators and individuals from ensuring that menstrual health is a priority.”

- *Women’s Voices For The Earth*

What is Menstrual Equity?



Understanding equity and justice

Equity is distinct and different from equality, and both are different from justice.. Equality requires that every person or community receives the exact same resources and opportunities. Equity, however, acknowledges that everyone doesn't start from the same place in life.

[Read More](#)

What does menstrual equity look like to you?

The most commonly recognized definition refers to the affordability, accessibility, and safety of menstrual products. But menstrual equity is not just defined by products — it is also about education and reproductive care.

[Read More](#)



Period equity: What it is and why it matters

One study in Obstetrics and Gynecology demonstrated that 64% of women reported ever having difficulty affording menstrual products, such as pads, tampons, or reusable products like menstrual cups.

[Read More](#)

Menstruation Matters To All



Menstruation matters to everyone, everywhere

Menstruation is an issue of human rights and dignity. Women and girls miss out on education, work, and other opportunities in life when they cannot manage their menstruation with normalcy and in dignity.

[Read More](#)

For transgender men, pain of menstruation is more than just physical

Safety concerns and a lack of access to menstruation products are among the issues trans and gender-nonconforming people face during "that time of the month."

[Read More](#)



Destigmatising disability and menstruation

For someone who uses her feet as hands, Tshering Lham is not deterred by the challenges of managing her menstruation.

[Read More](#)

Language Matters



Normalizing the Period Conversation

Many people consider menstruation a source of embarrassment — and the last thing they want to do is talk about it. How can we shed our shame surrounding the menstrual cycle?

[Read More](#)

An Inclusive Guide to Puberty and Periods

The shifts in societal norms and perspectives that occur from one generation to the next can also make the subject feel a bit more daunting, whether the angle is as simple as discussing which period products to use, or as complex and nuanced as gender identity.

[Read More](#)



USING GENDER-INCLUSIVE LANGUAGE TO TALK ABOUT PERIODS

Using Gender-Inclusive Language to Talk About Periods

The words we use when discussing periods shape how society views them. As such, it's important that the language we use reflects the fact that not all people with periods are women, and not all women have periods.

[Read More](#)



Menstrual Health and Care: Understanding The Menstrual Experience

Although menstruation is universal, equity is not. EveryBODY and experience is different and we should be mindful and supportive of the unique needs of menstruators, including, but not limited to:

Current and formerly incarcerated people

Youth

LGBTQIA2S+

Black/African Americans and other people of color

Persons with disabilities (psychological and/or physical)

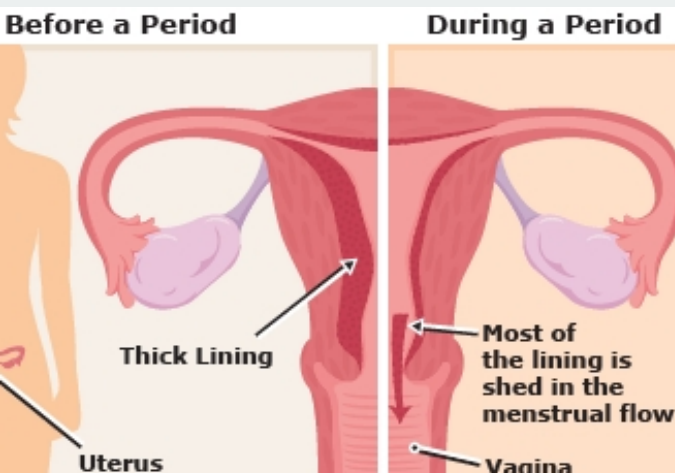
People who are economically disadvantaged

Aging adults

People who are pregnant or in the postpartum period

People with reproductive health concerns

Menstruation 101



All About Periods

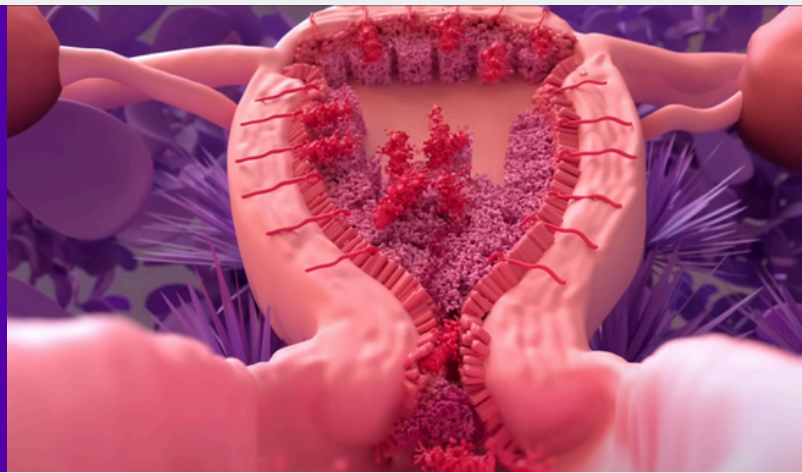
A period is a release of blood from a girl's uterus, out through her vagina. It is a sign that she is getting close to the end of puberty. There is a lot to learn about periods. Here are some common questions that teens have.

[Read More](#)

Menstrual Cycle Basics | 3D animation

This 3D animation shows you the basics of the menstrual cycle. The menstrual cycle begins with menstruation.

[Watch](#)



The Period Doctor

Education. Advocacy. Empowerment.

Brown period blood: What can your period really tell you about your health?

If you've ever wondered, "Why is my period blood brown?" or "What can my period blood tell me about my health?" or "Why do doctors always ask about my period?" - this video is for you.

[Watch](#)

Period problems

Regular periods are a sign that your body is working normally. You should have regular periods unless you are pregnant, breastfeeding, postmenopausal, or have a medical condition that causes your periods to stop.

[Read More](#)



Period Products



Period products: what are the options?

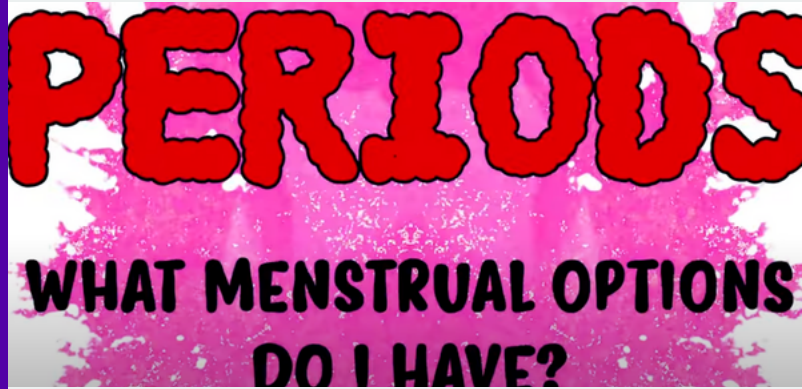
From the more 'traditional' options of sanitary pads and tampons, to the innovative absorbent underwear, there are lots of options. Allow us to show you some them!

[Read More](#)

Periods: pads, tampons or menstrual cups?

Menstrual products absorb or collect the blood released during your period. This video looks at the different menstrual options available from pads to cups.

[Watch](#)



Toxic chemicals don't belong in feminine products. Period.

Are you surprised to learn that feminine care products—like tampons, pads, douche, wipes, and sprays—can contain hazardous chemicals? Unregulated toxic chemicals in feminine care products may result in serious health problems...

[Read More](#)

{Step-by-Step Sewing} Reusable Fabric Panty Liners

Learn to make your own liner template using an existing disposable panty liner you find comfortable to wear and use

[Watch](#)



Diverse Menstrual Experiences



The Period Project: The Fight for Menstrual Equity in Prisons

In this series, we document the realities suffered and commonly experienced by women, girls, and those who menstruate while incarcerated.

[Read More](#)

Period Trauma Is Real—And It's Harming the Health of Millions of Black Menstruators

But for many, [periods] can be debilitatingly painful, difficult to manage, embarrassing, or shameful—in other words, traumatic.

[Read More](#)



A Period in Humanitarian Crises

Neglecting menstrual hygiene needs can lead to grave impacts on physical and mental health, therefore worsening already critical refugee and migration situations for young women and girls.

[Read More](#)



Menstrual Inequity: Challenges and Barriers

Menstrual inequity is a complex and multifaceted issue that requires a comprehensive approach to address. It refers to the unequal distribution of resources and opportunities related to menstruation. This includes challenges and barriers that individuals face in accessing menstrual products, managing menstruation with dignity and privacy, and dealing with the social stigma and shame surrounding menstruation.

One of the biggest challenges is the lack of access to menstrual products, which can be costly and difficult to obtain for many individuals.

Period Poverty

PERIOD
action
DAY

PERIOD POVERTY

The limited or inadequate access to menstrual products or menstrual health education as a result of financial constraints or negative socio-cultural stigmas associated with menstruation.

[Read More](#)

The bloody truth about period poverty in America | Full Documentary

Menstruation is one of the most taboo topics in the world, and for millions of American women, there's a high price to pay for that stigma. This CBS Reports documentary looks at how some women are trying to change that.

[Watch](#)



Period poverty: How air pollution in Kenya could make periods heavier, more painful and more expensive

Studies have linked air pollution to an increased risk of endometriosis, a condition that causes tissue like what lines the womb to grow outside of the uterus.

[Read More](#)

Implications of Menstrual Inequity



That time of the month: The harm of menstrual inequity and not talking openly about your period

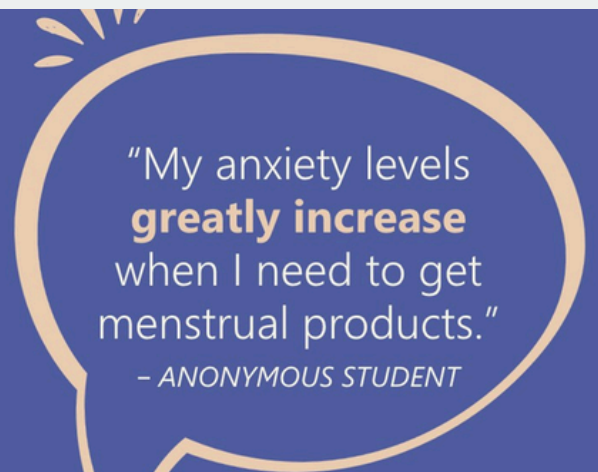
Many of us avoid talking about our periods. And this reluctance to speak openly about menstruation, it turns out, is a danger to public health

[Read More](#)

The Link Between Period Poverty and Gender Education Gaps

One of the primary ways in which Period Poverty contributes to gender education gaps is through chronic absenteeism.

[Read More](#)



"My anxiety levels **greatly increase** when I need to get menstrual products."

– ANONYMOUS STUDENT



Exploring the Connection Between Climate Change and Menstrual Inequity

Did you ever consider the profound connection between climate change and menstrual inequity? These two critical issues intersect in ways that deeply affect menstruating individuals and our planet.

[Read More](#)



Community-Based Solutions: Supporting Menstruators

Community-based solutions seek to address menstrual inequity and support menstruators in a localized and sustainable way. These solutions are often led by community members, including activists, advocates, public health professionals, and educators, who are committed to breaking down the barriers to menstrual equity.

Community-based solutions are an important part of the effort to address menstrual inequity, as they provide localized and sustainable solutions that can have a real impact on the lives of menstruators. Promoting education, access to resources, and advocacy can help to break down the barriers to menstrual equity and promote health and dignity for all menstruators.

Period Education



Empowering Parents: Teaching Children of All Genders About Periods and Menstrual Management

Starting THE conversation about periods and reproduction can feel overwhelming. It is common for parents to put it off or not have a chat at all because of a range of their emotions. But pretending the changes to our bodies do not exist will not make it so.

[Read More](#)

Resources for teaching

We've pulled together some of the best resources on menstruation for you to use to educate your children, pupils, partners or boss about menstruation.

[Read More](#)



Celebrate Your Body (And Its Changes, Too!) The Ultimate Puberty Book for Girls

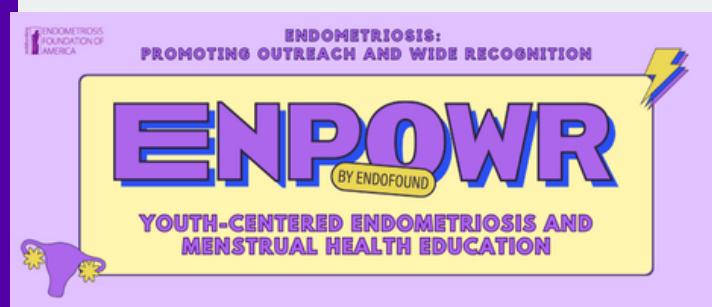
Puberty comes with a lot of changes. Celebrate Your Body (And It's Changes, Too!) will help girls understand (and love) their bodies now and as they continue to grow.

[Read More](#)

The ENPOWR Project

The ENPOWR Project is a youth-centered initiative by the Endometriosis Foundation of America. Through a series of videos and online courses, the ENPOWR Project aims to improve endometriosis education and awareness, empowering adolescents to take control of their health.

[Access the Videos](#)



Movement-Building



I AM Bill Advocacy Toolkit

The I AM bill would ensure access to free menstrual products, without stigma, to all menstruating individuals in all public schools, homeless shelters, prisons and county jails.

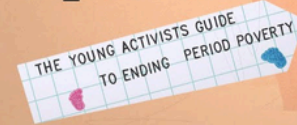
[Read More](#)

The Young Activists Guide to Making Change

In this animated short, middle school students and a TFA alumna describe how they successfully rallied to provide free access to menstrual products in schools across Hawai'i.

[Read More](#)

Blood, Sweat & Sparkles



Organizing to Pass Period Policy

Mujeres and Menstruators United convenes menstrual activists from across the country to strengthen the movement to end period poverty

[Read More](#)

Mujeres and Menstruators United

Latest Menstrual-Related Research



MASS NOW'S
MENSTRUAL EQUITY
RESEARCH



THE SOCIETY FOR
MENSTRUAL CYCLE
RESEARCH



STUDY USING TIKTOK
FINDS TEENS LACK
UNDERSTANDING OF
MENSTRUAL HEALTH



SUSTAINABLE, PLANT-BASED
MENSTRUAL PADS COULD
IMPROVE ACCESS TO HYGIENE
PRODUCTS

@reallygreatsite

Documentaries and Short Films About Menstruation



PERIOD. END OF SENTENCE.



THE BLOODY TRUTH ABOUT PERIOD POVERTY IN AMERICA



PERIOD POVERTY: A JOURNEY THROUGH THE PAIN, STRUGGLE AND TABOO



INTIMINA | THE MENSTRUAL GAP - A DOCUMENTARY ON PERIOD POVERTY



MOTHERING



PERIODICAL



Massachusetts-Based Organizations Promoting Menstrual Equity

[Catie's Closet](#)

[Dignity Matters](#)

[Egal](#)

[Fihri](#)

[Free Period Ministry](#)

[Girls Inc of Worcester](#)

[Hope and Comfort](#)

[Love Your Menses](#)

[Mass NOW](#)

[MPower](#)

[Our Bodies Ourselves Today](#)

[Partners in Sex Education](#)

[Period Project @ BUSPH.](#)

[The Resilient Sisterhood Project](#)

[United Neighbors of Fall River](#)

[Viv](#)

[YWCA Southeastern MA](#)



Period Product Companies Based in the U.S.

- Always
- Aunt Flow
- Cora
- Diva
- Egal
- Femi Secrets
- Femly
- Flo
- hello
- It's August
- L.
- Lola
- Natracare
- Nene's FemHealth
- Rael
- Ruby Love
- Saalt
- Strapt Vending
- Tampax
- The Flex Company
- The Honey Pot
- The Period Company
- Thinx
- Top Organic
- Viv



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