

A Conversation on Menstrual Equity

WHAT DO YOU THINK
MENSTRUAL EQUITY
IS?

A graphic with a rainbow background (red, orange, yellow, green, blue) and a black border. The text is written in bold, black, uppercase letters.

**NOT ALL
WOMEN
MENSTRUATE,
AND NOT ALL
MENSTRUATORS
ARE WOMEN.**

Keep in
Mind...

“

It's important to talk about gender as an irrelevant construct from menstruation—because it doesn't matter what you look like on the outside; you may have a uterus and you may be bleeding.

”

Continued...

- Because of this, the term feminine hygiene is not a correct term to use. Instead use:
 - Menstrual Hygiene
 - Period Products
 - Menstrual Products



What is
Period
Poverty?

The Global Menstrual Collective defines [menstrual health](#) as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in relation to the menstrual cycle.” It notes that people should have:

- access to information about menstruation, life changes, and hygiene practices
- the ability to care for themselves during menstruation
- access to water, sanitation, and hygiene services
- the ability to receive a diagnosis for menstrual cycle disorders and access to healthcare
- a positive, supportive environment in which to make informed decisions
- the ability to participate in all aspects of life, such as going to work and school

500 million menstruators around the world (including the U.S.) suffer with period poverty

Lack of products and hygiene facilities

14.2% of college menstruators struggled from period poverty within the past year

10% struggled within the past month

16.9 million menstruators live in poverty in the U.S.

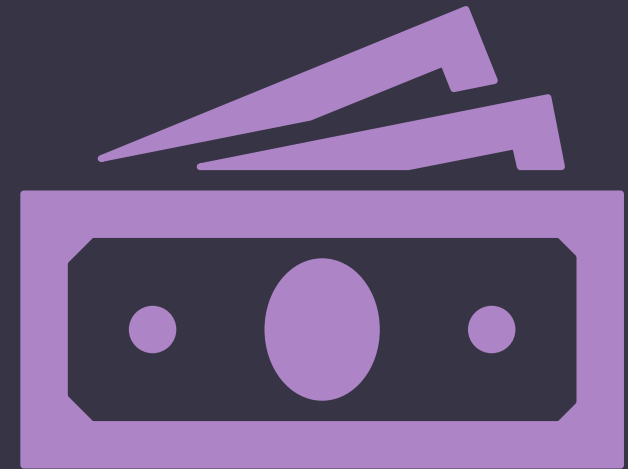
June 2019: 35 states taxed period products between 4.7% and 10%



Question

What is the amount of money the state of Wisconsin profits from period products in tax each year?

\$2.7 Million
Dollars



Areas on Campus to Get FREE Menstrual Products

Academic Support
of Inclusive
Excellence

The Cabinet Food
Pantry in Reeve
Memorial Union

Residence Hall
Health Advocate
(your HA)

Titan Well located
in the Student
Recreation and
Wellness Center

Student Health
Center

Multicultural
Education Center

Women's Center

LGBTQ+ Resource
Center

Go Green for Menstrual Hygiene

What does sustainable Menstrual Management look like?

Join the Women's Center for an hour-long workshop to learn the importance of environmental and financially sustainable solutions to menstrual hygiene management and how you can make a difference.

When completing this workshop, you can receive:

- Reusable Pad
- Diva Cup
- Organic Tampons



On Average...

- Menstruating UW Oshkosh students go through 36,720 tampons and 211,005 panty liners/pads in a calendar year

- One menstruating student in an academic year will most likely use 180 tampons and 45 panty liners/pads

What Can You Do?

Research	Researching period poverty in both local and global levels to educate yourself and others
Create	Creating an inclusive environment can allow students to feel safer on campus
Communicate	Talking to your peers to have open conversations about period poverty and menstrual equity
Donate	Donating to the on-campus food pantry can help others gain access to more period products
Plan	Planning an on-campus event to promote menstrual equity

Email

womenscenter@uwosh.edu

For More
Information on
Menstrual Equity.....