



Go With Yer Flo

MENSTRUAL EQUITY,
ELIMINATE STIGMA!!



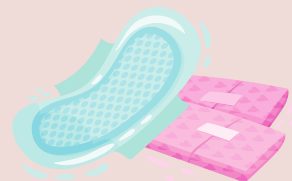
End Period Poverty!*

*Period poverty refers to the lack of access to menstrual hygiene products and proper puberty/reproductive education.

MENSTRUAL MANAGEMENT:

Tampons

Pads



Period
Underwear

Period Cup

Underwear



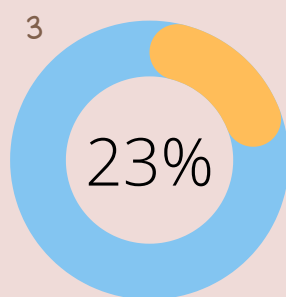
● The average woman spends about \$20 on feminine hygiene products per cycle, adding up to about \$18,000 over her lifetime ⁴



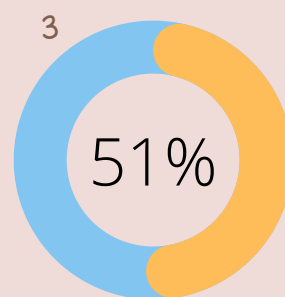
■ Top 3 emotions with onset of first period:
Scared- 41%
Confused- 38%
Embarrassed- 34% ²



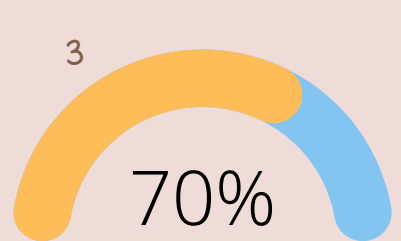
¹ Menstruating teens said they have either missed class time, or know someone who missed class time, because they did not have access to period products.



³ Students who have struggled to afford period products



³ Students who have worn period products for longer than recommended



³ Menstruating teens say the school environment makes them especially self-conscious of their periods.



- ~Provide free period products in schools, prisons, homeless shelters, and the workplace
- ~Advocate for comprehensive sexual health education
- ~Engage men and boys in allyship
- ~Remove menstrual cycle euphemisms from common language