

FIGHT FOR MENSTRUAL EQUITY

Black Women's Health Imperative's Positive Period™ program and the organization's acclaimed short film Me Period advance menstrual health for women and girls through health education, product distribution, and by advocating for policies that can create real change. You can help ensure access to better menstrual health resources that support the dignity of women and girls everywhere. Here's how you can join our fight for menstrual equity:



REQUEST OR LEAD A PERIOD CONVERSATION

Advocating for policies that require medically accurate menstrual education in schools is necessary. You can help normalize period conversations by providing or requesting culturally tailored discussions about periods in public educational environments.

- Let your representatives know how important menstrual health curricula in schools can be.
- Use the Me Period film to rally community support and host the conversation.
- Share their stories and experiences to create a collective voice that can influence change.

ADVOCATE FOR ACCESS TO AFFORDABLE MENSTRUAL PRODUCTS

Championing policies that provide tax-exempt access to pads and tampons at low or no cost is crucial. You can help address period poverty by standing up for Medicaid and other public assistance programs that cover the cost of menstrual products. Sign and share petitions that demonstrate public support for such legislation.

DISTRIBUTE EDUCATIONAL RESOURCES AND MENSTRUAL PRODUCTS

Until these critical policies are passed, you can lead the charge for menstrual health equity in your community. Positive Period has developed a suite of free resources that are available for download and distribution. You can also support the most vulnerable in your community by participating in period product drives.

Sign up for the Positive Period Action Coalition if you would like to join us in our advocacy efforts. Learn more about Positive Period and the Me Period film at meperiod.info.