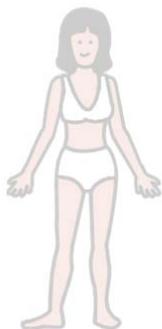


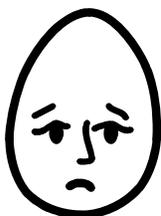
# Better support for women and girls with their periods



A period is something that happens to women and girls' bodies.

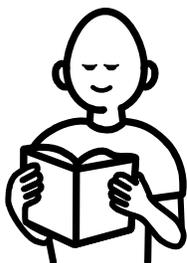
It is when they bleed a bit down below.

It usually happens for a few days every month or so.

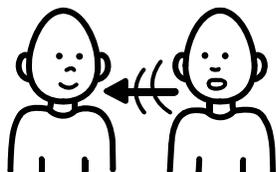


Many women and girls in the world do not get the right help with their periods.

This can cause big problems for them.



This booklet will tell you more about what is happening.



You can use this information to talk with people you know.

There is more information on this website

[www.menstrualhygieneday.org](http://www.menstrualhygieneday.org)



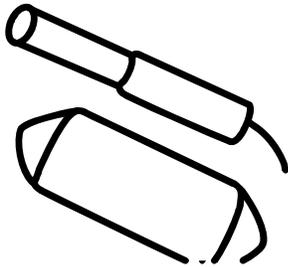
# What support do women and girls need?



Women and girls need things like:

- Good information about periods

Boys need this too



- Tampons or pads.

These are made of cotton or cloth.

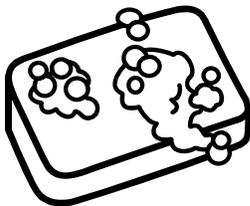
Women wear them down below when they have their period to help soak up the blood.



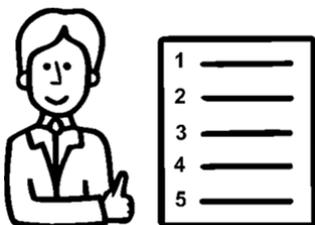
Some pads must be thrown away after you use them. Other pads can be washed and used again.

Tampons or pads should not cost too much

They should be clean and safe



- Clean toilets



- Clean water and soap

- Places to throw tampons and pads away or to wash cloth pads that can be used again

# Education

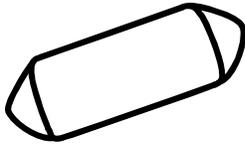


## The problem

Many girls do not get the right support with their periods at school.

For example, they do not have things like:

- clean water and soap
- good toilets
- tampons or pads



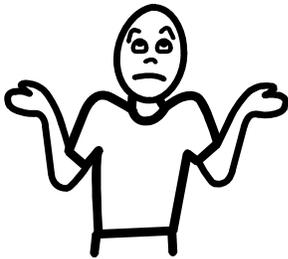
This can stop them from going to school.



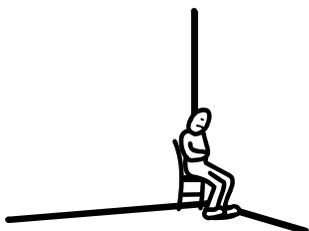
## Some facts

In India many girls' schools do not have toilets that work.

Many girls in West Africa have nowhere at school to change their tampons or pads.



Many girls in South Asia do not know much about periods.



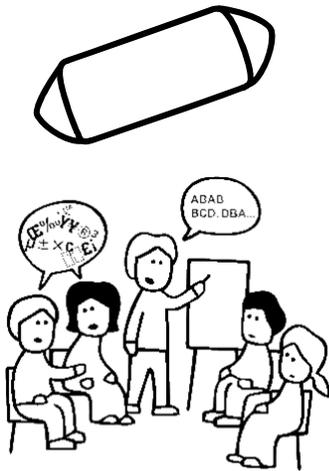
Many girls in Africa miss school when they have their period because they do not have the things they need.

# Education

## Some good news

In Ghana more girls went to school when they got:

- free pads to wear
- good information about periods



There is some information and games to help girls and boys learn more about periods.

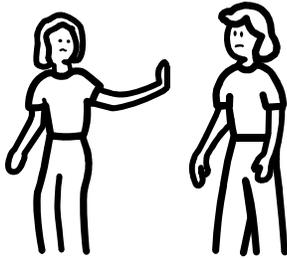


Image: WASH United

# Health

## The problem

When women and girls do not get the right support with their periods it can cause health problems.

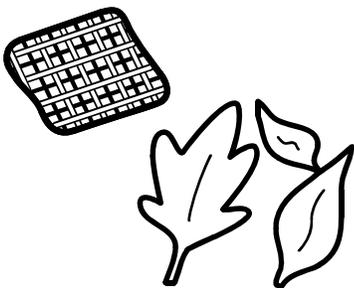


## Some facts

Many girls in Iran, India and Afghanistan think periods are a disease.

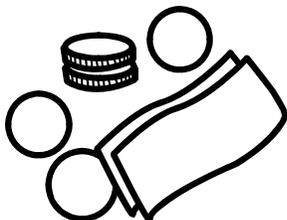


In Uganda many girls miss school because they do not have things like pills to help with the pain.



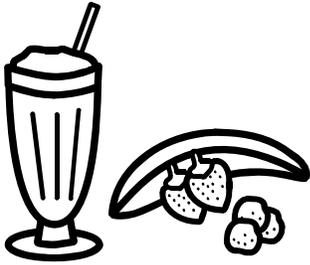
In India many women and girls cannot get tampons and pads.

They may use dirty things on their bodies, like leaves, old bits of cloth or newspapers.



Tampons and pads cost too much for many women and girls in the world.

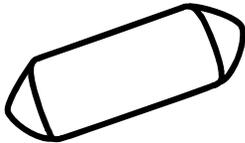
# Health



## Some good news

There are other ways to help with period pain like:

- eating healthy food
- putting something warm on your belly



The government in Kenya is making sure lots of school girls get free pads to use.

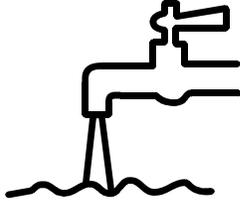


The government in Bangladesh is giving people information about how to keep clean and safe.



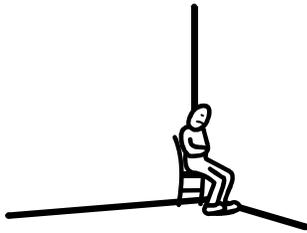
Image: WASH United

# Jobs and work



## The problem

Many women do not have the things they need at work. Like clean water and good toilets.



They may miss work when they have their period.

This causes problems for them.  
It also means companies lose money.



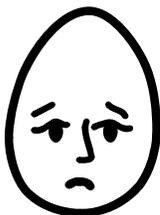
## Some facts

In Bangladesh, many women miss work every month.

They get ill from using unclean things for their period.



Men at work do not always understand why women use the toilet more when they have their period.

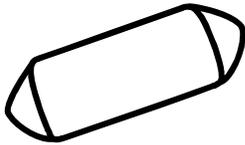


Women may feel worried or bad about this.

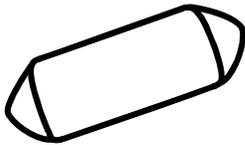
They may stay at home because of it.

# Jobs and work

## Some good news

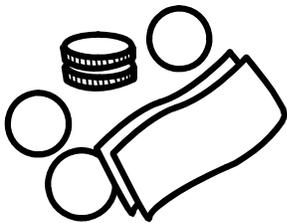


More women in poorer countries can now get safe pads to use for their period.



Some local companies in India and Africa make pads and sell them to women and girls.

This is cheaper for women and girls. It also means more jobs for local people.



Some women in India are starting their own businesses to make pads.

Kenya does not charge extra tax money for pads.



# The Environment

This is the earth we live on, the seas, the countryside and other things around us



## The problem

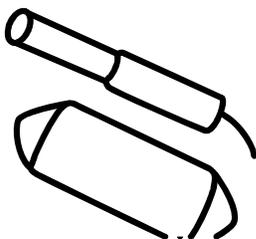
Things like tampons and pads can be bad for the environment.



## Some facts

Tampons and pads have unsafe things in them.

This can cause problems for the environment when they are thrown away.



Sometimes there are no good places to throw tampons and pads away.



This can cause health problems.

For example:

- tampons and pads may be left on the street
- toilets and pipes may get blocked up

# The Environment

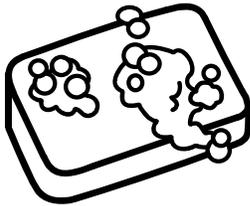
This is the earth we live on, the seas, the countryside and other things around us



## Some good news

There are other things that women and girls can use for their period.

Like pads or small cups that can be washed and used again.



They are safe to use if women have clean water and soap.

More women in places like the US and Canada are using them.

In Kenya, Bangladesh and Sudan, some local groups give these cups and pads to women and girls.

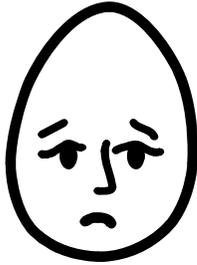


Image: RubyCup

# Human Rights

These are rights that everyone in the world has.

## The problem



Everyone has rights, like the right to go to school or have good health.

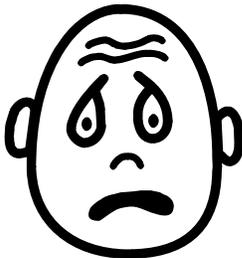
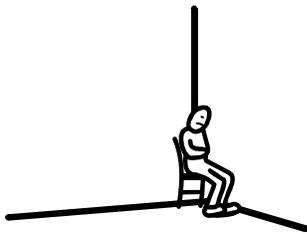
But these rights are not happening for many women and girls.

## Some facts

Many women and girls have big problems when they have their period.

For example, they may have to:

- stay at home
- use unsafe or dirty things on their bodies



Some people think periods are bad.

This can make women and girls feel worried or bad about themselves.

## Some good news

In Nepal some women and girls are treated very badly when they have their period.

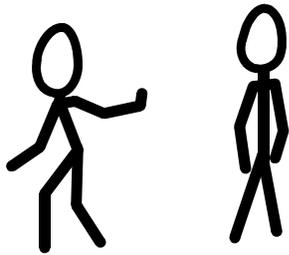
They have to stay away from other people.

A court in Nepal said this was wrong and should stop.



# Helping boys and men understand more

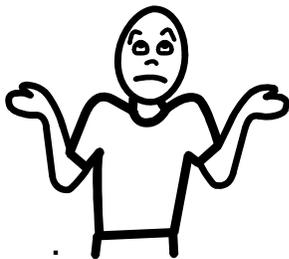
## The problem



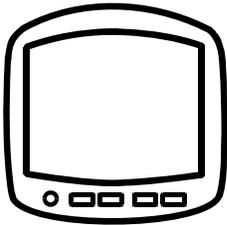
Boys and men may think bad things about periods.

They may treat women and girls unfairly because of this.

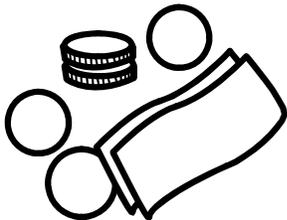
## Some facts



Many boys do not get good information about periods.



Many men in the US said they learned about periods from their sisters or TV.



Fathers sometimes earn money for the whole family.

They decide what to spend the money on.

They may not give their wives or daughters money to buy things for their period.

# Helping boys and men understand more

## Some good news



There is some good information to help boys and girls learn about periods.

Many men are working to change the way people think about periods.

They are speaking up about it.



Image: WASH United