

PERIOD

PRIDE



“shh..you can't say period”

What can you do to stop the stigma?

Be an ally! Always have menstrual products with you in case you or a friend needs them.

Call out ignorant and harmful behaviour, periods are a normal monthly process for near 25% of the population.

**END
PERIOD
POVERTY**

Accept all individuals with a period, not everyone with a period identifies as female.

Educate yourself and others of how periods work and why all people need access to menstrual products.

**MENSTRUAL
PRODUCTS
FOR ALL**

Remember, there is no shame in having a period. It is not gross or dirty, your body is functioning healthily. Be proud of your period!

