



Only 35% of menstruators felt well educated about menstruation before their first period*

Let's change that!

Share the Dignity's free menstruation education hub has all the information you need to feel knowledgeable about periods - whether you have one or not!

Head over to the menstruation education hub to learn something new. **SCAN THE QR!**

**Statistic from Share the Dignity's 2024 Bloody Big Survey on periods*

