



# Period Friendly School Action Kit



**Across Canada students are missing school due to lack of access to the period supplies they need to get through the day.**

**In fact 1 in 7 miss at least one day of school!**

Let's do more to support our community so everyone can come to school without the fear of not having the pad, tampon, or other period supplies they need.



**It's time to break the stigma and make YOUR school a period friendly space!**

**May 28 is MHD**ay. Every year, starting in 2014, organizations around the world celebrate MHDay on May 28th. This stands for Menstrual Health Day, although some organizations use the word Hygiene instead of Health. But no matter what word is used, on May 28th we work together to bring awareness to periods and how we can all help create a period friendly world.

### **Why May 28th?**

There's a special reason we celebrate MHDay on May 28th. May is the 5th month of the year and the average bleeding days for a period is 5 days. The average menstrual cycle (the bleeding days plus the other phases of the cycle) lasts for 28 days. So May 28th is the perfect day to talk about menstrual equity and we invite you to become a period ally!

## Join the movement and become a period ally!

### Your MHDay Challenge

Let's create #PeriodFriendlySchools! In a period friendly school, everyone has access to free, quality period products and inclusive period education so that people in your school community can menstruate with dignity.



#### Follow these steps to make your school a period friendly school:

- Talk to someone about periods today, and every week this year
- Display period friendly school posters (see poster attached)
- Make a school announcement on May 28th, or any other day you want to celebrate being a period friendly school (see template below)
- Let The Period Purse know what actions your school has taken to be a period friendly school, Send us an email at [Movement@theperiodpurse.com](mailto:Movement@theperiodpurse.com) and earn a decal/sticker to display in your classroom or office.
- Share your period friendly activities on social media using #periodfriendlyscool

**If you have any questions or want to learn more about what you can do to promote menstrual equity, the Period Purse Team is here to help!**

email: [Education@theperiodpurse.com](mailto:Education@theperiodpurse.com)



# Celebrate being a period friendly school



## Announcement for May 28th

*"Today is Menstrual Health Day, a global day of action to raise awareness and break the taboo around periods and period needs in our school. Schools all over Canada are making the pledge to be a period friendly school this year. Will you take a moment to take the pledge with me?"*

*This year I pledge to be a period ally. I will help my school create a period friendly space by openly talking about periods with my peers and I will make sure I know where period products are located in my school.*

*Thank you for taking the pledge with me. I know that together we can make one of the best period friendly schools in Canada!"*

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## Announcement for Any Period Friendly Day

*Today we are recognizing our commitment to having a period friendly school. Throughout the day I challenge each of us to talk about what we know about periods and what we can do to be a period ally to our peers.*

*It is important for us all to know where we can find period supplies in our space. In our school you can find period supplies:*

*I also challenge you to ask community spaces you visit a lot where period supplies are in case you or a friend needs one.*

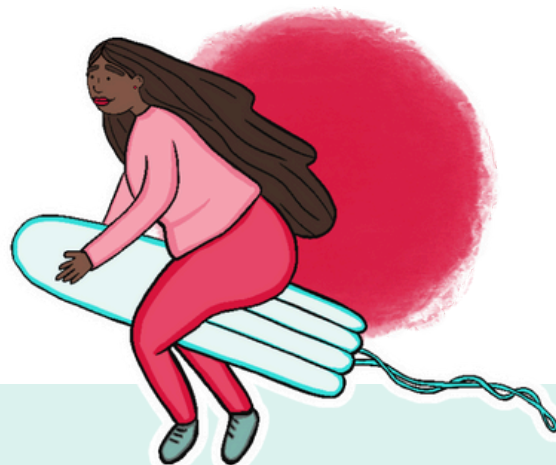
*Let's make our school one of the best period friendly schools in Canada!*



# 5 ways to create Period Equity

## 1 Stigma Busting

Are you comfy saying the word Period? Say it lots, say it often.

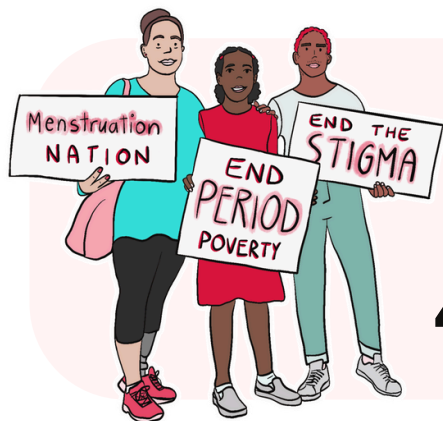


## 2 Know where products are

Discover where period products are at school, at home, and any other community space you go to like arenas, dance studios, theaters, religious centers, and beyond.

## 3 Ask questions

Periods can be mysterious but they don't have to be! Ask questions & learn more about periods and how to be a period ally for your peers.



## 4

## Reduce period poverty

Did you know 1 in 4 people don't have the supplies they need to have a safe or healthy period?

Talk with teachers, the office, friends, and neighbours about how you can collect products for those in need.

## 5 Be a Period Ally

Get involved with the Menstrual Equity Movement. You can collect products for your school or volunteer to make change in your community.

Reach out: [movement@theperiodpurse.com](mailto:movement@theperiodpurse.com)

