

Top Tips for Mobilizing Menstrual Equity within Your Community

1. Find a bill sponsor

- Contact local legislators and lawmakers whom you know would already support this work.
- When meeting with them, come prepared with factual information and statistics relevant to your community. For example, I live in the U.S. so I provided information on other states that have achieved or attempted to achieve menstrual equity within schools. Other great examples of countries that have passed laws ensuring menstrual equity to reference include Scotland, France, and the Netherlands.
- Stay in touch with your lawmaker to ensure tasks are completed timely and schedule monthly or bi-monthly meetings with them.

2. Draft language

- There are many factors to determine when drafting menstrual equity legislation: Is it for all public bathrooms, all schools? All workplaces? And if it is for all schools, which grades?
- Decide what type of products will be provided: sanitary napkins, tampons, or both?
- Decide if the law will provide funding or will solely mandate it in place- take into account who the financial pressure will be on if it's only mandated.
- Decide what you're willing to give up. This work comes with compromise. Depending on your specific government majority, you may not be able to argue for it to be implemented in unisex or male bathrooms. You may not be able to provide tampons or any products in elementary schools.

3. Engage Youth

- Find youth already passionate about addressing period poverty: scour social media- find clubs within schools that advocate for women's rights, speak at schools, use your own

children to build a coalition. If you are unable to speak at schools, reach out to youth-led groups via Instagram or LinkedIn.

4. Connect with local NGOs

- We worked with a Minneapolis-based women's rights nonprofit called NCJW. Many nonprofits that focus on women's rights or rights of children would love to support this work- utilize their connections, outreach abilities, etc.

5. Strategically prepare for opposing arguments

- Arguments we faced included: anti-trans sentiments, belief that this law would take away an opportunity for kids to show grit within their own schools, claimed that this was a waste of money- mandate not fund, fund not mandate, etc.

6. Prepare testifiers/testimonies across all platforms

- Males, healthcare workers, etc.- it is critical to cover all bases in order to make a tight argument.