



presents...

your menstrual bill of rights

1. ACCESS

You have a right to access period products.

Periods products are a necessity, not a luxury. Therefore, barriers to access should be removed or reduced. Access initiatives can include: lowering economic hurdles, such as higher tax rates; providing products available for purchase within reasonable walking distance; and requiring tampons/pads be made available in restrooms. It is important to protect the right to access with vulnerable populations, in particular prisoners, who are either denied access outright or are priced out.

2. A DESTIGMATIZED BODY

You have the right to not experience mistrust or discrimination due to menstruation.

Menstruation is a normal bodily function, but is frequently maligned in every aspect of our culture including policy, media, and sex education. Periods are used as justifications for undermining female authority and decision making. Misogyny is deeply rooted in fear, disgust, and mistrust of menstruation.

3. TRANSPARENCY

You have a right to make informed choices about what you're putting in your body.

Currently, period product manufacturers are not required by the FDA to disclose contents. Transparency is especially important for menstrual products because vaginal tissue is incredibly permeable and any chemicals present on items inserted into the vagina can enter the bloodstream. Most cotton grown in the US is treated with glyphosate, a known carcinogen. Additionally, period products typically contain odor neutralizers, dyes, and fragrances, all which have undisclosed mixtures of chemicals.

4. FULL & EQUAL PARTICIPATION

You have the right for menstruation to not restrict your ability to participate fully and equally.

There are uncomfortable and messy aspects of periods that we can never solve, but your period should not hinder your ability to handle a difficult work schedule, focus on an important test, go camping, or make difficult decisions without having your emotional stability questions. To ensure full and equal participation, we not only need to advance issues of access, but also cultural attitudes.

5. INCLUSION

All menstruating people have the right to benefit equally from advancements in policy and access.

Any benefits to new procedures and policies should be equally accessible to all menstruating people. Not all people who menstruate are cisgender women. It is doubly important to be inclusive in this political climate as bathrooms have become increasingly politically charged and less safe for LGBTQI people.

Have something to say?

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