

What does a period-friendly world look like?

In a period-friendly world, we have made progress across 5 key areas of menstrual health and hygiene:



Period education

Everyone is educated about menstruation from an early age. It provides girls with the practical and biological knowledge they need and helps to address fears and shame.



Period-friendly social environment

Menstruation is accepted as a normal fact of life and is no longer stigmatized. The social environment is positive and respectful in relation to the menstrual cycle.



Menstrual health services

Menstrual health services are available to everyone. These include access to trained medical staff and self-care practices and pain relief methods.



Access to period products

Everyone has access to and can afford quality period products of their choice. Access to menstrual products is fundamental for women's and girls' health and dignity.



Period-friendly toilets

Everyone has access to period-friendly toilets that are accessible, clean, and equipped with disposal options, water, and soap.

Let's build a period-friendly world – together!

Join Menstrual Hygiene Day: www.menstrualhygieneday.org

