

# Comfortable Sustainable

## & Essential for Education



### Monthly menstruation products are a necessity

Period poverty is much more common in our community than you would think. Almost one quarter of people who menstruate in Canada say they have struggled to afford menstrual products for themselves or their children.

When students don't have access to menstrual products, they may experience anxiety, shame, and embarrassment - which may result in them missing school, extracurricular activities, and social opportunities.

**Period Promise is devoted to making fundamental change and eradicating period poverty.**

With funding from the Government of Alberta, and with product sponsorship from Proctor & Gamble, United Ways across the province are joining together to provide free menstrual products to select Alberta schools – including this one.

By ensuring our youth are equipped with basic necessities and by destigmatizing menstruation, together, we can reduce barriers to active participation in life's experiences.

### How you can help

- **Spread the word.** Share with your class that FREE menstrual products are available in school restrooms should they need them.
- **Encourage feedback.** Help us better understand menstrual inequity. Ask students to scan the QR code on posters around the school to complete the Period Promise student survey.
- **Break the stigma.** When talking about periods, avoid using euphemisms such as "Aunt Flo" or "Code Red." Menstruation is a fact of life, so discuss it openly, without shame.
- **Support Period Promise.** Help other vulnerable people in our community get dignified access to menstrual supplies at [myunitedway.ca/periodpromise](http://myunitedway.ca/periodpromise)



United Way

[myunitedway.ca/periodpromise](http://myunitedway.ca/periodpromise)

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