



Global South Coalition
For Dignified Menstruation

Menstrual Discrimination Among Transmen in Nepal

Radha Paudel, PhD

30 June, 2026 | Kathmandu, Nepal



Radha Paudel, PhD (Lead)

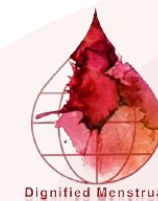
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आफ्नो जीबनमा सबै भन्दा पहिले कुन उमेरमा महिनावारीको केहि न केहि कुरा थाहा पाउनु भयो ? जस्तो आमा, फुपहरुले कुरा गरेको, वा उहाँहरु महिनावारी भएको, खाना नपकाएको, महिनावारी प्याड वा टालो लुकी लुकी धोएको सुकाएको वा अन्य केहि कुरा गरेको कुन उमेरमा देख्नु/सुन्नु भयो?

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Dignified Menstruation

Background

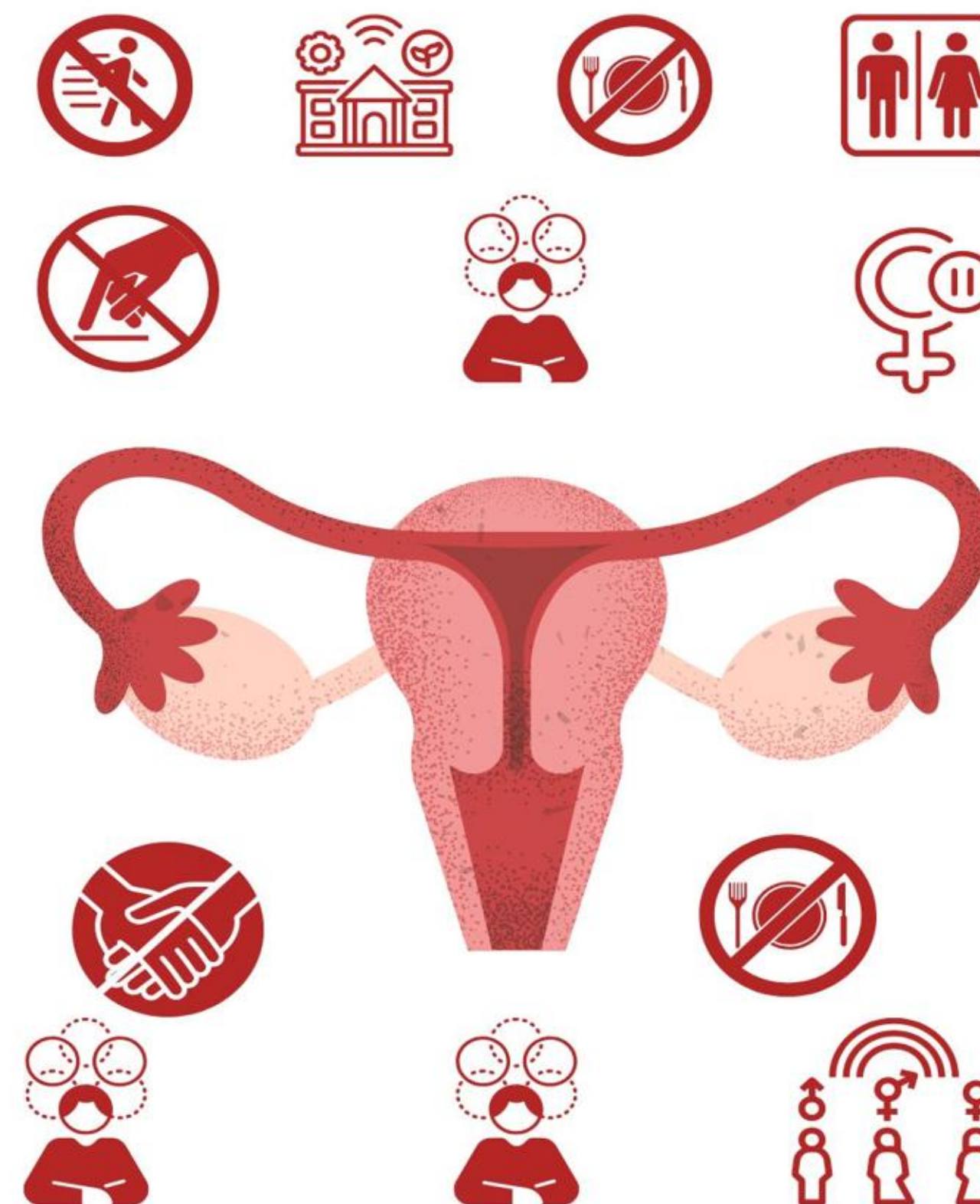
Menstrual Discrimination refers:

silence, shame, taboos, stigma, restrictions, abuse, violence, and deprivation from services and resources that are associated with menstruation throughout the lifecycle of all menstruators.

- Transmen remain invisible in menstrual, GEDSI discourse, research, and policy.
- Their menstruation intersects with dysphoria, social exclusion, and lack of recognition.

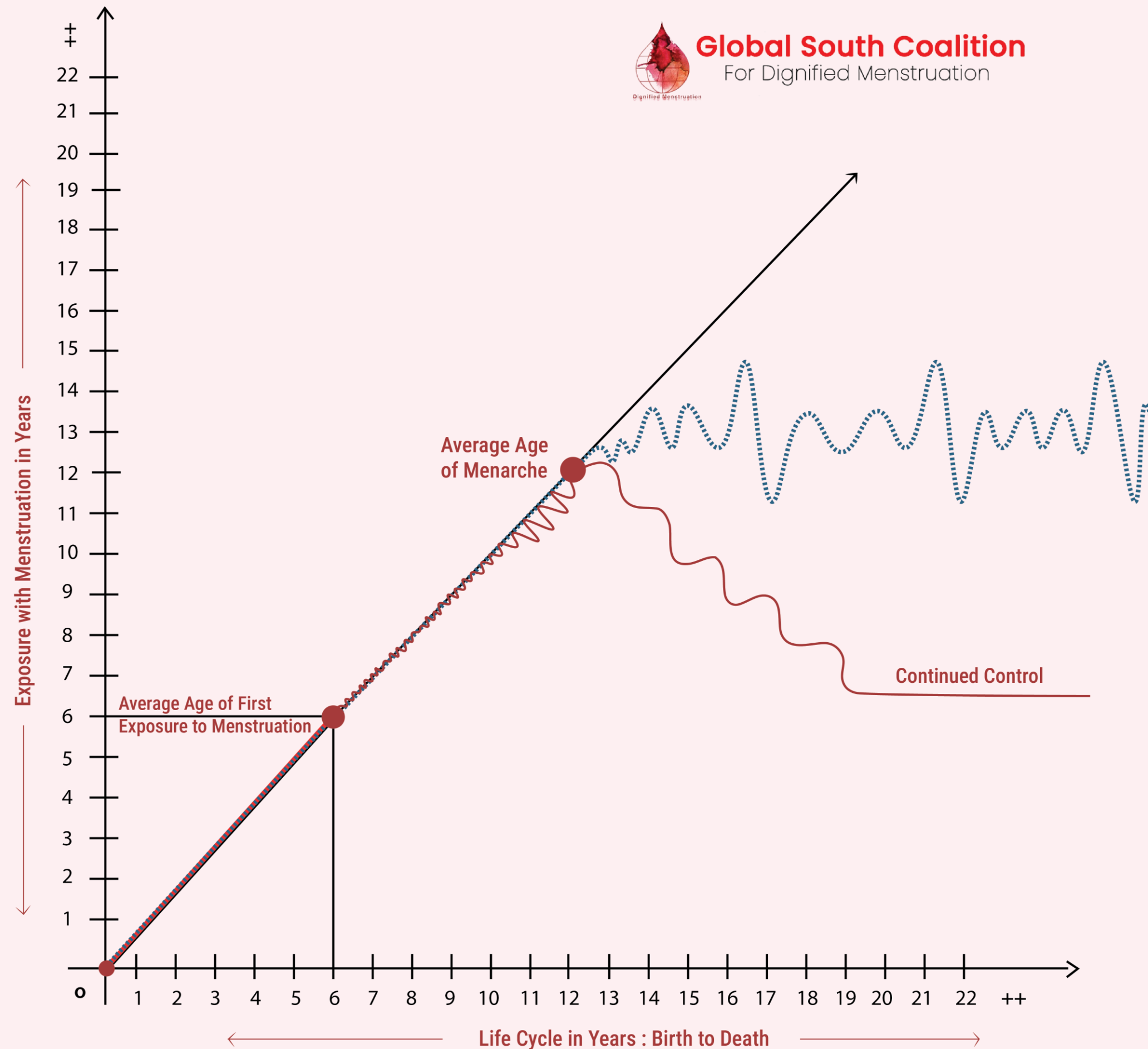


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First Exposure to Menstrual Practices: Construction of Unequal Power Relationships, Patriarchy, and Exclusion



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Objective

- To explore the menstrual practices among transmen.
- To identify the impact of menstrual practices among transmen.
- To explore the policy gaps to address menstrual discrimination among transmen.

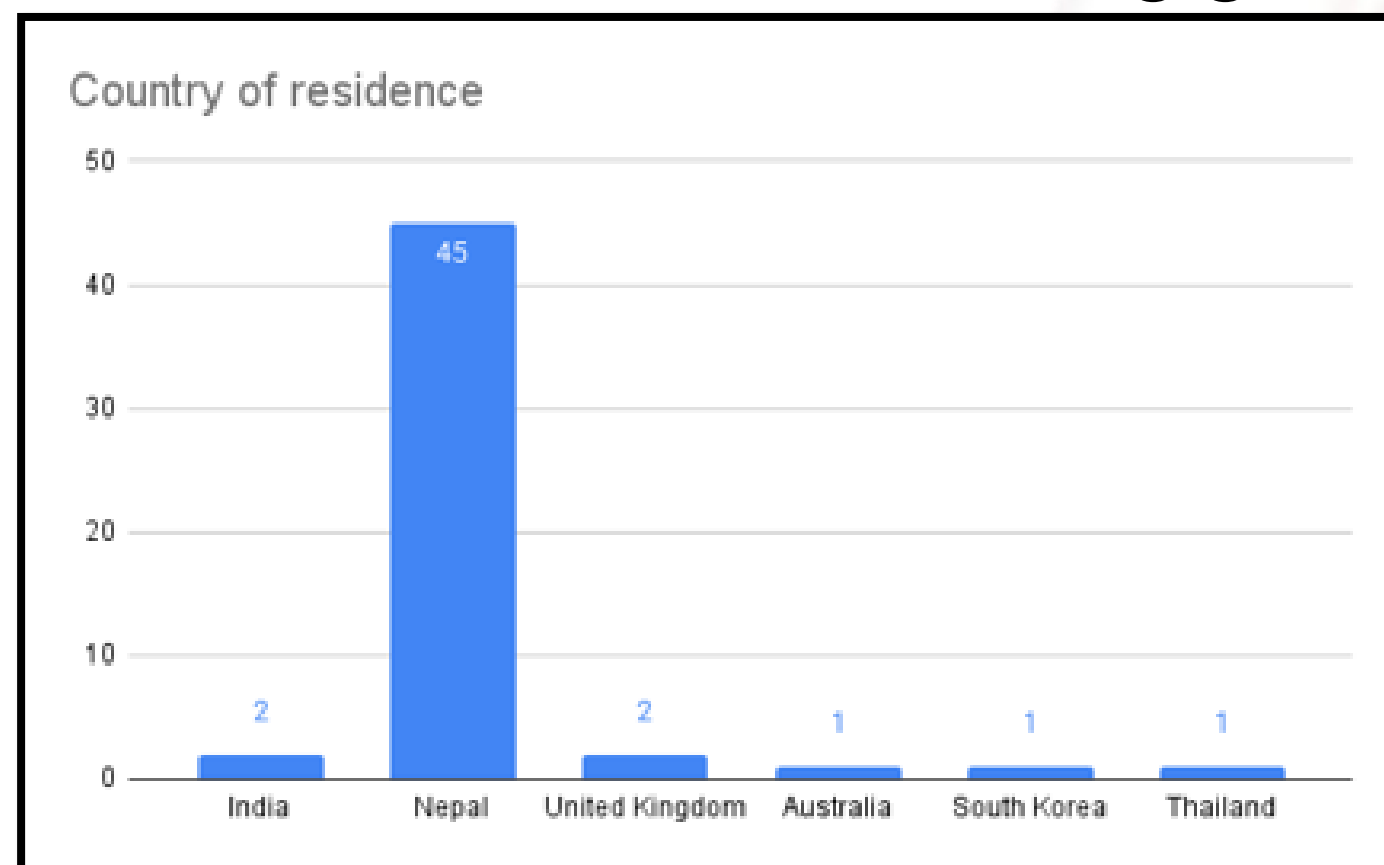
Dignified Menstruation

Methodology

Time Frame: January to September 2025

Data/Information gathered:

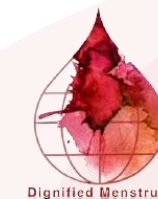
- 1. 4 group meetings:** N-30 Transmen, from all provinces, resided in Kathmandu.
- 2. Online Survey:** N-52 (23.1% Hormon therapy, 3.8% Top Surgery, 69.2% not having gender affirming medical intervention)



3. Policies Reviewed (2007-2024):

- Ministry of Women, Children, Gender & Sexual Minorities, & Social Security
- Ministry of Health and Population
- Ministry of Education,
- Ministry of Water Supply,
- National Women Commission,
- National Human Rights Commissions
- National Planning Commission

Inclusion Criteria: Menstruation, Menstrual Discrimination, Dignified Menstruation, Transmen, Gender non-binary, LGBTQUIA++



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Key Findings

Dignified Menstruation

1. Knowledge and Early Experiences

- Learned about menstruation mainly from mothers, sisters, or friends.
- Menstruation is taught as impurity, silence, and shame.
- Between **5-9 years**, they learned something about menstruation at first in their lives.
- Reactions at first exposure: fear, shock, confusion.
- 66% weren't well-informed about menstruation.

***“To my knowledge
menstrual blood is negative
blood. The more it flows is
better for health.”
- from group meeting***

2. Menstrual Practices during first menstruation

Age of First Menstruation: mostly 10-13 years.

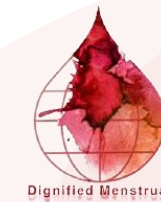
First Reactions: fear, shame, rejection of body, trauma.

“Does man menstruate? I didn’t think that I would experience menstruation at all. Why did I menstruate?”

Restrictions faced:

- Not allowed to see male family member
- Kept separate / confined
- Deprived of certain foods
- Prohibited from religious spaces
- Management challenges: hiding pads, leaking fears, using cloth

“We usually wear box pants as a transman which is not easy for holding the menstrual pad during menstruation, leaking is common and scare of leaking also common. We lose confidence and felt dehumanized.”



3. Menstrual Discrimination:

3.1 Within self

- Conflict/ Dysphoria, dual identity
- Emotional stress
- Pressure to stop menstruation through hormones
- Observing discrimination

“I cried a lot while having menarche. My paternal aunt (phupu) kept me at cousin’s house for seven days. I was worried for not allowing me for joining gym along with my elder brother. My family gifted a skirt and I felt sad that I was becoming girl. Meanwhile, I was puzzled with my identity.”

3.2 Family:

- Mocking, menstrual discrimination, and forced practices
- Family still treats them as girls and instills expectations, stereotypes & fear.
- Unsafe home environments

I feel so depressed while having menstruation and imposing various types of menstrual discrimination, even I attempted suicide for couple of times at home. I do not like to live with such domination and oppression.”

3.3 School

- No curriculum on trans-inclusive menstruation
- Fear of being exposed
- Ignorant teachers and management
- Lack of DM-friendly schools

3.4 Community and Workplace:

- Misgendering,
- Undignified WASH facilities
- Doctors dismiss concerns or give harmful advice.
- Lack of DM-friendly workplaces

“Often hormone therapy requires follow ups due to abdominal cramps, white discharge, urine infections and emotional health issues but there is no safe space in hospital to consult with doctors and doctors are not friendly and supportive as well.”

4. Policy Gaps

- Most national policies overlook transmen (health, education, WASH, SRHR).
- Free pad distribution program excludes transmen



“Transmen are suffering in every step in Nepal therefore few of them tried to work and reside in abroad but they encountered with challenges while producing documents including passport, in immigration and in abroad e.g. Dubai is not open country for LGBTQUIA+. Owners or employer kicked out them while they knew about their identity.”

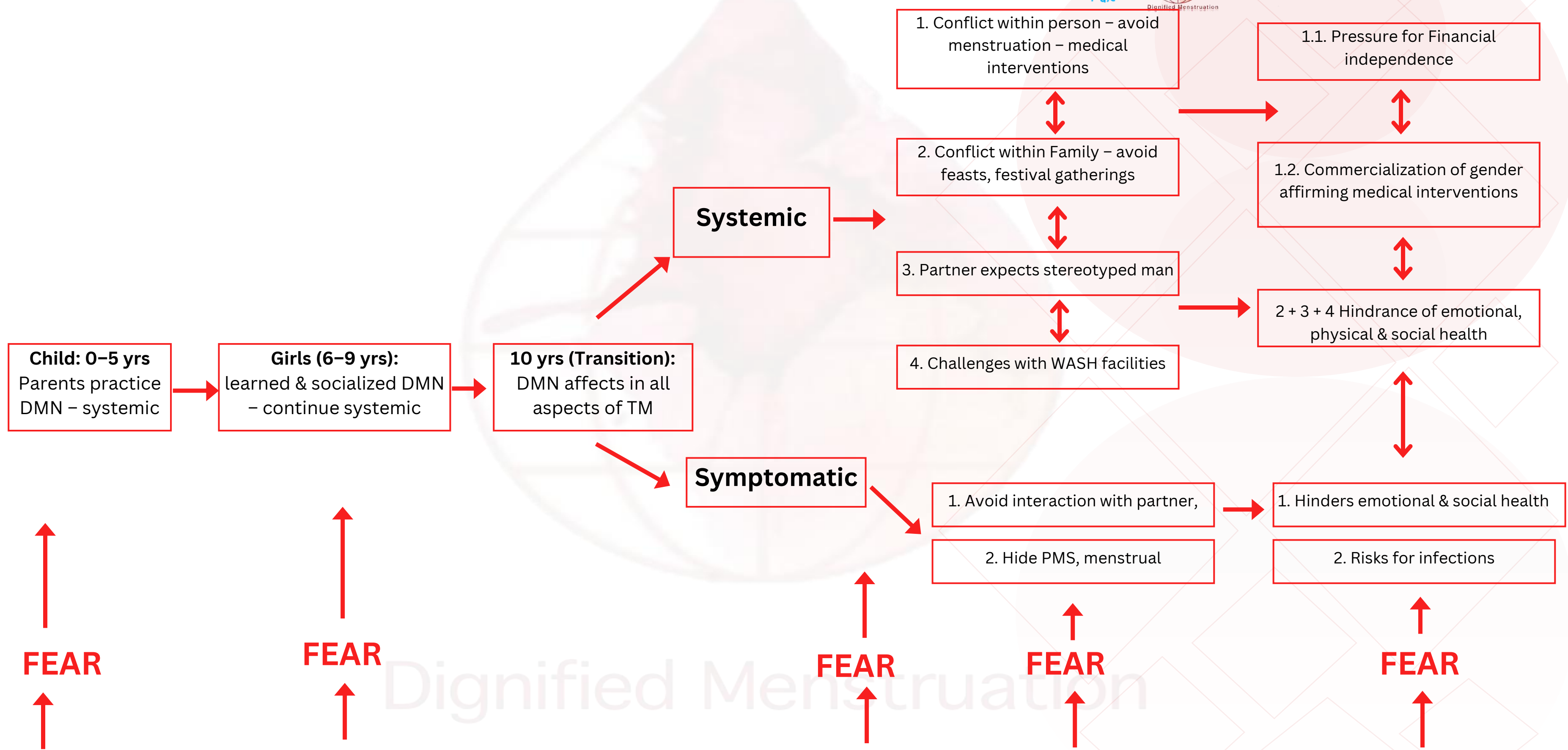
Only the Resolution Motion on Dignified Menstruation (2025) recognizes transmen.

International human rights instruments such as CEDAW, SDGs, CRPD do not explicitly address menstrual discrimination and menstrual discrimination against transmen.



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Menstruation is considered as 'impure', 'dirty', & state of weakness. Such menstrual discrimination constructs unequal power, patriarchy & exclusion.

Way Forward



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Educate communities on dignified menstruation and the dual identity of transmen since childhood and primary school.

M from Menstruation

M from menstruation

Born from brood of menstruation

I'm a boy

I'm a girl

I'm a transmen

Whoever I am

Born from blood of menstruation

Menstrual blood is clean and pure,

I also clean and pure as menstrual blood

M from Menstruation

म बाट महिनावारी

म बाट महिनावारी

महिनावारीको रगतले जन्मिएको म

छोरा म

छोरी म

पारलिंगी पुरुष म

जो सुकै हुँ म

महिनावारीको रगतले जन्मिएको म

महिनावारीको रगत शुद्ध,

अनि त्यतिकै शुद्ध म।

म बाट महिनावारी

Dignified Menstruation

Way Forward



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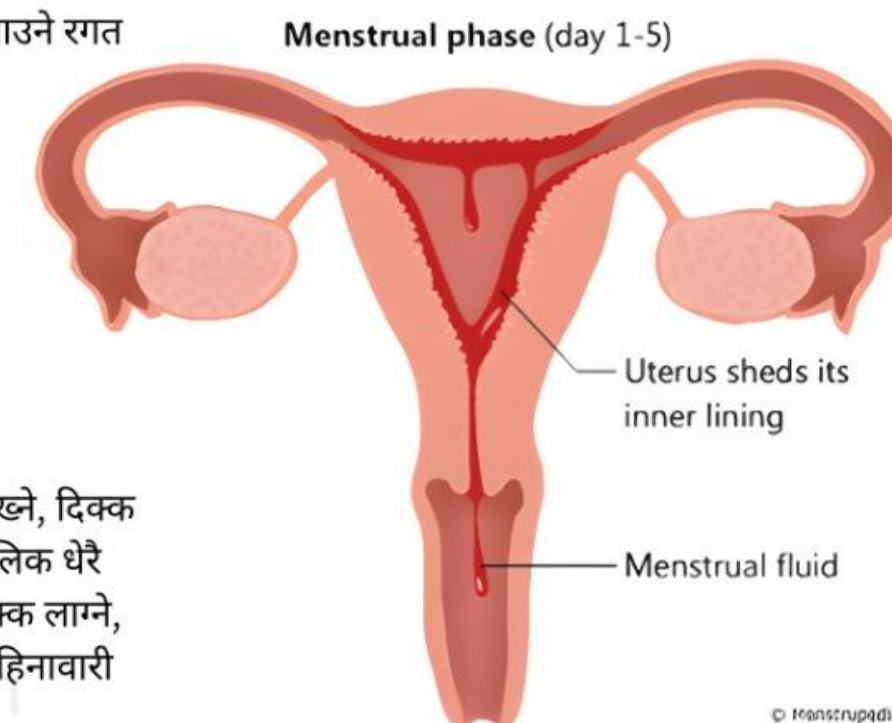
Educate tranmen and LGBTQUIA++ communities on menstruation, menstrual discrimination and dignified menstruation through various means.

महिनावारी



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- पाठेघर नलिकन जन्मिएकाहरुको दारी जुँगा आए झैँ पाठेघर लिएर जन्मिएकाहरु परिपक्व भएपछी पाठेघरको भित्रि तहमा अर्को नयाँ पत्र वा झिल्ली बन्छ । जुन केहि गरी बच्चा बन्ने वातावरण बन्दो भने बच्चालाई ९ महिना हुर्काउनको लागि बनेको नयाँ पत्र हो । बिभिन्न कारणले बच्चा बन्ने वातावरण नभएपछी त्यो नया पत्र च्यातिन्छ वा फुट्छ । त्यसरी च्यातिदा आउने रगत नै महिनावारी रगत हो ।
- महिनावारी प्रकृतिले बनाएको हो । रोक्न सकिदैन ।
- महिनावारीको रगत सफा रगत हो । शुद्ध रगत हो ।
- महिनावारी रोग होइन । कमजोरि पनि होईन ।
- महिनावारीको रगतको कारणले नै यो संसार अडेको छ । चलेको छ ।
- सालाखाला १२ बर्षको उमेरमा महिनावारी हुन्छ भने १०-१६ वर्ष सम्मको महिनावारीलाई सामान्य मानिन्छ ।
- सालाखाला ५ दिन रगत बग्छ भने ३-७ दिन सम्म रगत बग्नुलाई सामान्य मानिन्छ ।
- सालाखाला २८ दिनको महिनावारी चक्र मानिन्छ भने २१-३५ दिन सम्मको चक्रलाई सामान्य मानिन्छ ।
- १०० महिनावारी हुने व्यक्तिहरु मध्य ८५ जनामा महिनावारी हुनुपूर्व देखिएका लक्षण जस्तो तल्लोपेट दुख्ने, ढाड दुख्ने, दिक्क लाग्ने, कब्जियत वा पखाला लाग्ने, टाउको दुख्ने आदि सामान्य लक्षण हुन्छन । १० जना जतिलाई यस्ता लक्षण अलिक धेरै अनुभव गर्छन जसलाई प्राथमिक उपचार गरे हुन्छ भने ५ जनालाई गम्भीर खालका लक्षण देखिन्छन । जसलाई दिक्क लाग्ने, बान्त हुने, बेस्सरी पेट दुख्ने आदि गम्भीर खालका लक्षण महिनावारी हुनु पुर्ब करिब १० दिन अघि देखि देखिएर, महिनावारी भएको १० दिनसम्म देखिन सक्छ ।
- कुन किसिमको लक्षण हो भन्न महिनावारी डायरी बनाउनु पर्छ, गम्भीर लक्षण हो भने हेला, विभेद नगरेर उपचार गरिनुपर्छ । सामान्य किसिमको लक्षणलाई हाउगुजी बनाउन, हेला, विभेद गर्न हुँदैन ।



Way Forward



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Change narratives around menstruators focusing on transmen, transmen with disability through media engagement in all settings.



..the wait is over!

**Nepal's First Research
on Menstruation
Among Trans Men**

is here.



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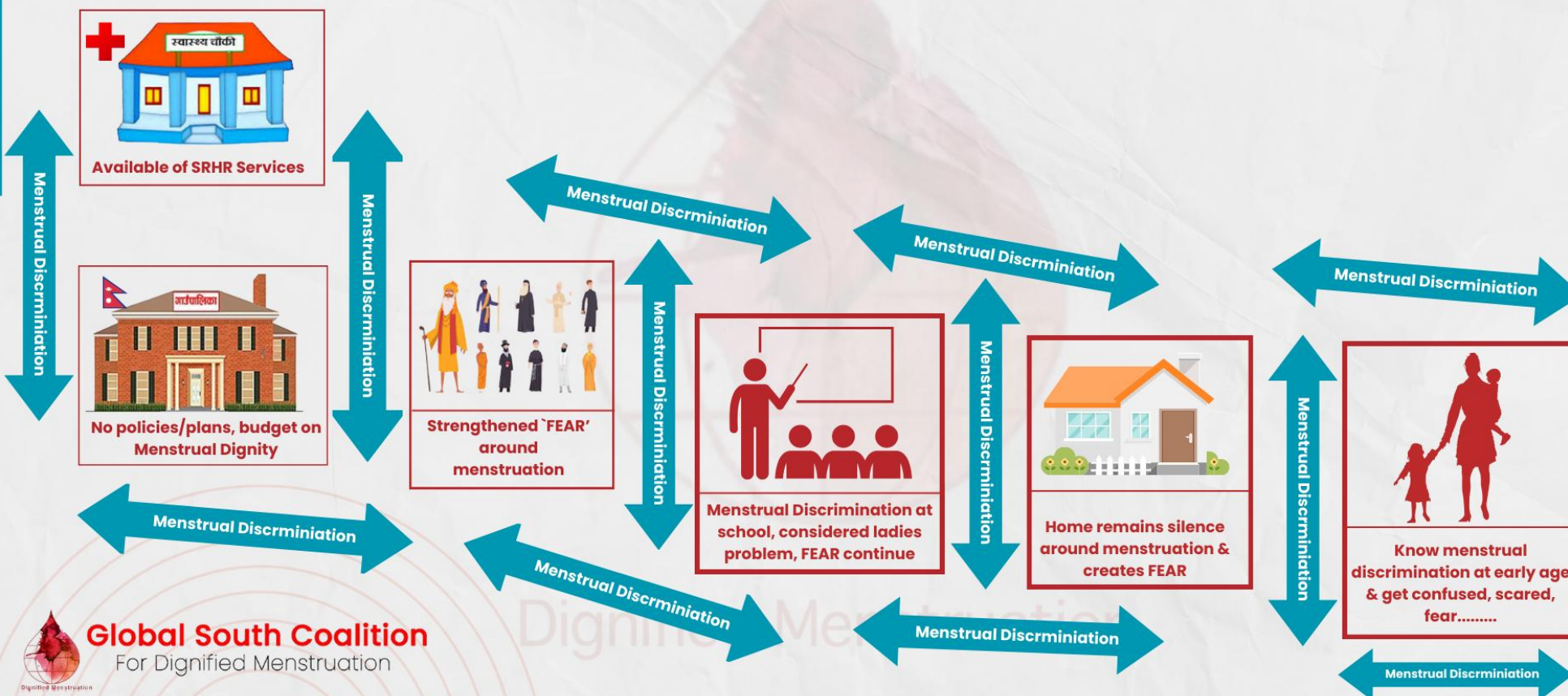


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Way Forward

Integrate values and principles of dignified menstruation across all sectors;
health-SRHR, WASH, workplace, Climate etc.

Menstrual Discrimination is pervasive across all levels. It is a form of GBV and underlying barrier for utilizing SRHR services.



www.radhapaudelfoundation.org || www.dignifiedmenstruation.org



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Four 'S' for Dignified Menstruation-Friendly WASH Facilities

Four 'S'	Descriptions	Yes	No
S- Safety (Infection Prevention)	Accessible to all diverse people	☒	
	Facility of water	☒	
	Facility of waste management	☒	
	Available of soap	☒	
	Place for washing and drying the clothes	☒	
	Spacious toilet	☒	
S- Security (Agency Building)	Well locked door/window	☒	
	Well light	☒	
	Well ventilated	☒	
	Appropriate for privacy and confidentiality	☒	
S-Save (Menstrual Products)	Save planet (eco-friendly menstrual products)	☒	
	Save people (right to choice for using menstrual products, no any harm due to chemical to both; user and waste collector)	☒	
	Save Pocket (cheap, locally available with quality and standard menstrual products)	☒	
S-Stigma (Free Menstrual Discrimination)	Free from any forms of menstrual discrimination	☒	
	Supporting environment in school in case of leaking or sick or abuse due to menstruation	☒	

www.radhapaudelfoundation.org || www.dignifiedmenstruation.org

Way Forward



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Recognize menstrual discrimination as a SGBV and violation of human rights and work accordingly as pledged in resolution motion on dignified menstruation.



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Menstrual discriminatory practices violate the Constitutional/Human Rights

Menstrual practices	Right to live with dignity (16)	Right to freedom (17)	Right to equality (18)	Right against untouchability and discrimination (24)	Right to education (31)	Right to health (35)	Right to food (36)	Right to shelter (37)	Right of women (38)
• Restriction to enter kitchen and have food	x	x	x	x	x	x	x	-	x
• Have to eat separately in a corner	x	x	x	x	-	x	-	x	x
• Have to sleep in a corner separately	x	x	x	x	x	x	-	x	x
• Have to wash clothes and dry separately	x	x	x	x	x	x	x	-	x
• While going toilet has to announce it and let others know	x	x	x	x	x	x	-	-	x
• Restriction to touch and water flower	x	x	x	x	x	x	-	-	x
• Fear of blood stain in clothes at school and home	x	x	x	x	x	x	-	-	x
• Silence regarding menopause, negative thinking and behavior regarding menopause	x	x	x	x	x	x	x	x	x



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Thank you!!

Dignified Menstruation