

8th INTERNATIONAL DIGNIFIED MENSTRUATION DAY

"Dignified Menstruation: Political Engagement from Kitchen to Parliament"
"आन्सादेखि संसदसम्मको सहभागिताका लागि मर्यादित महिनावारी"

8 December 2026 | Toolkit

WHY 8 DECEMBER?

International Dignified Menstruation Day is observed every year on 8 December.

The day was initiated in Nepal in 2019 by the Radha Paudel Foundation (RPF) and its global network, the Global South Coalition for Dignified Menstruation (GSCDM).

8 December was selected because menstrual discrimination is both a form of sexual and gender-based violence (SGBV) and a violation of human rights.

It is:

- the 14th day of the 16 Days of Activism Against Gender-Based Violence;
- within December, widely recognized as Human Rights Month; and
- close to Human Rights Day on 10 December.

The observance emerged from the lived experience and decades of advocacy of a survivor of menstrual discrimination from the Global South.

8 December is not a competition with any other observance. It is a call to fill a gap and place menstrual discrimination, dignity, equality and human rights at the centre.

WHAT IS MENSTRUAL DISCRIMINATION?

Menstrual discrimination is not a single act, event or period.

It is an umbrella term covering:

Silence Taboos Shyness Shame Stigma Restrictions
Abuse Violence Exclusion Deprivation of Resources and Services

It:

- occurs across the globe in different names, forms and magnitudes;
- operates throughout the life cycle of menstruators;
- contributes to unequal power relationships, patriarchy and exclusion;
- is a form of sexual and gender-based violence;
- violates human rights;
- is a cause and consequence of other forms of SGBV, including child marriage; and
- is complex, dynamic and multifaceted.

Menstrual discrimination can begin in childhood and continue from the kitchen to the community, institutions and parliament.

WHAT IS DIGNIFIED MENSTRUATION?

Dignified Menstruation is: A state free from all forms of menstrual discrimination and its impact throughout the life cycle of menstruators.

It is a:

Decolonized Innovative Holistic Transformative
Feminist Human Rights-Based Life-Cycle Approach

Dignified Menstruation seeks to:

- create equal power relationships;
- dismantle patriarchy;
- accelerate inclusion of menstruators and non-menstruators;
- move beyond products and WASH alone;
- prevent SGBV, including child marriage;
- strengthen SRHR and comprehensive sexuality education as an entry point; and
- promote human rights.

From five days of bleeding to a life-cycle approach.

Menstruation is not only a matter of products, management or infrastructure.

It is a matter of dignity, equality, justice and human rights.



WHO ARE MENSTRUATORS?

Dignified Menstruation framework uses the terms menstruators and non-menstruators to address exclusion and intersectionality.

Menstruators are people born with a uterus and ovaries, including girls, women, transmen, queer and non-binary individuals.

Non-menstruators are people born without a uterus or ovaries.

* Not all women menstruate, and men can also menstruate.
Everyone has a role in ending menstrual discrimination.

WHY THE 2026 THEME?

DIGNIFIED MENSTRUATION: POLITICAL ENGAGEMENT FROM KITCHEN TO PARLIAMENT

Menstrual discrimination does not remain confined to menstruation itself.

It can begin in childhood and within the household — through restrictions, food and resource deprivation, silence, shame and exclusion.

These experiences can contribute to unequal power relationships and patriarchy and can cascade into wider social, economic and political structures.

Therefore, the 2026 campaign traces the pathway:



The campaign calls for dignity, participation and political engagement at every point along this pathway.

What happens in the kitchen can shape participation in parliament.

FOUR CAMPAIGN OBJECTIVES

1 Address Menstrual Discrimination

Unveil and disrupt unequal power relationships and patriarchal socialization from womb to tomb.

2 Advance Political & Institutional Engagement

Advocate for Dignified Menstruation in local, national, and international policies, including GESI, climate justice, and SRHR.

3 Address SGBV & Human Rights Violations

Recognize and challenge discriminatory menstrual practices as forms of SGBV and violations of human rights.

2 Amplify Grassroots Lived Experiences

Bring the voices of diverse menstruators — including girls, women, transmen, queer, non-binary individuals and menstruators with disabilities — from community spaces to policy-making spaces.

PRIORITY CAMPAIGN AREAS

Choose one or more areas according to your context:

- Dignified Menstruation and Democracy
- Dignified Menstruation and Education
- Dignified Menstruation and Human Rights
- Dignified Menstruation and SRHR
- Dignified Menstruation and Disability Inclusion
- Dignified Menstruation and LGBTQIA+ Rights
- Dignified Menstruation and Climate Justice
- Dignified Menstruation and Humanitarian Settings
- Dignified Menstruation and Youth Leadership
- Dignified Menstruation and Media Engagement
- Dignified Menstruation and Men & Boys Engagement
- Dignified Menstruation and Workplace Inclusion
- Dignified Menstruation and Policy Advocacy

WHAT CAN YOU DO?

Every activity should make 8 December, International Dignified Menstruation Day, visible and carry a clear Dignified Menstruation message.

COMMUNITY

- Community dialogues
- Community theatre
- Storytelling
- Public discussions
- Leadership workshops

SCHOOLS & UNIVERSITIES

- Special assembly or classroom session
- Wall and notice-board messages
- Discussions on menstrual discrimination
- DM-friendly school initiatives
- Student-led activities

GOVERNMENT & POLITICS

- Meet local government representatives
- Request public recognition of 8 December
- Engage elected representatives
- Advocate for policy integration
- Organize parliamentary or government

WORKPLACES

- Workplace discussions
- Dignified Menstruation-friendly workplace sessions
- Review workplace policies
- Use the 4D Framework: Define, Dismantle, Detect, Declare

MEDIA & DIGITAL

- Digital campaigns
- Social media mobilization
- Articles and stories
- Interviews
- Videos and visual knowledge products
- Share one core message at a time

YOUTH & ACTIVISTS

- Leadership development
- Youth dialogues
- Advocacy actions
- Community mobilization
- Storytelling and creative campaigns

INCLUSION

Ensure activities are physically and communicatively accessible and include the voices of menstruators with disabilities and diverse identities.

CORE MESSAGES

Use these messages throughout your campaign:

01

Dignified Menstruation is not about five days of bleeding — it is about dignity from birth to death.

04

Ending menstrual discrimination is everyone's business — menstruators and non-menstruators together.

02

Menstrual blood is clean and pure blood.

05

We all are born from menstrual blood.

03

Dignified Menstruation: Political Engagement from Kitchen to Parliament.

06

From hygiene to dignity — say menstruation, not a euphemism.

THE DM INDICATORS

The Dignified Menstruation framework moves beyond infrastructure and service delivery and provides practical indicators for action.

3Ps — Menstrual Products

Person • Planet • Pocket

- Person: choice, information, inclusion and freedom from discrimination
- Planet: environmental responsibility
- Pocket: affordability, quality and accessibility

4S — WASH

Safety • Security • Save • Stigma-Free

- Safe and accessible facilities
- Privacy, security and confidentiality
- Saving people, planet and pocket
- Freedom from menstrual discrimination

4D — WORKPLACE

Define • Dismantle • Detect • Declare

- Define: knowledge and open discussion
- Dismantle: eliminate menstrual discrimination
- Detect: identify health needs and provide support
- Declare: institutional commitment, policy, budget and complaint mechanisms

CAMPAIGN PRINCIPLES

Every IDM Day campaign should uphold:

Dignity First
Human Rights-Based Approach
Feminist Principles
Decolonized Knowledge
Life-Cycle Approach
Intersectionality
Inclusion of Menstruators and Non-Menstruators
Evidence-Based Advocacy
Meaningful Participation
Accountability and Transparency
Reject shame, taboo and discriminatory framing.
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CAMPAIGN ROADMAP

OCTOBER	Conduct community dialogues, school sessions and leadership activities. Begin content development. Strengthen institutional and policy engagement, workplace sessions and research dissemination.
NOVEMBER	Intensify digital and social media mobilization as the 16 Days of Activism Against Gender-Based Violence approaches.
1-8 DECEMBER	Conduct culminating activities and visible public or advocacy actions.
8 DECEMBER	INTERNATIONAL DIGNIFIED MENSTRUATION DAY
AFTER 8 DECEMBER	Document activities, review indicators, capture learning and prepare for the next cycle.

MAKE YOUR CAMPAIGN COUNT

For every activity, record:

Activity name and type
Date and location
Number of participants
Approximate menstruator/non-menstruator participation
Core message used
Whether 8 December was clearly mentioned
Photos, videos or social media posts
One story or quote from a participant

Before you finish, ask:

- ✓ Did we clearly mention 8 December, International Dignified Menstruation Day?
- ✓ Did we use at least one DM core message?
- ✓ Did we use the DM symbol or colours?
- ✓ Did we share the activity through social media and tag GSCDM?
- ✓ Did we collect at least one photo, story or quote?

JOIN THE GLOBAL CAMPAIGN 8 DECEMBER 2026

Dignified Menstruation: Political Engagement from Kitchen to Parliament

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Suggested hashtags:

#DignifiedMenstruation #KitchenToParliament
 #DignifiedMenstruation2026 #MenstrualBloodIsPure
 #DignifiedMenstruationDay #EndMenstrualDiscrimination
 #8thDecember



SCAN FOR
COMPREHENSIVE
TOOLKIT

Global South Coalition for Dignified Menstruation (GSCDM)

www.dignifiedmenstruation.org