

*Toolkit For Marking 6<sup>th</sup> International Dignified Menstruation Day, December 8, 2024*

Toolkit for Marking 6<sup>th</sup> International Dignified Menstruation Day  
“Upholding Dignified Menstruation: Fundamental to Sexual and  
Reproductive Healths and Rights”

December 8, 2024



Prepared by:



In Collaboration with:



## Menstrual Discrimination

Menstrual Discrimination “refers to taboos, shyness, shame, stigma, restrictions, abuses, violence, and **deprivation from services and resources** that are associated with the menstruation throughout the life cycles of menstruators (girls, women, transmen, queer) in all diversities. It is a form of sexual and gender- based violence and violation of human rights [GSCDM 2019](#).”

Menstrual Discrimination has been practicing all around the globe with different names, forms, and magnitude.



Fig 1: Menstrual Practices across the globe

## Dignified Menstruation

Dignified Menstruation is “a state of freedom from any forms of menstrual discrimination includetaboos, stigmas, shyness, shame, abuse, restrictions, violence and deprivation from services and resources that associated with menstruation throughout the life cycle of menstruators [GSCDM 2019](#).” It is the innovative and holistic approach for changing the narratives around menstruation from 5 days bleeding to the lifecycle approach throughout 24/7 hours and 365 days of menstruators through the lens of human rights.

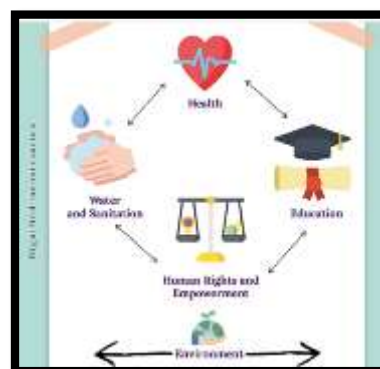


Fig 2: Dignified Menstruation in all Sector

**WHAT:** Free from any forms of discrimination **WHO:** Those who born with uterus and ovaries

**WHERE:** 24/7 hours including pandemic and humanitarian settings

**WHEN:** From birth to death

**HOW:** At individual, school, community, policy

## International Day of Dignified Menstruation (IDDM)

The 8th of December is International Dignified Menstruation Day, recognizing that Dignified Menstruation is a concern of human rights and call to end menstrual discrimination as a form of sexual and gender-based violence (SGBV). The 8th of December has particular significance in two ways:

- 1) IDDM falls on the month of December, which is labeled as Human Rights Month; and
- 2) IDDM falls on the 14<sup>th</sup> day of the United Nation’s 16 Days of Activism on violence against women, which starts from 25 November to 10 December.

First IDDM was marked on 2019 under the initiation of Radha Paudel Foundation (RPF), a secretariat of Global South Coalition for Dignified Menstruation (GSCDM) in collaboration with

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the Ministry of Women, Children and Senior Citizens where the Ministry of Women endorsed December 8 as a Dignified Menstruation Day. Followed by 1<sup>st</sup> international workshop on Dignified Menstruation on 2020 from December 8-10, 2020 which was organized by RPF/GSCDM in collaboration with Ministry of Women, Children and Senior Citizens, National Women Commission and National Human Rights Commission.

More than 44 organizations in Nepal and more than 88 members organization of GSCDM is marking 6<sup>th</sup> IDDM this year which set the benchmark for marking IDDM at national and global level.



Fig 3: History of IDDM since 2019

Slogan for 6<sup>th</sup> International Day of Dignified Menstruation

Uploading Dignified Menstruation: Fundamental to Sexual and Reproductive Health and Rights.

### Reason behind the theme

GSCDM adopts a holistic approach, Dignified Menstruation, to **Sexual and Reproductive Health and Rights (SRHR)**, recognizing the lived experiences of menstruators across diverse gender identities, including their vulnerabilities and obstacles to their rights, accessing services, and living in dignity. It also critically addresses the implicit unequal power dynamics exercised by patriarchal systems through discriminatory menstrual and harmful social norms. GSCDM views menstrual discrimination—both visible and invisible—as a fundamental barrier to fully exercising SRHR, systemically and symptomatically. Dignified Menstruation is a holistic framework for decision-making across all elements of SRHR. Although menstruation is inherently tied to every aspect of SRHR as seen in 9 of the 15 elements of SDGs, it remains largely overlooked and neglected as discussions surrounding reproductive health or menstrual management often fail to expose the full scope of menstrual discrimination and its impact.



Fig: Menstrual Discrimination as a barrier to SRHR

Even Comprehensive Sexuality Education (CSE) has not adequately recognized the urgency of addressing menstrual dignity. GSCDM is committed to shaping the current global narrative to address the root of menstruation discrimination and recognize its influence in shaping and reinforcing gender norms. This reframe is essential to advancing SRHR, including the prevention of SGBV. Moreover, GSCDM emphasizes the critical role of non-menstruators as allies and advocates for the dignity of menstruators in all their diversity, ensuring inclusive, effective SRHR for all.

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### Proposed Activities

Any activities can be done for marking 6<sup>th</sup> International Dignified Menstruation Day by anyone either individuals, organizations, networks or alliances who are committed to promote Dignified Menstruation as a human rights concern and working for SRHR. Nevertheless, it depends on the keen interest and availability of resources.

If you an independent individual:

Here, we would like to suggest few simple examples of what we can do at individual level:

Social Campaigning: Sharing or re-sharing the post of GSCDM in various platform such as Facebook Page, Instagram, Twitter, Blog, Tiktok, Thread, and LinkedIn.

**Note\*:** Do not forget to do a Hashtags for e.g.  
*#dignifiedmenstruation,*  
*#DignifiedMenstruation2024.*



You write the slogan of 6<sup>th</sup> International Dignified Menstruation Day in the paper or any message you fill that indicate the theme for this year and upload it in your social media account. Do not forget to mention GSCDM and use hashtags (#).

If you are representing an organization or network:

There are many ways to make IDDM 2024:

You can produce a posters, videos, banners, pamphlets, or anything depending upon the available resources with the logo of your organization with the logo of DM, GSCDM & RPF. Shares the developed content in your organizational social media.

You can also conduct webinars, interaction, rally program, radio program, interaction program or any competition focusing the theme for this year, play the jingles or anything that can be done at organizational level.



## Other Opportunities

We all deserve to mark DM throughout the year, 24/7 in a week. It is not compulsory to wait for the day to celebrate, we can celebrate every day, every moment as DM day. GSCDM & RPF marks other days too such as International Girls Child Day on October 11, HIV Day on December 1, International Day of Disabled Person on December 3, World Environment Day, World Press Freedom Day etc. Thus, any days can be consider as an opportunities to stand for Dignified Menstruation.



## Key Messages

Along with the slogan for this year, other messages can be added into any planned activities in order to make it clear about understanding of DM and amplify the voice to oppose DM. Some sample of key messages are:

- Dignified Menstruation is Everyone's Business.
- Dignified Menstruation is a Human Right Concern.
- Menstrual Discrimination is the violation of Human Rights.
- Menstrual Discrimination is a form of sexual and gender-based violence.
- Menstrual Discrimination construct POWER and PATRIARCHY.
- Dignified Menopause is a human rights not a privilege.
- Dignified Menstruation is a holistic approach to dismantle menstrual discrimination.
- Dignified Menstruation is cross-cutting theme to ensure gender equality and social inclusion for menstruators.
- Dignified Menstruation is an opening for a discussion of sexual and reproductive health.

### **Program on December 8, 2024**

This year marks the 6th anniversary of the event, observed under the theme "*Upholding Dignified Menstruation: Fundamental for Sexual and Reproductive Health and Rights (SRHR).*"

This conference will be a one day hybrid event, held at Harvard T.H. Chan School of Public Health in Boston, USA, under the leadership of the North American Chapter of GSCDM: Dignified Menstruation INC and in partnership with MenEngage Global Alliance.

The primary objective of this event is to build and strengthen the global movement on dignified menstruation by unpacking the integral linkages between menstrual discrimination and SRHR for all. This event will bring together distinguished activists, academicians, donors, NGOs and individuals from across the globe, both in-person and virtually. The inaugural session will feature a celebration march, musical performances, and a panel discussion with esteemed speakers, focusing on topics related to Dignified Menstruation and SRHR.

### **Contact Details**

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