



**Global South Coalition**  
For Dignified Menstruation



Dignified Menstruation

# 7<sup>TH</sup> INTERNATIONAL DIGNIFIED MENSTRUATION DAY

“Dignified Menstruation: Reclaim Inherent Dignity, Equity and Inalienable Rights”

#DignifiedMenstruation #DignifiedMenstruation2025 #IDMDay2025

8 December, 2025

[www.radhapaudelfoundation.org](http://www.radhapaudelfoundation.org) | [www.dignifiedmenstruation.org](http://www.dignifiedmenstruation.org)

# TOOLKIT

*for*

## Marking 7th International Dignified Menstruation Day

“Dignified Menstruation: Reclaim Inherent Dignity,  
Equity and Inalienable Rights”

December 8, 2025

# Introduction

## International Day of Dignified Menstruation Day (IDDM)

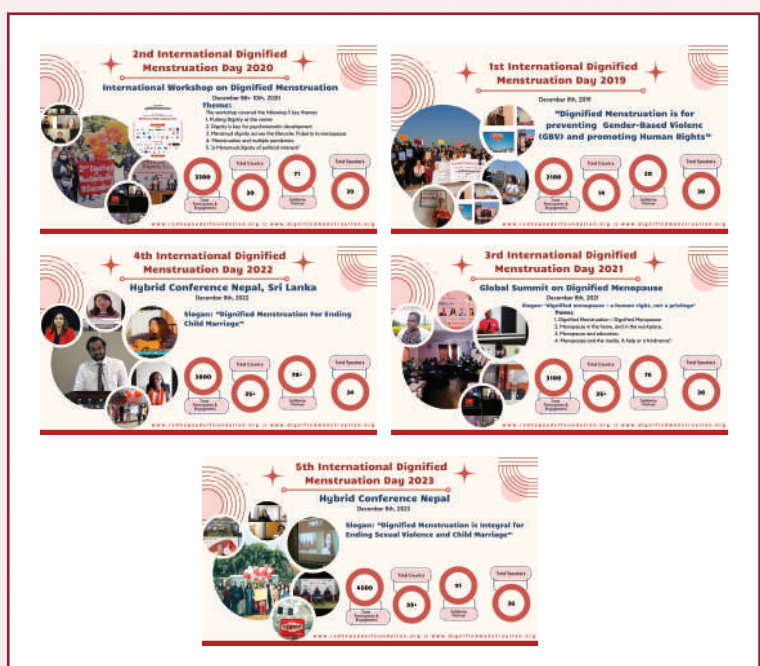
The Global South Coalition for Dignified Menstruation (GSCDM) is the pioneering network that launched the International Dignified Menstruation Day on December 8, 2019, and has led efforts to address menstruation through the innovative and holistic approach of Dignified Menstruation. It is emerged from the lived experience of a survivor of menstrual discrimination Dr. Radha Paudel from global south whose bitter experiences on menstrual discrimination in childhood, attempt to suicide due to menstrual discrimination has initiated this campaign around menstruation through the lens of Human Rights.

Dignified Menstruation is a concern of human rights and call to end menstrual discrimination as a form of sexual and gender- based violence (SGBV) by changing the narratives around menstruation from hygiene to dignity and five days bleeding to the life cycle approach. It is a Decolonized, Innovative, Holistic, Transformative, Feminist, Human Rights and Life Cycle Approach for equality and justice in all aspects of life for both menstruators (those who are born with uterus and ovaries) and non-menstruators (those who are born without uterus and ovaries). Dignified Menstruation fosters the equal power relationship between menstruators and non-menstruators through accountability, pride and power. It is a key to dismantle patriarchy and an approach to move beyond the menstrual products and infrastructure facilities e.g. WASH.

## Why December 8?

The selection of 8th December has 2 significance reasons:

1. It falls on the 14th day of the United Nation's 16 Days of Activism on violence against women, which starts from 25 November to 10 December.
2. The month of December is labeled as Human Rights Month





The very 1st IDDM was marked on 2019 in collaboration with the Ministry of Women, Children and Senior Citizens where the Ministry of Women endorsed December 8 as a Dignified Menstruation Day. Followed by 1st International Workshop on Dignified Menstruation on 2020 from December 8-10 on the occasion of the 2nd IDDM in collaboration with Ministry of Women, Children and Senior Citizens, National Women Commission and National Human Rights Commission. 3rd IDDM was marked in collaboration with National Women Commission. Similarly, the 4th IDDM was marked in collaboration with the AIDS Healthcare Foundation. Correspondingly, 5th IDDM was marked in collaboration with AmplifyChange, AIDS Healthcare Foundation, Seti Foundation, Plan International, UNDP. The 6th IDDM was marked in collaboration with the AmplifyChange, AHF Nepal, AFD-French Government, Equipop, Fos Feminista, PSI Europe, Seti Foundation, UNDP, and WWF.

## Objective of Toolkit

This toolkit provides ready-to-use materials, guides, and templates to help you organize your own event or campaign.

## Proposed Activities

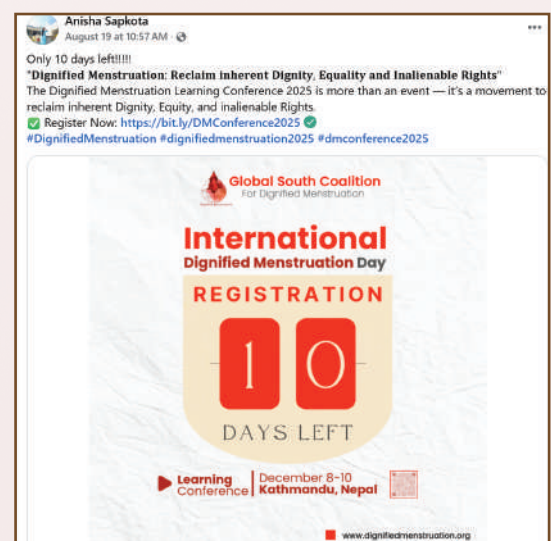
Any activities can be done for marking 7th International Dignified Menstruation Day by anyone either individuals, organizations, networks or alliances who are committed to promote Dignified Menstruation as a human rights concern, SGBV, SRHR and so on based on the theme for this year i.e. ***“Dignified Menstruation: Reclaim Inherent Dignity, Equity and Inalienable Rights”***. Nevertheless, it depends on the keen interest and availability of resources.

If you are 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,

**Note\*:** Do not forget to do a Hashtags for e.g. #dignifiedmenstruation, #DignifiedMenstruation2025.



b. You write the slogan of 7th 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.

Note\*: Do not forget to mention GSCDM and use hashtags (#).

If you are representing an organization or network:

There are many ways to make IDDM 2025:

- 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.
- 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.
- Shares the developed content in your organizational social media, and mentioned GSCDM with the mandatory hashtags (#) as mentioned above.

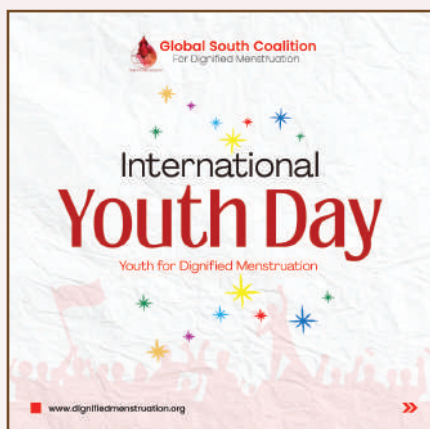


## Other Opportunities

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 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.





## Other Opportunities

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 on 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.







## Learning Conference on December 8-10, 2025

This year 3-days learning conference is going to be held in Kathmandu, Nepal from December 8-10, 2025 which aims to bring together all interested individuals, organizations, and networks to shape the journey of dignified menstruation for dismantling systemic inequalities and patriarchy, which are deeply embedded in menstrual discrimination. Additionally, this event will celebrate the 7th International Dignified Menstruation Day.

It is an area of interest for all actors, particularly those extensively engaged in feminism, human rights, climate justice, SRHR (Sexual and Reproductive Health and Rights), and GenderBased Violence (GBV). Till now, dignified menstruation has entered the encyclopedia, changed the landscape of policies and media, contributed to books and book chapters in multiple languages, and hosted national and global trainings, webinars, and research, as well as presentations and submissions of reports in CSWs, UN GR 41, etc.

Many donors, NGOs, private sectors, and academic institutions have started to replicate its principles and values in their respective areas. Thus, this is a high time to gather activists, experts, researchers, media, donors, corporates, and the UN, etc. from all sectors, including menstruators with disabilities, LGBTQIA++, and everyone, to rejoice in human existence, cherish our achievements, and reframe the future movement of dignified menstruation.

For more details, please [Click Here](#).

For registration, please [Click Here](#).



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## Contact Details

**Global South Coalition for Dignified Menstruation**

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