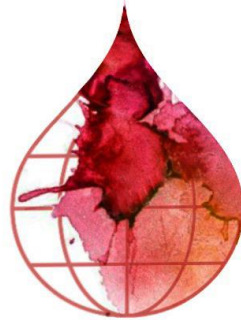


“Menstrual Talk, Dignity First”

Menstrual Health Day 2024 Toolkit



Dignified Menstruation

5 May 2024



Global South Coalition
For Dignified Menstruation



Table of Contents

Menstrual Discrimination	3
Dignified Menstruation	3
Menstrual Health Day	3
Slogan for MH Day 2024	4
Reason behind the theme.....	4
Activities.....	5
At Individual level.....	5
At organizational level.....	5
Contact Details.....	6

Menstrual Discrimination

Menstrual Discrimination (MD) 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 menstruators¹ in all diversities [GSCDM 2019](#). It is a form of Sexual and Gender Based Violence (GBV) and violation of human rights. Figure 1 showed the role of menstrual discrimination in construction and reinforcement of power relationship and patriarchy since childhood.

Menstrual Discrimination is practices all over the world in different names, forms and magnitudes.



Figure 1: Menstrual discrimination and unequal power relationship and reinforce patriarchy

Dignified Menstruation

Dignified Menstruation is a state of freedom from any forms of menstrual discrimination includes taboos, stigmas, shyness, shame, abuse, restrictions, violence and deprivation from services and resources that associated with menstruation throughout the life cycle of menstruators [GSCDM 2019](#). Menstrual discrimination is not evidenced and affected on any single day or event. It impacted systemic and symptomatic manner. Thus, it is a concern throughout the 24/7 hours and 365 days of a menstruators' lifetimes from childhood to death – and in some cultures, even applies after death. Menstrual discrimination is more significant and urgent in humanitarian settings including pandemics and disasters where menstruators need equal access to care, services and management products at public and private institutions everywhere.



Figure 2: Pictorial presentation of Dignified Menstruation

Menstrual Health Day

Radha Paudel Foundation ([RPF](#)) primarily advocates for Dignified Menstruation in Nepal and beyond. In Nepal, it is in all 7 provinces through its network Dignified Menstruation Campaign Nepal ([DMC Nepal](#)). At the global level, it is advocating through its global network named Global

¹ Menstruators are those who born with uterus and ovaries

South Coalition for Dignified Menstruation ([GSCDM](#)) with its 84 member organizations in more than 35 countries.

Menstrual discrimination is one of key barrier for accessing the sexual and reproductive health and rights (Figure 3). Since the beginning, RPF/GSCDM is marking May 28 as Menstrual Health Day (MH Day) with the slogan “**Menstrual Talk, Dignity First**”. The complex and multifaceted nature of menstrual discrimination, along with deep silence and ignorance around menstrual discrimination causing unequal power relations, disempowering menstruators, and limiting access to sexual and reproductive health and rights including menstrual health and management highlights the urgency of the dignity approach.

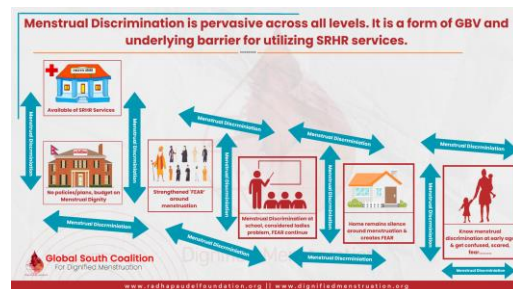


Figure 3: Menstrual discrimination in all level and barrier for SRHR services

Slogan for MH Day 2024

“Menstrual Talk, Dignity First”

“महिनावारीको कुरा मर्यादा केन्द्रित भए मात्रै हुन्छ पूरा”

Reason behind the theme

Menstrual practices are complex and varied, taking on numerous forms, and they often prolong discrimination and violate human rights. The current menstrual movement primarily focus on aspects such as product accessibility, infrastructure, management, and health, overlooking the complex form of menstrual discrimination. Moreover, this movement lacks full alignment with principles of human rights and a life cycle approach. To address these gaps effectively, there's an urgent and crucial need for initiatives "Menstrual Talk Dignity First" to prioritize dignity in conversations surrounding menstruation. Such initiatives can explore into the complexities of menstrual discrimination and ensure alignment with human rights and holistic life cycle approach.

Activities

To mark MHD2024 various activities can be done from individual and organizational level in theme of Menstrual Talk, Dignity First.

At Individual level

- Share and reshare the post posted by GSCDM in your social media platform like Facebook, Twitter, Instagram, LinkedIn, Youtube and others. For examples:

Facebook: [DMC Nepal](#), [GSCDM](#), [RPF](#), [Dr. Radha Paudel](#)²

Twitter: [GSCDM](#) , [RPF](#), [Dr. Radha Paudel](#)

Linkedin: [GSCDM](#), [Dr. Radha Paudel](#)

Website: [GSCDM](#), [RPF](#)

YouTube: [GSCDM](#), [RPF](#)

Use hashtags while resharing the posts, for example:

#MHD2024, #MHMDay, #MenstrualTalkDignityFirst, #DignifiedMenstruation2024

This help to track where and what you have been doing to mark MHD2024

- Can also post the picture of your by writing in any languages slogan “**Menstrual Talk, Dignity First**” or “महिनावारीको कुरा मर्यादा केन्द्रित भए मात्रै हुन्छ पूरा” in A4 paper or status with hashtag in paper as well as in post. If you are associated with any organization, or if you like to express solidarity with any organization, you can add hashtags accordingly like #AHFNepal or #AFD

At organizational level

- You can produce a poster, videos, banners, pamphlets, or anything depending upon the available resources with the logo of your organization and symbol of DM.
- You can also conduct any programs such as webinars, rally, street drama, panel discussion, policy dialogue, interaction program, radio program etc. on the same “Menstrual Talk, Dignity First”
- The logo of GSCDM & RPF is optional. Shares the developed content in your organizational social media and use #(hashtag). For example: #MHD2024, #MHMDay, #DignifiedMenstruation2024, #MenstrualTalkDignityFirst. Since, RPF/GSCDM is collaborating with AHF Nepal therefore, additional hashtag required like #MHD2024,



Figure 4: Sample to mark #MHD2024 at individual level



Figure 5: Sample of poster

² The social media campaign from the personal handle of Dr. Radha Paudel plays important role.

#MenstrualTalkDignityFirst, #AHF Nepal, AHF, #GirlsAct. Thus, you can add all partners, collaborators either by doing tags or hashtags.

Contact Details

Global South Coalition for Dignified Menstruation

Website: <https://dignifiedmenstruation.org/>, <https://www.radhapaudelfoundation.org/>

Email: dignifiedmenstruation2019@gmail.com, rpaudelfoundation@gmail.com

WhatsApp: +977-9840964904, +977-9849596298