2026

Promises to Progress



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From Policy to Dignity: Integrating Menstrual Health, safety, Standard & SRHR in to Government Accountability

Panel Members:

1. Radha — Global South Coalition for Dignified Menstruation, Nepal
2. Bushra — Mahwari Justice, Pakistan
3. Oba — Plan Health, Nigeria
4. Anam — Ahang, Pakistan

2026

Missing MENSTRUAL DISCRIMINATION across all discourses of Menstrual Health, Safety, Standard & SRHR Accountability



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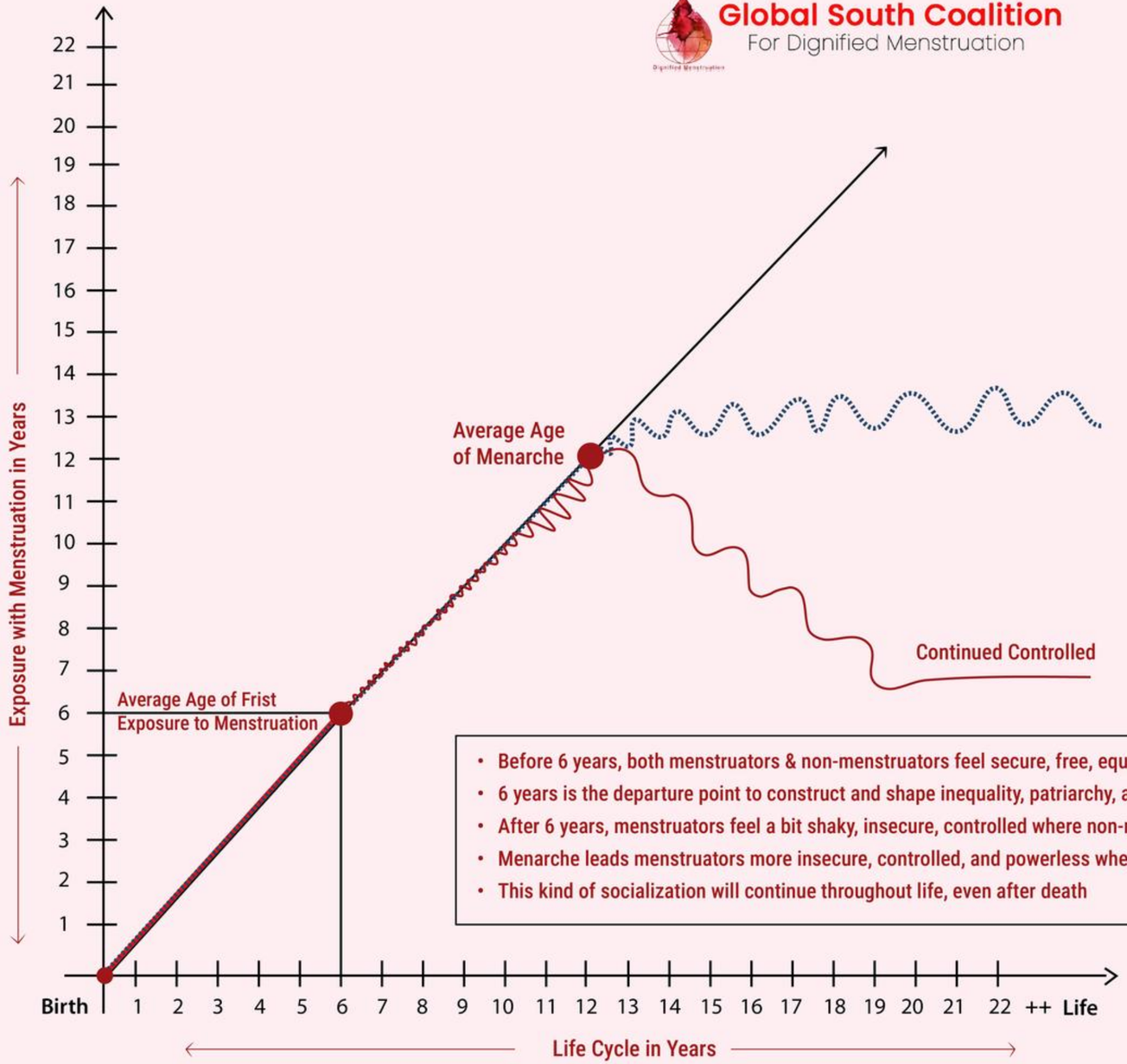
- Use this QR code for using mentimeter.
- If it doesn’t work, go through this link.
- www.mentimeter.com
- Use this code:5557125
- let’s have quick meditation
- Answer the questions in number or one word
- If both option won’t work, no worries, put your answer in chat box.

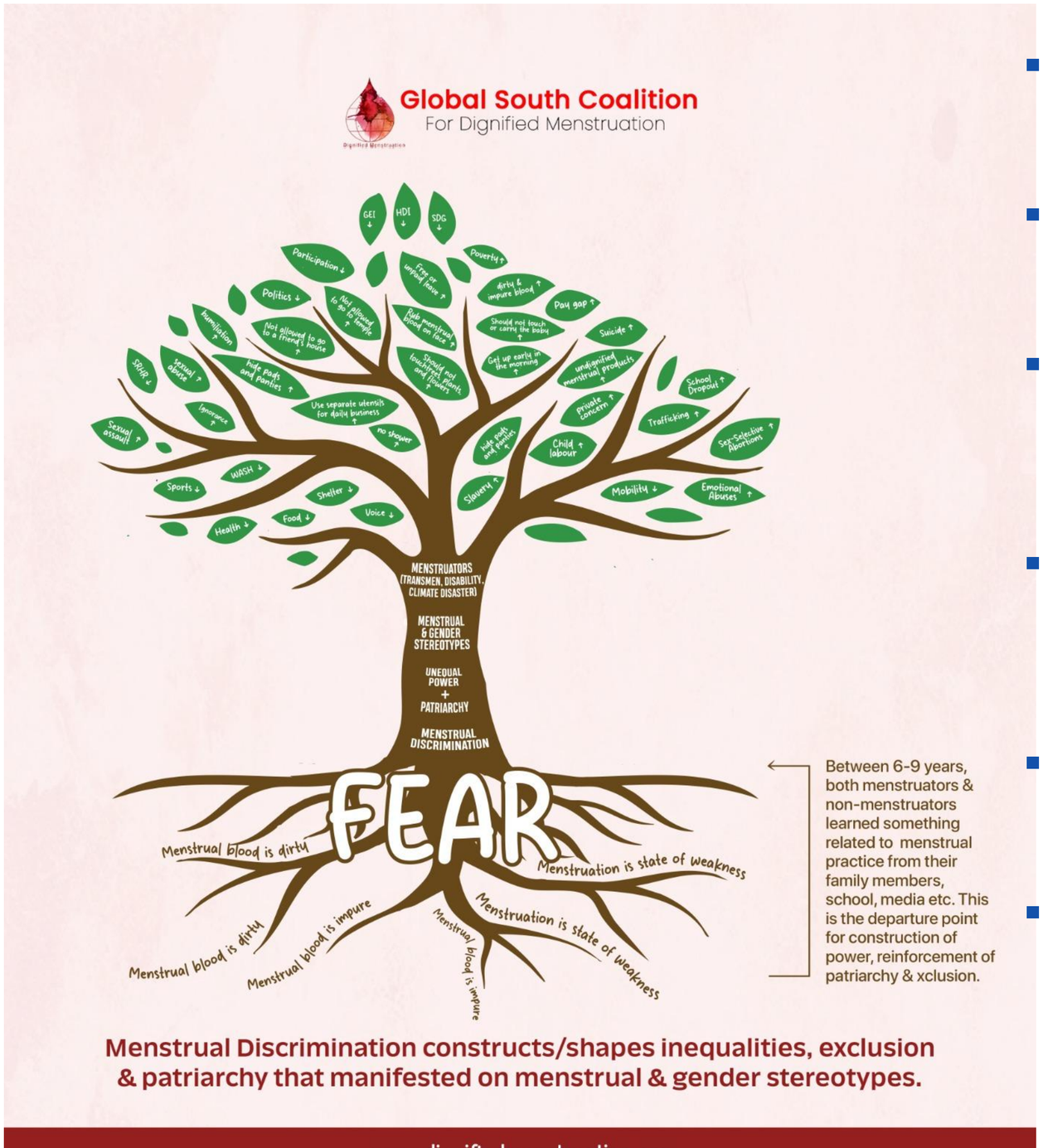
Global South Coalition
For Dignified Menstruation



LEGEND	
	Menstruator
	Non-Menstruator
	Parents/Family

- Before 6 years, both menstruators & non-menstruators feel secure, free, equal & parents treat differently but unnoticeable.
- 6 years is the departure point to construct and shape inequality, patriarchy, and exclusion
- After 6 years, menstruators feel a bit shaky, insecure, controlled where non-menstruators feel secure, free, powerful…
- Menarche leads menstruators more insecure, controlled, and powerless whereas non-menstruators continue to feel secure, free, powerful, and privileged.
- This kind of socialization will continue throughout life, even after death

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



- Strong tie between roots & moment of the first menstrual exposure.
- There is a vicious circle, formed from parents, grand parents and great grandparents.
- It's been passed on from generation to generations without questioning socially, politically, academically or developmentally.
- FEAR is in center linking with religion, tradition, societal honor, justify the menstrual blood is impure, dirty and state of weakness.
- The menstrual and gender norms are just manifestations.
- Global communities; funders, NGOs etc. trapped on manifestations for decades instead of unpacking of underlying cause.

Menstrual Discrimination is NOT a single practice or incidence, world-wide practice in over 5000 euphemisms with visible, invisible forms, prevailing before emergence of religion & private property, underlying factor in construction of unequal power relations, exclusion & patriarchy but manifested as matter of *silence, taboos, shame, stigma, restrictions, abuse, violence, deprivation from services & resources in all diverse settings (GSCDM, 2019).*

Nepal (RPF, 2023):

- Exclusion in eating, touching, mobility
- During first menstruation, regardless of districts and ethnicity, all are separated from their regular place of living e.g. 80.80 (N-126) in Kathmandu
- While knowing/hearing/seeing soothing about menstruation, their **first reactions/response**
  - ✓ 61.4% confused,
  - ✓ 56.3% afraid,
  - ✓ 26.9 % nervous,
  - ✓ 23.3% felt dirt
  - ✓ **8.9% felt happy**

Pakistan (SpS, 2024):

- **69%:** Menstrual blood is considered impure
- **68%:** Missing religious events (prayers, visiting religious places, touching religious books, attending marriage, etc.)
- **36%:** Experienced bully/teasing
- Missed school for the entire week/avoid dealing public, Can't go out of the house
- Isolated from family & friends, stay in a separate room, no entry to kitchen.
- Restricted eat foods; sour foods, eggs, beef & fish.
- Hide menstrual pad, poor access to menstrual pad etc.

NIGERIA(SpS, 2024):

- Multifaceted pattern of menstrual discrimination among men and boys, rooted in both attitudinal stigma and observed behaviours.
- Discriminatory attitudes were most evident in opposition to participation in cultural and religious activities, whereas behavioural discrimination manifested through teasing or exclusion of menstruators from daily activities.
- Fear of being teased (45%), shame (40%)

Menstrual Discrimination is NOT harmful traditional practice, NOT only the issue of poverty or religion or global south, NOT only address by menstrual Hygiene or Health

Country Wise Menstrual Discrimination in last 6 months (SpS, 2024)	
Benin	97% (525)
Cameroon	95% (520)
Cote d'Ivoire	93% (513)
Dom. Republic	91% (502)
Guinea	98% (536)
Haiti	96% (527)
Nigeria	73% (401)
Pakistan	96% (528)
Philippines	96% (521)
Overall	93% (4,573)

South America: dietary restrictions prohibitions on ***milk products, pork, and avocado***, along with interactions with plants, ***seclusion from domestic activities, restrictions on sun exposure, limited social engagement, etc.***

In North America: ***Decreased participation*** in professional activities, ***reduced concentration*** during menstruation due to ***shame & anxiet***y about maintaining secrecy around their menstrual status including menopause, many ***restrict social activities;*** swimming & exercise due to fears of leakage, teasing.

In European Countries: Express ***shame about purchasing menstrual products & feel restricted in their participation in routine domestic & academic activities*** (Germany), ***modifying their daily routines, avoiding physical activities, & experiencing heightened consciousness about their clothing choices (***Nordic countries).

United Kingdom: menstrual blood is bit awful, embarrassing, frightening or a bit overwhelming, first period 'scary', 'weird', 'confusing', considered "private", "personal" "secret", don't discuss this with anyone', took the day off school, had not heard of periods before menarche, 'hadn't been taught it at school yet,... I thought that I'd like pooed my pants, impact on school, sport, and social activities, the boys and girls were 'split' for the whole lesson about puberty (Oxford, 2026).

Dignified Menstruation is NOT distribution of menstrual pad or FREE tax or NUMBER of toilets or KNOWING about anatomy of reproductive organs.
It is an **APPROACH** for cultivating equality, inclusion & demystifying the patriarchy by elimination of visible & invisible forms of menstrual discrimination in all diverse settings for:



Accelerate **INCLUSION**; i) menstruator & non-menstruator ii) reduce vulnerabilities due to having capacity of menstruation



TRANSFORM menstrual & gender stereotypes from individual to institutional level and vice versa.



HOLD **Accountability**: non-menstruators, state & non-state actors



PREVENT sexual & gender-based violence including rape, child marriage, FGM



ADVANCE SRHR by improving access for education & utilization of services



PROMOTE Human Rights: children, women, girls, disability, LGBTQA++



Are you working something related with menstruation or for menstruators?

If Yes

1. Put `menstrual dignity' at center `**Menstrual Talk, Dignity First'**
2. Or apply values and principles of Dignified Menstruation in all levels and diverse settings.
3. Dignified Menstruation is holistic, human rights, life cycle based Decolonial approach.

www.dignifiedmenstruation.org



