

Menstrual Health Day 2026 Toolkit

“Menstrual Talk, Dignity First”

A Practical Action Guide for Individuals, Organizations, and Communities

Prepared by:

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Context:

Menstruation is a natural biological process, yet millions of menstruators continue to experience stigma, discrimination, silence, exclusion, violence, and denial of dignity because of it.

Menstrual Health Day (MH Day), marked every year on 28 May, is an opportunity to break the silence, challenge harmful norms, and advocate for dignity, rights, justice, and equality.

This toolkit has been developed to support individuals, organizations, institutions, youth groups, advocates, educators, policymakers, and community leaders in organizing activities and conversations around MH Day 2026.

This year, we continue with the collective call:

“Menstrual Talk, Dignity First”

The toolkit is designed to be simple, practical, flexible, and adaptable to different local contexts and languages.

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1. About Menstrual Health Day

Menstrual Health Day (MH Day) is observed globally on 28 May every year to raise awareness and promote menstrual health, dignity, rights, and justice.

The date represents:

- 28 → the average menstrual cycle length
- May (5th month) → the average number of menstruation days

The day provides a global platform to:

- Break the stigma and silence around menstruation
- Promote dignity and rights-based approaches
- Advocate for policy and systemic change
- Encourage open conversations about menstruation
- Ensure access to services, information, care, and support

The Global South Coalition for Dignified Menstruation (GSCDM) and Radha Paudel Foundation (RPF), along with Dignified Menstruation Campaign Nepal (DMC Nepal), continue to advocate for dignified menstruation across diverse settings and communities.

2. Understanding Menstrual Discrimination

What is Menstrual Discrimination?

Menstrual Discrimination (MD) refers to taboos, shyness, shame, stigma, restrictions, abuses, violence, and deprivation from services and resources that are associated with menstruation throughout the life cycles of menstruators¹ in all diversities, [GSCDM 2019](#).

Menstrual discrimination can happen at home, at schools and universities, at workplaces, in healthcare settings, during emergencies and disasters, and through policies, practices, beliefs, and social norms. It not only affects one's physical and mental well-being but also affects their education, mobility, participation, confidence, human rights, and dignity

Hence, menstrual discrimination is not only a health issue, but it is also an issue of social justice, gender justice, and a human rights issue.

3. What is Dignified Menstruation?

Dignified Menstruation:

Dignified Menstruation is a state of freedom from any forms of menstrual discrimination, including taboos, stigmas, shyness, shame, abuse, restrictions, violence, and deprivation from services and resources associated with menstruation throughout the life cycle of menstruators, [GSCDM 2019](#). Menstrual discrimination is not limited to a single day or event; it is experienced both systemically and symptomatically throughout life. It remains a continuous concern, affecting menstruators 24/7 and throughout every stage of life, from childhood to death, and in

¹ Menstruators are those who born with uterus and ovaries

some cultures, even beyond death. The issue becomes even more critical and urgent in humanitarian settings, including pandemics and disasters, where menstruators require equal access to care, services, and menstrual management products across both public and private institutions.

All in all, dignified menstruation means:

- Freedom from discrimination and violence
- Respect and bodily autonomy
- Equal opportunity and participation in society
- Access to information and services
- Safe and supportive environments
- Inclusion of all menstruators in their diversity

On this Menstrual Health Day, we center dignity in every talk/action concerning menstruation. A dignity-centered approach goes beyond products and hygiene alone. It recognizes menstruation as deeply connected with human rights, gender equality, power relations, social justice, inclusion, and equity.

4. MH Day 2026 Theme and Message

Theme/Slogan

“Menstrual Talk, Dignity First”

This slogan encourages everyone to:

- Start open conversations about menstruation
- Challenge stigma and silence
- Center dignity in all menstrual discussions and interventions
- Promote inclusive and rights-based approaches

Why This Theme Matters

Conversations around menstruation are often limited to hygiene, products, or management. However, menstruation is also linked to discrimination, exclusion, power imbalance, harmful practices, and denial of rights.

By putting dignity first, we move beyond silence and token discussions toward:

- Respect
- Inclusion
- Justice
- Bodily autonomy
- Equal participation

“Menstrual Talk, Dignity First” reminds us that menstruation should never be a source of shame but dignity.

5. Key Messages for 2026

You may use these key messages in events, campaigns, media, and advocacy.

- Menstruation is natural, not shameful.
- Dignity must be at the center of all menstrual conversations.
- Menstrual discrimination is a human rights issue.
- Silence around menstruation reinforces inequality.
- Menstrual dignity is important in schools, workplaces, homes, and humanitarian settings.
- Menstruators deserve safety, respect, information, and inclusion.
- Menstrual justice requires collective action.
- Menstrual conversations must include diverse voices and lived experiences.

6. Suggested Activities

The following activities are suggestions only. Feel free to adapt them according to your local context, language, budget, and audience.

A. Individual Actions

Individuals can contribute meaningfully in simple but powerful ways.

Ideas:

- Share and reshare the posts/campaigns created by GSCDM on MH Day on our social media. Our social media channels are as follows:
 - 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](#)
- Start conversations with family, friends, classmates, or colleagues.
- Post a photo/video holding a sign saying:
 - “Menstrual Talk, Dignity First”
 - Or the slogan translated into your local language.

*(Refer to **Table 1** for the suggested quotes)*
- Write blogs, poems, reflections, or stories and share them.
- Wear red/pink/purple in solidarity.
- Challenge myths and misinformation respectfully.
- Support menstruators around you with empathy and dignity.
- Attend webinars, discussions, or awareness events.

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

Table 1: Suggested quotes to mark MH-Day 2026 in multiple languages

SN	English	Nepali	Spanish	French
1.	We bleed with dignity!	हामी मर्यादाका साथ रगत बगाउँछौं।	Sangramos con dignidad!	Nous saignons avec dignité!
2.	Engage boys and men in ending Menstrual Discrimination	महिनावारी विभेद अन्त्यका लागि महिनावारी नहुने व्यक्ति संलग्न गरौं।	Involucra a chicos y hombres en el fin de la discriminación menstrual	Impliquez les garçons et les hommes pour mettre fin à la discrimination menstruelle
3.	Every menstruator has the right to dignity—everywhere	हरेक महिनावारी हुने व्यक्तिलाई जहाँसुकै मर्यादाको अधिकार छ।	Cada persona menstruante tiene derecho a la dignidad—en todas partes	Chaque personne menstruée a droit à la dignité—partout
4.	From womb to tomb, Dignified Menstruation matters	गर्भदेखि मृत्युसम्म, मर्यादित महिनावारी अपरिहार्य छ।	Del útero a la tumba, la menstruación digna importa	De l'utérus à la tombe, la menstruation digne compte
5.	Dignified Menstruation doesn't pause during a crisis	संकटमा पनि मर्यादित महिनावारी रोकिदैन	La menstruación digna no se detiene durante una crisis	La menstruation digne ne s'arrête pas en temps de crise
6.	Economic mobility starts with menstrual dignity	आर्थिक गतिशीलता मर्यादित महिनावारी बाट सुरु हुन्छ।	La movilidad económica comienza con la dignidad menstrual	La mobilité économique commence par la dignité menstruelle
7.	Art, activism, and action, for dignity	मर्यादाको लागि, कला, अभियान र सक्रियता।	Arte, activismo y acción, por la dignidad	Art, activisme et action, pour la dignité
	Dignified Menstruation is fundamental to sexual and reproductive health rights.	मर्यादित महिनावारी यौन तथा प्रजनन स्वास्थ्य अधिकारको आधारभूत कुरा हो।	La menstruación digna es fundamental para los derechos a la salud sexual y reproductiva	La menstruation digne est fondamentale pour les droits à la santé sexuelle et reproductive
8.	Dignified Menstruation is a	मर्यादित महिनावारी एक प्रमुख मानव	La menstruación digna es un derecho	La menstruation digne est un droit

	Key Human Right.	अधिकार हो ।	humano fundamental	humain essentiel
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B. Organizational Actions

Organizations, institutions, and networks can organize larger engagement activities.

Suggested Activities:

Awareness and Advocacy

- Webinars
- Panel discussions
- Policy dialogues
- Community orientations
- School or university sessions
- Media campaigns
- Public discussions

Creative Engagement

- Street drama
- Art exhibitions
- Storytelling events
- Spoken word/poetry
- Poster competitions
- Film screenings
- Photography campaigns

Capacity Building

- Training sessions
- Staff learning workshops
- Youth leadership sessions
- Menstrual dignity orientations

Community Outreach

- Community dialogues
- Rural outreach activities
- Engagement with local governments
- Inclusion of marginalized communities

Institutional Actions

- Review menstrual-friendly workplace/school policies
- Improve WASH and sanitation facilities
- Create safe reporting and support mechanisms
- Include menstrual dignity in programs and policies

C. Youth and School Activities

Schools and youth groups can play an important role in breaking silence.

Activity Ideas:

- Essay competitions
- Debate sessions
- School assemblies
- Awareness corners/walls
- Art and slogan competitions
- Youth-led campaigns
- Peer education sessions
- Menstrual myth-busting games
- Interactive learning sessions

Encourage participation of:

- Menstruators
- Non-menstruators
- Teachers
- Parents
- School management
- Community people
- Stakeholders
- Minority population

D. Community Activities

Community-level engagement helps normalize menstrual conversations.

Suggested Activities:

- Community dialogues
- Mothers' group discussions
- Men's engagement sessions
- Intergenerational conversations
- Radio talk shows
- Local language campaigns
- Religious/community leader engagement
- Cultural programs and performances

E. Online and Social Media Activities

Use digital platforms to increase visibility and solidarity.

Platforms

- Facebook
- Instagram
- LinkedIn
- X (Twitter)
- TikTok
- YouTube
- WhatsApp
- Community radio and podcasts

Suggested Online Activities

- Live discussions
- Instagram/Facebook reels
- Testimonial videos
- Story campaigns
- Digital posters
- Educational infographics
- Hashtag campaigns
- Twitter/X chats

7. Communications Guide

Tone and Language

Use language that is:

- Respectful
- Inclusive
- Non-judgmental
- Simple and accessible
- Rights-based
- Dignity-centered

Avoid:

- Shaming language
- Fear-based messaging
- Reinforcing stereotypes
- Exclusionary terms

Access our list of preferred vocabularies [HERE](#).

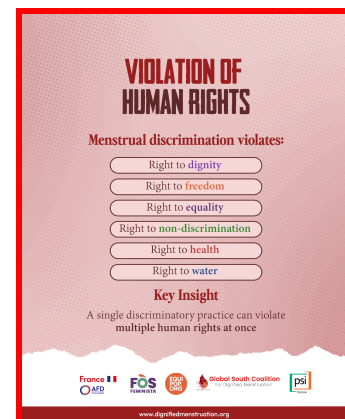
8. Sample Posts

Sample Post 1:

Dignified Menstruation is human rights.

This #MHD2026, let's break the silence, challenge stigma, and put dignity first.

#MenstrualTalkDignityFirst #DignifiedMenstruation #MHD2026
#BreakTheStigma
#BleedWithDignity #EndMenstrualDiscrimination



Sample Post 2:

Menstrual discrimination is both the cause and outcome of sexual and GBV.

Join us this Menstrual Health Day 2026 to advocate for inclusion, and menstrual health and dignity for all.

#MHD2026 #MenstrualTalkDignityFirst #DignifiedMenstruation
#BreakTheStigma
#BleedWithDignity #EndMenstrualDiscrimination



Sample Post 3:

Talking openly about menstruation is a step toward equality.

Let's create spaces where menstruators feel safe, treated with dignity, respected, and heard.

#DignifiedMenstruation #MHD2026 #DignifiedMenstruation
#BreakTheStigma
#BleedWithDignity #EndMenstrualDiscrimination



9. Suggested Hashtags

Use hashtags consistently to increase visibility and connect global conversations.

Recommended Hashtags

#MHDDay2026
 #MenstrualTalkDignityFirst
 #DignifiedMenstruation
 #BreakTheStigma
 #BleedWithDignity
 #EndMenstrualDiscrimination

You may also add your own organizational hashtags.

10. Event Documentation Tips

Please document and share your activities whenever possible.

You can document:

- Photos
- Videos
- Testimonials
- Participant feedback
- Media coverage
- Social media screenshots
- Event reports

Tips

- Obtain consent before taking/sharing photos.
- Use local languages whenever appropriate.
- Highlight voices and lived experiences.
- Ensure inclusion and accessibility.

11. Contact Information**Global South Coalition for Dignified Menstruation (GSCDM)****Website:**

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