

# Menstruation matters to everyone, everywhere



ALL WOMEN AND GIRLS SHOULD BE ABLE TO MANAGE THEIR MENSTRUATION HYGIENICALLY, SAFELY, IN PRIVACY AND WITH DIGNITY.



Good menstrual hygiene management (MHM) requires the following:

Additional systemic factors that impact good menstrual hygiene management (MHM):



## MENSTRUATION MATTERS TO ACHIEVE THE SDGS

While there is no specific goal or indicator for MHM, menstruation matters to the following goals:

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| <p><b>Goal 3</b></p> <p><b>3</b></p> <p>Ensure healthy lives and promote well-being for all at all ages.</p> <p><b>FACT</b> <b>ASK</b></p> <p>If women and girls lack access to affordable, hygienic menstrual products, they often use old rags, cloths or other unhygienic materials. This can lead to reproductive tract infections (RTIs) and other health conditions.</p> <p><b>ASK</b></p> <p>Integrate menstrual hygiene management into sexual and reproductive health education programmes, especially for adolescents.</p> | <p><b>Goal 4</b></p> <p><b>4</b></p> <p>Ensure inclusive and equitable quality education and promote life-long learning opportunities for all.</p> <p><b>FACT</b> <b>ASK</b></p> <p><b>41%</b></p> <p>Girls in developing countries miss up to 5 days of school per month when they menstruate. In a study from Nepal, 41% of girls reported missing school during their menstruation.</p> <p><b>ASK</b></p> <p>Integrate education about MHM and puberty into school curricula.</p> <p>Build the capacity of teachers to teach about these issues with comfort.</p> | <p><b>Goal 5</b></p> <p><b>5</b></p> <p>Achieve gender equality and empower all women and girls.</p> <p><b>FACT</b> <b>ASK</b></p> <p>Taboos and myths related to menstruation often portray women and girls as inferior to men and boys.</p> <p><b>ASK</b></p> <p>Ensure that all women and girls can manage their menstruation safely, hygienically and with dignity.</p> <p>Address taboos and promote positive social norms around menstruation.</p> | <p><b>Goal 6</b></p> <p><b>6</b></p> <p>Ensure availability and sustainability of water and sanitation by all.</p> <p><b>FACT</b> <b>ASK</b></p> <p><b>2.4 billion</b></p> <p>... people have no access to improved sanitation facilities.</p> <p>Lack of access to facilities, or inadequate facilities that do not ensure privacy and hygiene, particularly affect women and girls.</p> <p><b>ASK</b></p> <p>Ensure that all women and girls have access to water and sanitation facilities that are safe, socially and culturally acceptable and allow for the safe disposal of menstrual products.</p> | <p><b>Goal 8</b></p> <p><b>8</b></p> <p>Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.</p> <p><b>FACT</b> <b>ASK</b></p> <p>Workers in Bangladesh use birthcontrol pills to stop their menstruation, so that they can avoid having to stop work or having to manage their menstruation in inadequate facilities.</p> <p><b>ASK</b></p> <p>Ensure that employers provide adequate sanitation facilities at the workplace, including water and soap for washing, as well as options for the disposal of menstrual products. Menstruation should not limit a woman's ability to work.</p> | <p><b>Goal 12</b></p> <p><b>12</b></p> <p>Ensure sustainable consumption and production patterns.</p> <p><b>FACT</b> <b>ASK</b></p> <p><b>25%</b></p> <p>Research from Ethiopia shows that 25% of girls in both rural and urban settings do not use any commercial menstrual products. Commercial products are often subject to sales and import taxes, making them unaffordable to many poorer women and girls.</p> <p><b>ASK</b></p> <p>Encourage policies and quality standards that promote safe and affordable options and dynamic markets for menstrual products.</p> <p>Promote sustainable, environmentally friendly menstrual products and their disposal.</p> |
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MAKE MENSTRUATION MATTER TO THE SDGS, TO YOUR COUNTRY AND YOUR PROGRAMMES!

