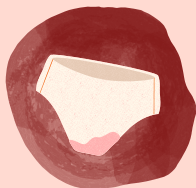


# IT'S TIME TO END MENSTRUAL STIGMA

PERIOD.

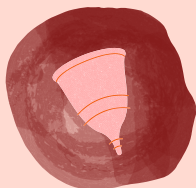
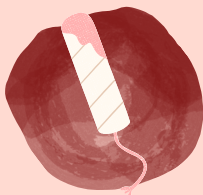


## WHAT IS PERIOD POVERTY?

Period poverty is the inadequate access to menstrual products, education, and resources due to social, cultural, and political factors

**500 MILLION** people are affected by period poverty globally

**1 IN 4** students in the US have struggled with period poverty



## CAUSES OF PERIOD POVERTY

- **TAX** on period products
- Societal menstrual **STIGMA**
- Lack of reproductive health **EDUCATION**

## WHAT CAN YOU DO AT UMD?

- **JOIN GET OVARY IT:** a student organization at UMD working to bring free menstrual products to UMD
- **SPREAD THE WORD:** facilitate conversations in College Park to reduce menstrual stigma



## MORE RESOURCES!



- **UMD Women's Health Center (301-314-8190):** provides feminine health care services
- **PERIOD. (period.org):** One of the world's leading youth-led nonprofits focused on eradicating period poverty