

MILLIONS OF GIRLS MISS SCHOOL BECAUSE OF THEIR PERIODS

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GIRLS ARE EMBARRASSED TO TALK ABOUT PERIODS EVEN IN THIS DAY AND AGE. MANY WOULD RATHER USE IMPROPER OR UNSAFE SUBSTITUTES FOR SANITARY PROTECTION THAN ASK FOR HELP.

IN SOME CASES, GIRLS JUST DON'T KNOW WHAT'S AVAILABLE TO MAKE PERIODS MORE COMFORTABLE – WHETHER THAT'S PADS, TAMPONS, PAIN RELIEF OR, MORE IMPORTANTLY, PRACTICAL ADVICE TO MANAGE THEIR PERIODS SAFELY AND EFFECTIVELY.

BOYS SHOULD ALSO BE INCLUDED IN CONVERSATIONS ABOUT MENSTRUAL HYGIENE SO THAT A MORE SUPPORTIVE ENVIRONMENT FOR GIRLS CAN BE CREATED.

IT'S TIME TO TAKE ACTION FOR THIS YEAR'S **MENSTRUAL HYGIENE DAY ON 28TH MAY** AND EMPOWER THE NEXT GENERATION OF GIRLS AND BOYS SO LIVES DON'T STOP WHEN PERIODS START.

