

Addressing Period Poverty

Empowering Homeless and At-Risk Individuals with Sustainable Solutions



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Understanding Period Poverty

- **Definition:** Period poverty refers to the lack of access to menstrual hygiene products, safe and hygienic sanitation facilities, and/or menstrual education.
- **Impact:** Period poverty leads to health risks, compromised dignity, and hinders access to education and employment opportunities.
 - In the United States, 1 in 4 women struggled to purchase period products within the past year due to lack of income*.
 - In addition, 1 in 5 low-income women report missing work, school or similar events due to lack of access to period supplies*.

Period Poverty Initiative

- 1 in 3 low-income women report missing work, school or similar events due to lack of access to period supplies.*
- The majority of people (68%) recognize period poverty is a public health issue in the United States*
- State and federal safety-net programs cannot be used to purchase period supplies.

* Source: 2021 U by Kotex survey conducted with YouGov

In observance of Period Poverty Awareness Week (May 20-28) and Menstrual Hygiene Day (May 28), the Healthy St. Mary's Partnership and its community partners are launching a county-wide period supply drive during the month of May.

Join us as we work to end period poverty in St. Mary's County!



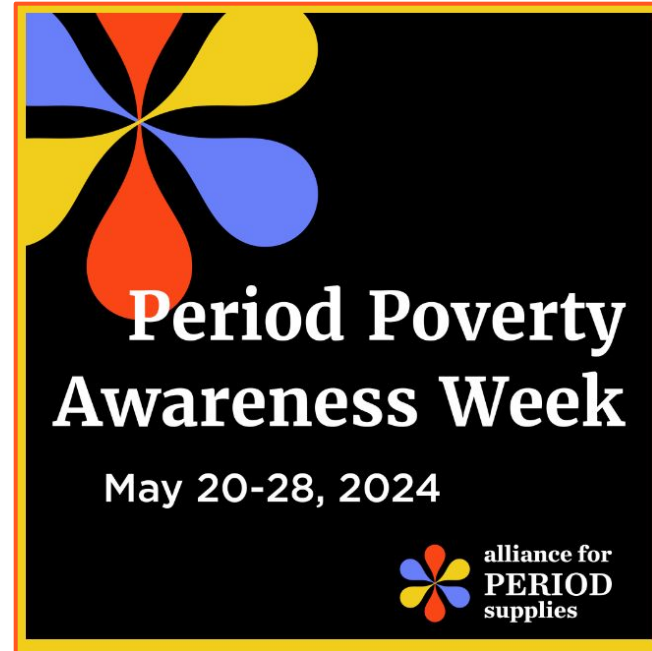
Scan the QR code to
learn more about HSMP
or send an email to
[stmaryspartnership@gmail.com!](mailto:stmaryspartnership@gmail.com)

Period Supply Drive Toolkit provided by Alliance for Period Supplies

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Menstrual Health Awareness Month

- **Menstrual Hygiene Day**, observed on May 28th, is dedicated to breaking taboos and raising awareness about the importance of good menstrual hygiene management (MHM). Ways to celebrate Menstrual health awareness month:
 - **Education and Awareness:** Raise awareness about period poverty and sustainable menstrual solutions. Education and Awareness. Promote sustainable options in schools and communities. Educate about proper usage and hygiene.
 - **Period Poverty Donation Drive:** Organize a menstruation drive to collect eco-friendly menstrual products such as menstrual cups, reusable underwear, washable cloth-pads, and brands that donate feminine products.



Impact & Benefits

- **Empowerment:** Providing access to sustainable menstrual products empowers individuals to manage their periods with dignity and confidence.
- **Health & Hygiene:** Ensuring access to menstrual hygiene products promotes better health outcomes and reduces the risk of infections.
- **Environmental Conservation:** By opting for eco-friendly options, we contribute to reducing plastic waste and preserving natural resources.

It's that time 



Time to end
period poverty.



Please support our Period Supply Drive!

May 1 - 31, 2024

All funds and period products donated benefit:

Residents of St. Mary's County

Drop off donations at

- St. Mary's County Library
 - Charlotte Hall
 - Leonardtown
 - Lexington Park
- NP Family Practice

Acceptable donations

- Pads/Liners
- Tampons
- Wipes
- Menstrual Cups
- Menstrual Underwear
- Cash Donations

Thank you! Your donation helps people have peace of mind on their period.



Period Supply Drive

HSMP hosted a “soft launch” of the Period Supply Drive (March 1 - April 8) with its participating partners:

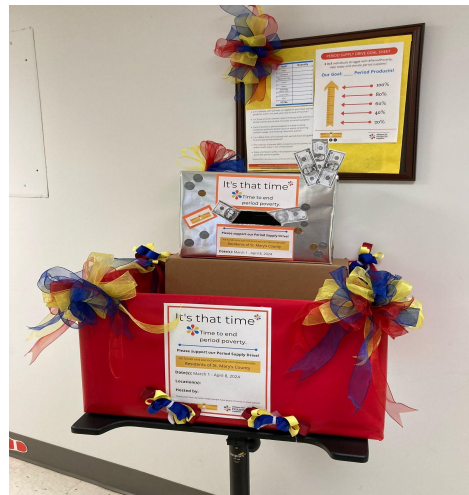
SMCHD: Collected 24 items (pads, tampons, menstruation underwear, washcloths) and raised \$44.01!

Stella’s Girls: Collected donations through an Amazon wishlist. They received a \$1,000 donation from [Girl Rising](#), an organization based in California.

St. Mary’s County Library: Collected two large bags worth of items, packs of period panties, and even individually packaged menstrual cups. The Leonardtown branch had the largest number of donations.

NP Family Practice: Collected about 42 boxes of tampons and pads in their clinic.

Child Advocacy Center: Collected about 100 packs from Boeing. In addition, Fidelity Chapter #60 Order of Eastern Star donated about 50 boxes of supplies, and cosmetic bags.



Period Poverty & HSMP Action Teams

- **Reducing Harm:**
 - Providing menstrual products reduces health risks associated with prolonged use of inadequate alternatives.
 - Addressing period poverty contributes to overall well-being.
- **Community Solidarity:**
 - Hosting a drive fosters community support and empathy.
 - Collective efforts alleviate mental health burdens.
- **Mitigating Adverse Childhood Experiences (ACEs):**
 - Addressing period poverty aligns with preventing ACEs.
 - [ACEs can lead to long-term health effects, including mental illness](#)
- **Promoting Adolescent Well-being:**
 - Suicide prevention among teens is a priority.
 - Supporting girls through period poverty drives contributes to their mental health.



Take Action

- **Empower Yourself and Others:** Explore the [Healthy St. Mary's Partnership Period Guide Toolkit](#).
- **Spread Awareness:** Share the toolkit with friends, family, and community members. Together, we can break the stigma around menstruation and promote well-being.
- **Be Part of the Change:** Sign-up to become a drop-off location for supplies in May! Let's create a healthier, more informed community!
 - Contact Suha Ansari by email at suha.ansari@maryland.gov or contact HSMP at stmaryspartnership@gmail.com for PDFs and signs to host your own drive!

Product Collection Form


Use this form to track the amount of products you raised. Be sure to provide this information to the organization you donate to after your drive is done!

Style	Quantity
Pads	
Tampons	
Menstrual cups	
Liners	
Wipes	
Resealable plastic bags	
Underwear	
Misc.	
TOTAL	

TOTAL DONATIONS

Number of period products:

Financial contributions:



Your group/organization/name:
Phone number:
Email:
Date:
Recipient organization/program:

Period Supply Drive Toolkit provided by Alliance for Period Supplies

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Sources

[*A Holistic Approach to Better Menstrual Hygiene*](#)

[*CDC Guidelines on Menstrual Hygiene*](#)

[*HSMP Period Supply Drive Toolkit*](#)

[*The-Future-of-Menstrual-Equity-is-Sustainable.pdf*](#)

[*The Alliance for Period Supplies*](#)

[**2018 U by Kotex survey conducted with YouGov*](#)

[*What is Period Poverty? It's on the rise in the U.S.*](#)

[*Violence, Injury, and Trauma - SMCHD*](#)