

# 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:

Goal 3

3



Ensure healthy lives and promote well-being for all at all ages.

FACT

ASK



If women and girls lack access to affordable and hygienic menstrual products, they often use old rags, cloth or other unhygienic materials. This leads to an increased incidence of reproductive tract infections (RTIs).



Include menstrual hygiene management as a critical component of reproductive health and an important entry point for adolescent sexual and reproductive health programming.

Goal 4

4



Ensure inclusive and equitable quality education and promote life-long learning opportunities for all.

FACT

ASK

41%

Girls in developing countries miss up to 5 days of school/ month when they menstruate. In a study from Nepal 41% girls reported missing school during their menstruation.



Provide factual information on MHM and puberty as part of the school curriculum. Build the capacities of teachers to teach about these issues with comfort.

Goal 5

5



Achieve gender equality and empower all women and girls.

FACT

ASK



Taboos and myths related to menstruation often portray women and girls as inferior to men and boys.



Ensure that women and girls can manage their menstruation with normalcy and in dignity. Break down taboos and build positive social norms around menstruation.

Goal 6

6



Ensure availability and sustainability of water and sanitation by all.

FACT

ASK

2.4 billion

people lack access to improved sanitation facilities. Women and girls are particularly affected by the lack, and when facilities do not ensure privacy and hygiene.



To manage menstruation in privacy and dignity, women and girls need water and sanitation facilities that are safe, socially and culturally acceptable, and where they can safely dispose of menstrual products.

Goal 8

8



Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.

FACT

ASK



Female Bangladeshi factory workers use contraceptive pills to stop their menstruation and to thereby avoid having to manage menstruation in inadequate toilet facilities and stop work.



Menstruation should not limit women's ability to work. Ensure that employers provide adequate sanitation facilities at workplace, including water, soap for washing and disposal.

Goal 12

12



Ensure sustainable consumption and production patterns.

FACT

ASK

25%

A research from Ethiopia showed that 25% of girls both in rural and urban settings do not use any menstrual products. Commercial menstrual health supplies are made more expensive by import and sales taxes, effectively taxing women for their physiology.



Encourage policies and quality standards that promote safe and affordable options and dynamic markets for menstrual products. Promotion of sustainable, environmentally-friendly menstrual products and their disposal.

MAKE MENSTRUATION MATTER TO THE SDGS, TO YOUR COUNTRY AND YOUR PROGRAMMES!



28 May  
MENSTRUAL  
HYGIENE DAY



WASH United  
Simavi  
Basic health for all.