

World Menstrual Hygiene Day – 28 May 2024

World Menstrual Hygiene Day is an annual event which is dedicated to breaking stigmas and raising awareness about the importance of good menstrual hygiene management. Good menstrual hygiene is crucial for the health, well-being and empowerment of women and girls worldwide, as it plays a critical role in enabling women and girls to reach their full potential.

Millions of women and girls around the world are stigmatised, excluded, and discriminated against simply because they menstruate - menstruating is a natural bodily function. In some cases, menstruating can prevent women and girls from getting an education, earning and income and full and equally participating in everyday life.

Since menstrual hygiene day was first celebrated, the impact from this project has grown tremendously. Take a look at this impact report to learn more about the results: <https://menstrualhygieneday.org/about/impact/>

Menstrual Cycle

The menstrual cycle is a regularly occurring cycle within the body, where hormones cause the reproductive organs to prepare for reproduction. For most women this happens every 28 days or so, but its common for this to fluctuate depending on the individual.

BBC Bitesize has a great document and video explaining what happens during the menstrual cycle:

<https://www.bbc.co.uk/bitesize/articles/zvwb3j6#zm33f82>

Periods

When managing periods, there are many different options to explore. Women and girls are encouraged to explore all or any options they are interested in to see which product is right for them. Many of these options are provided in a wide range of shapes, sizes, and styles. I would

encourage all women and girls to research any interested product and gain an understanding of its use.

Some of these options include:

- Tampons
- Sanitary pads
- Menstrual cups

The International Planned Parenthood Federation has a fantastic blog which focuses on the different options available:

<https://www.ippf.org/blogs/period-products-what-are-options>

It is important to remember if you have any concerns about your menstrual cycle or period options, that you speak with your doctor or GP. Many GP services often have a dedicated sexual health team who you may be able to work with.