

**Education
about
menstruation
changes
everything.**



28 May
**MENSTRUAL
HYGIENE DAY**



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#Menstruationmatters
www.menstrualhygieneday.org



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Education about menstruation changes everything.

ASK #1

Provide education on menstrual hygiene, so that women and girls feel confident and are empowered to make informed decisions about how they manage their menstruation

ASK #2

Integrate menstrual hygiene education, into national school curricula, policies and programmes for adolescents.

ASK #3

Promote education for boys, men, teachers, health workers and other professionals, so they can help break negative social norms and provide accurate information and support

ASK #4

Enable girls to stay in school by ensuring access to hygienic products, adequate toilets, water and disposal options

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