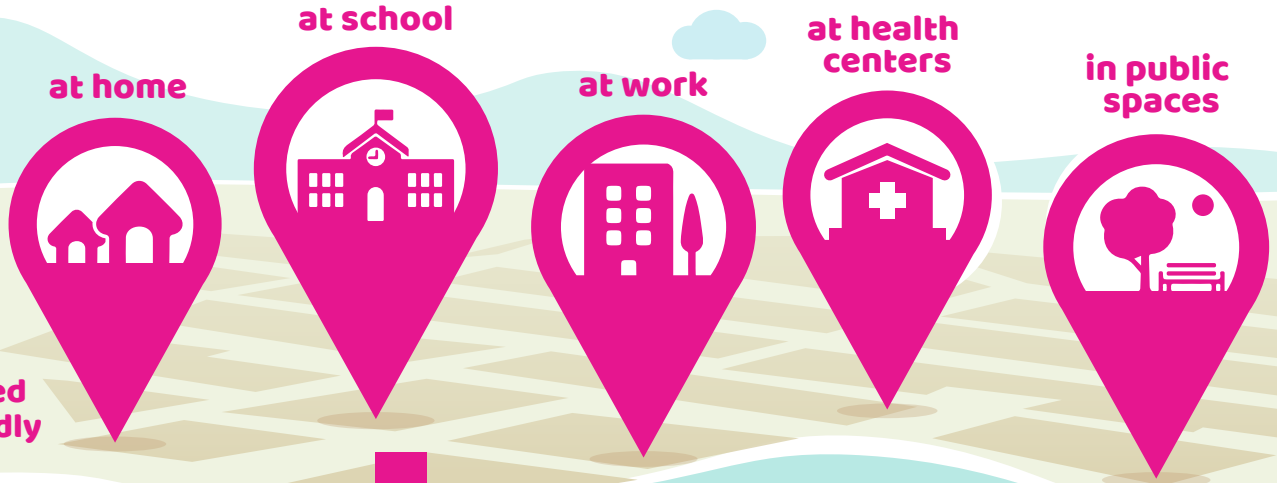


WHY PERIOD FRIENDLY TOILETS MATTER

On any given day, approximately 300 million women and girls menstruate. In order to manage their menstruation safely, hygienically, with confidence and with dignity, they need a private space to attend to their menstruation-related needs, such as washing themselves and changing materials. For most women and girls, this will be a toilet.



Where
do women
and girls need
period friendly
toilets?



What
makes a
toilet
period
friendly?



Water and soap is
available to wash
hands, bodies and any
reusable products



And of course
the toilet must
be clean!



Accessible during
day and night (area
and internal lighting)

Culturally appropriate
menstrual waste
disposal option
(dustbins, chutes, pits)



Public and community
toilets should be separated
by gender, also provide
access to menstrual
products and have hooks,
shelves and mirrors



Safe and conveniently located
and accessible for all women
and girls, including those
with disabilities



How
do women
and girls
benefit from
period friendly
toilets?



**Increased overall well-being
and reduced psychological
stress**

Having access to period
friendly toilets at all times
makes menstruation a less
stressful experience



**Increased ability to carry
on with daily educational,
income-earning and social activities**

Period friendly toilets are critical
to ensure that girls don't miss school
and women can go to work during
their periods



Increased safety

With period friendly toilets, women
and girls no longer need to put
themselves at risk of violence when
trying to dispose of their menstrual
waste in secluded places or under
the cover of darkness