



**MENSTRUAL
HYGIENE DAY**

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?



at home



at school



at work



at health centers



in public spaces



And of course the toilet must be clean!

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



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



What makes a toilet period friendly?



Provides privacy (doors, locks)



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



Accessible during day and night (area and internal lighting)



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



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



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



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