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 track 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.

Girls in developing countries miss up to 5 days of school/month when they menstruate. In a study from Nepal 42% girls reported missing school during their menstruation.

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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.

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.

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.

Make menstruation matter to the SDGs, to your country and your programmes!