HOW TO PARTICIPATE
1. We want you to show your support!

Take a photo in which you’re proudly wearing a Menstruation Bracelet, or use one of the ready-to-use digital motifs (illustrations/GIFs) we have created. Post your picture or one of the digital motifs on your social media channels and use the hashtags #ItsTimeForAction and #MHDay2020.

2. Use the Menstruation Bracelet to engage decision makers and celebrities.

The Menstruation Bracelet is a fantastic way to engage decision makers and celebrities and ask them to add their voice to our cause. You can use the bracelet to engage anyone, from local government officials to national ministers, from movie stars to social media influencers. Present a bracelet to them and ask them to share their picture on social media using our hashtags #ItsTimeForAction and #MHDay2020. If you don’t have a real-life bracelet for them, invite them to join the campaign by using the digital motifs.

HOW TO GET MENSTRUATION BRACELETS
1. Making a real-life Menstruation Bracelet

The Menstruation Bracelet consists of 28 beads, 5 of which are red. You can replace the beads with anything you like: the creative and use the materials that are available to you locally.

Here are some ideas:
- The Menstruation Bracelet from fabric
- Use the digital motifs of the Menstruation Bracelet
- Or simply paint the bracelet on your wrist!

2. Using the digital motifs of the Menstruation Bracelet

It’s easy to make a range of digital motifs of the Menstruation Bracelet to make it as easy as possible for everyone to participate on social media.

The Menstruation Bracelet is providing a range of ready-to-use digital motifs (illustrations/GIFs) to make it as easy as possible for everyone to participate on social media.

- GIFs for Instagram Stories: We have created two GIFs of the Menstruation Bracelet that you can use in Instagram stories. Create an Instagram story using IGSTORY, and use one of these GIFs. GIFs are also available on the MH Day website around 7/8 May.
- Illustrations: Share online.
- Illustrations available on the MH Day website (www.mhday.org) on 7/8 May.
- Post your photo/video on your social media channels using the hashtags #ItsTimeForAction and #MHDay2020. Please tag MH Day, so we can find your post easily.
- About MH Day

It IS 2020 and 2020 is the year to make the world a better place for girls and women around the world. This year, MH Day is organizing the Menstrual Hygiene Movement (MHM) 2020, to make 2020 the Year of MHM. The Menstrual Hygiene Movement is a global movement to end period poverty. It’s an initiative to make 2020 the Year of MHM, the movement to end period poverty.

Super-low cost but beautiful:
- Bracelet made from paper

The simplest solution if you need bracelets in large numbers: use a piece of red or pink string

Or simply paint the bracelet on your wrist!

For this example we used toothpaste and red lipstick

#ItsTimeForAction #MHDay2020

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