HOW TO PARTICIPATE

1. We want YOU to set a sign!

Take a photo of yourself wearing a Menstruation Bracelet as a symbol of your support and your commitment to end period stigma. Post your photo on one of the digital social media platforms, Facebook, Twitter and use the hashtag #ItsTimeForAction.

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 to ask them to support our cause. You can use the bracelet to engage anyone, from local government officials to national ministers, from movie stars to social media influencers.

To engage decision makers and celebrities:
- 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. Be creative and use the materials that are available to you locally.

Here are some ideas:
- The bracelet can be made from beads, buttons, fabric, paper, or even rubber bands.
- You can use any material that is available to you.

2. Using the digital motifs of the Menstruation Bracelet

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 GIFs of the Menstruation Bracelet for Instagram stories. Create an image using the GIFs, add text – including the hashtags #ItsTimeForAction and #MHDay2020 – and publish the image to your story.
  - Select “GIF search” and type “MHDAY” to find the Menstruation Bracelet GIFs.

- Illustrations of the Menstruation Bracelet
  - We have created beautiful illustrations of the bracelet. Select your favourite illustration and add text – including the hashtags #ItsTimeForAction and #MHDay2020 – and post it on Facebook, Instagram or Twitter.
  - Illustrations available on the MH Day website around 7/8 May

The Menstruation Bracelet is a global symbol for menstruation. There are two ways to get a Menstruation Bracelet. You can either be creative and make real-life bracelets yourself, or you can simply use the digital motifs (illustrations/GIFs) we have created for social media.

ABOUT MH DAY

It’s 2020 and women and girls around the world continue to be held back because of their menstruation. #ItsTimeForAction to change that. Initiated by WASH United, Menstrual Hygiene Day (MH Day) on 28 May is a global day of action to do just that. MH Day is driven by a movement of more than 550 organisations.

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

Here are some ideas:
- The bracelet can be made from beads, buttons, fabric, paper, or even rubber bands.
- You can use any material that is available to you.

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