Welcome to

BUILDING MENSTRUAL EQUITY IN SCHOOLS

2023 Teacher Institute Day HCR Workshop Session #1
PRESENTED BY

MA‘I MOVEMENT HAWAI‘I

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period poverty

n.
limited or inadequate access to menstrual products or menstrual health education as a result of financial constraints, negative socio-cultural stigmas associated with menstruation, or inadequate access to period-friendly sanitation facilities and running water

state of menstrual inequity

disproportionately affects low-income and houseless girls and women, māhū, trans men, gender non-conforming and non-binary people, and those that are incarcerated
UNDERSTANDING PERIOD POVERTY IN HAWAI‘I

FINANCIAL IMPACT
29.5% EXPERIENCED DIFFICULTY OBTAINING PERIOD PRODUCTS

MOST COMMON BARRIERS CITED
58% COST
30% KNOWLEDGE
30% ACCESSIBILITY
23% SHAME

“Something is wrong when as a working woman and mother that I have to choose between buying medication, food, or period products. That's what I always go through.”
Desiree, Maui

84.7%
BELIEVE MENSTRUAL EQUITY IS A REAL PROBLEM, LIKE FOOD AND HOUSING SECURITY

REPRESENTATION
WOMEN 94.3%
MĀHŪ 0.3%
GENDER NON-CONFORMING 4.5%

Source: MA‘I Movement Hawai‘i Data Findings
Establish free period product program
  • • •
Track product usage (SY2021–22)
  • • •
Identify cost/student
  • • •
Measure impact on students
  • • •
Conduct pre/post surveys amongst students & teachers
PRE- AND MID-PILOT HIGHLIGHTS (6 months)
IN OUR HAWAI'I PUBLIC AND CHARTER SCHOOLS

PRE-PILOT

1/4 Faculty say students missed at least one school day
1/2 Faculty say students missed part of the school day

When students lacked period products they used:
- Newspapers
- Diapers
- Leaves
- Folder paper
- Napkins
- Socks
- Toilet paper
- Old rags

MID-PILOT

37% Faculty

Students reported missing fewer classes and school days with access to products

17% Improvement

Decreased barriers to accessing products

"It was helpful because in one of my classes, I randomly got my period causing me to leak, plus I had no pads in my bag, but they brought me some from the bathroom and it was literally a lifesaver."

Middle Charter School Student, O'ahu
# Proven Results, Lasting Impact

In Our Hawai‘i Public and Charter Schools

<table>
<thead>
<tr>
<th>98% Students</th>
<th>When Students Have Access to Free Period Products in Schools, They Are</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>More confident and secure</td>
</tr>
<tr>
<td></td>
<td>83% Faculty</td>
</tr>
<tr>
<td></td>
<td>More able to continue with day-to-day activities</td>
</tr>
<tr>
<td></td>
<td>78% Faculty</td>
</tr>
<tr>
<td></td>
<td>More able to attend class regularly</td>
</tr>
<tr>
<td></td>
<td>76% Faculty</td>
</tr>
<tr>
<td></td>
<td>More able to take part in clubs, PE, sports, etc.</td>
</tr>
<tr>
<td></td>
<td>67% Faculty</td>
</tr>
<tr>
<td></td>
<td>More able to attend school regularly</td>
</tr>
<tr>
<td></td>
<td>70% Faculty</td>
</tr>
<tr>
<td></td>
<td>More able to do their best schoolwork</td>
</tr>
<tr>
<td></td>
<td>53% Faculty</td>
</tr>
<tr>
<td></td>
<td>More able to engage socially with other students</td>
</tr>
<tr>
<td></td>
<td>61% Faculty</td>
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On June 20, 2022, Gov. David Ige signed SB2821 into law, effective July 1, 2022, requiring the Hawai‘i State Department of Education to provide menstrual products to all students, free of charge, on all public school campuses, including public charter schools — and $2 million was allocated for this fiscal year.

Learn more: https://bit.ly/3N6tS9n
3 GUIDING PRINCIPLES

CONVENIENCE
Products should be available in multiple locations throughout campus to ensure students can access products no matter where they are. Increased access points also reduce time spent out of class.

EASY ACCESS
Products should be placed in areas that students can access freely and easily without shame or stigma. Students of any gender, including non-menstruating students, should be allowed to take products without question as they may be assisting peers who are unable to get products themselves.

BARRIER-FREE
Students should not have to ask someone, such as a nurse, to access period products, which can add to shame, stigma, and time spent out of class.
STEP 1
- Identify lead for procurement (funding comes directly from the HIDOE and all HIDOE processes must be followed).
- Identify lead on implementation (nurse, health aid, teacher, administrator).

STEP 2
Identify locations for period product distribution and method of distribution.

STEP 3
Based on locations, meet with stakeholders to create an implementation procedure at school (principal, custodial staff, faculty, etc).

STEP 4
Roll out informational materials across the school.

Get students involved!!
1. **Bathrooms**
   Provides a safe and private space. Easily accessible & reduces time spent out of class to get products from another location.

2. **Bathroom Stalls**
   Provides most direct and immediate access to period products.

3. **Health Room**
   Nurses and health aides placed products in a location where students can access without permission.

4. **Classrooms**
   Like bathrooms, students can immediately get products and reduce time spent out of class to manage their period.

5. **Counselor's Office**
   Provides a space all students access and frequently.

6. **Main Office**
   Provides a location that is usually near a bathroom and opens earlier than classrooms.

7. **Athletics Offices, Locker Rooms**
   Provides students an option to access products after school hours. Allows students to fully participate in sports.

8. **Teen Center (if available)**
   This location is school dependent.
THE HO'OHAHOANOHANO INITIATIVE
LOCATION PREFERENCES

<table>
<thead>
<tr>
<th>Location</th>
<th>Students</th>
<th>Pre-pilot</th>
<th>Post-pilot</th>
<th>Faculty</th>
<th>Pre-pilot</th>
<th>Post-pilot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Office</td>
<td>59%</td>
<td>56%</td>
<td>68%</td>
<td>73%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bathrooms</td>
<td>53%</td>
<td>65%</td>
<td>38%</td>
<td>43%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classrooms</td>
<td>29%</td>
<td>41%</td>
<td>30%</td>
<td>44%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Counselor’s Office</td>
<td>18%</td>
<td>27%</td>
<td>42%</td>
<td>57%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen Center</td>
<td>N/A</td>
<td>29%</td>
<td>N/A</td>
<td>41%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main Office</td>
<td>16%</td>
<td>25%</td>
<td>26%</td>
<td>37%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletic Dept.</td>
<td>N/A</td>
<td>22%</td>
<td>N/A</td>
<td>36%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Free Dispensers</td>
<td>37%</td>
<td>38%</td>
<td>30%</td>
<td>31%</td>
<td></td>
<td></td>
</tr>
</tbody>
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EXAMPLES

CONTAINER / BASKET

STORAGE DRAWER

RESEALABLE BAG

DISPENSER
# Dispensers & Trash Receptacles

<table>
<thead>
<tr>
<th>Dispenser Type</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Container / Basket</td>
<td>Low cost, easy to place in multiple locations</td>
<td>Easy to remove and damage</td>
</tr>
<tr>
<td>Storage Drawer (movable / fixed)</td>
<td>Can hold a large quantity and variety of products</td>
<td>Restricted to certain locations due to size</td>
</tr>
<tr>
<td>Resealable bag affixed to wall or in stall</td>
<td>Low cost, easy to replace, provides most direct and immediate access to students</td>
<td>Easy to remove and damage, cannot hold a large quantity or variety of products</td>
</tr>
<tr>
<td>Dispenser with or without mechanical turn knob</td>
<td>Affixed to wall to prevent tampering, may exist in bathrooms</td>
<td>Product-dependent, costly installation, high annual maintenance</td>
</tr>
</tbody>
</table>

## Pictured: Ma‘i Spot Labels

Aloha friend,

If you need one, take one.
If you can spare one, give one.
Take what you need.
Leave for the next person.

Periods are a powerful part of becoming. No hilahila, just love.

The Ma‘i Program is a program of gender, gender identity, and gender expression advocacy to support the student community. The program, its signage, and its programming is made possible by a grant by the College of Women and Gender Studies as well as student donations. Benefit of the program is open to all students and students who wish to support the program.

Please consider donating.

## Trash Receptacles

Trash receptacles are important to ensure proper disposal of used period products within student bathrooms. Place small trash receptacles in individual stalls and/or large receptacles in a communal area within the bathroom. Receptacles placed outside of student bathrooms can cause students to feel embarrassed and stigmatized.
Get students involved

Make take home kits!
VANDALISM
There were some instances of vandalism, but incidents were isolated and often the result of specific students.

EXCESS USE
Students were encouraged to freely take the number of products they needed at school. There were no reported incidents of excessive use.

MISUSE
Education around product use available at maimovement.org/education.
Scan the QR code & fill in the teacher survey to help end
free period products in all public schools
in the state of Hawaii.

Learn more about us | Request a MAT CARE KIT
@MAIMOVEMENTHAWAI | INFO@MAIMOVEMENT.ORG
MAIMOVEMENT.ORG

Post in halls, bathrooms, classrooms - anywhere!

Use student clubs and organizations to spread the word.

Post on social media.

Send out a notification in weekly emails and communications.

Make a morning announcement.

Send out information through teacher and faculty portals.

Scan the QR code to customize the template.

FREE PADS & TAMpons
**SOCIAL MEDIA**

**Free Period Products**

Available at:
- Building B, D, E and F Restrooms
- Health Room/Teen Center, and Teachers Classrooms

*Mahalo MA'I MOVEMENT HAWAI'I*

Liked by: alleysan, and 331 others

wakecesshig MA'I Movement Hawai'i is an organization of volunteers who provide free menstrual products, education, and resources to individuals who may need help.

Please support and sign the petition in hopes to have free period products available for Hawaii schools in the future. [https://mainmovement.org/advocate](https://mainmovement.org/advocate/)

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**Ma'i Movement Care Kits available for pick-up at Health Room/Teen Center, and Teachers Classrooms**

Farrington High School has been chosen to participate in the Ma'i Movement Ho'ohanooihoihoi Initiative to provide FREE period products to females on campus! To further push this campaign, there will be Care Kits available for pick-up at the Health Room, Teen Center & in Classrooms around campus.

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**Menstrual Products For All**

Available at:
- Ms. Harris - B 10
- Ms. Blanchard-Walker & Ms. Dickerson: E 28
- Ms. Davis - ECOS B
- Main Office

*khpeastrojens - Following*

khpeastrojens: Take the survey & break the silence. @mainmovementhawaii and @statusofwomenhawaii are teaming up to understand how periods affect Hawai'i residents and bring the issue of menstrual inequity to the forefront to make systemic change in our government, schools, and community. Please take the survey at: mainmovement.org/survey

In addition, free period products are available for students. Please see a counselor or our main office.

*ahia_k_kd - Following*

AUGUST 10, 2021

Add a comment...
Nationwide Study Highlights
Reviewed each state's Department of Education website between September 2020 and November 2020.

Only three states — California, Michigan, and New Jersey — cover personal hygiene products related to menstruation.

Hawai‘i Education Requirements
Physiological changes of puberty
Pregnancy prevention
Abstinence
STI prevention

Education Opportunities
Managing menstruation
Personal hygiene during menstruation
Information about different period products and how to use them
THE HO’OHANOHANO INITIATIVE

IMPLEMENTATION TOOLKIT
Data, flier templates, best practices, etc.
bit.ly/hoohanohanotoolkit

PROCUREMENT CHEAT SHEET
Something getting in the way of your period products implementation? Contact Maʻi Movement Hawaiʻi.

**NEED HELP?**

If you have questions about funding at your school, reach out to:

1. School administrator
2. School community council (SCC)
3. HSTA UniServ Director