

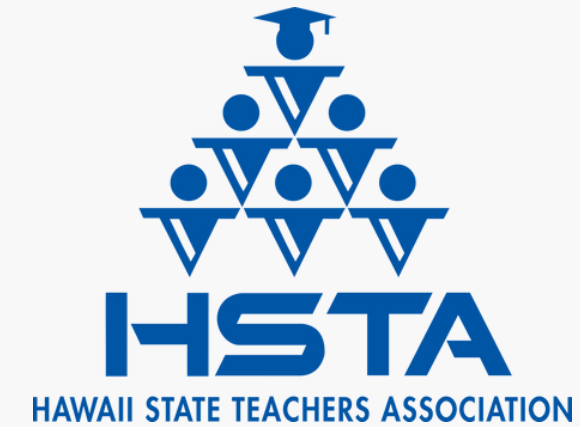
Welcome to

BUILDING MENSTRUAL EQUITY IN SCHOOLS

2023 Teacher Institute Day HCR Workshop Session #1

PRESENTED BY

MA'I MOVEMENT HAWAI'I



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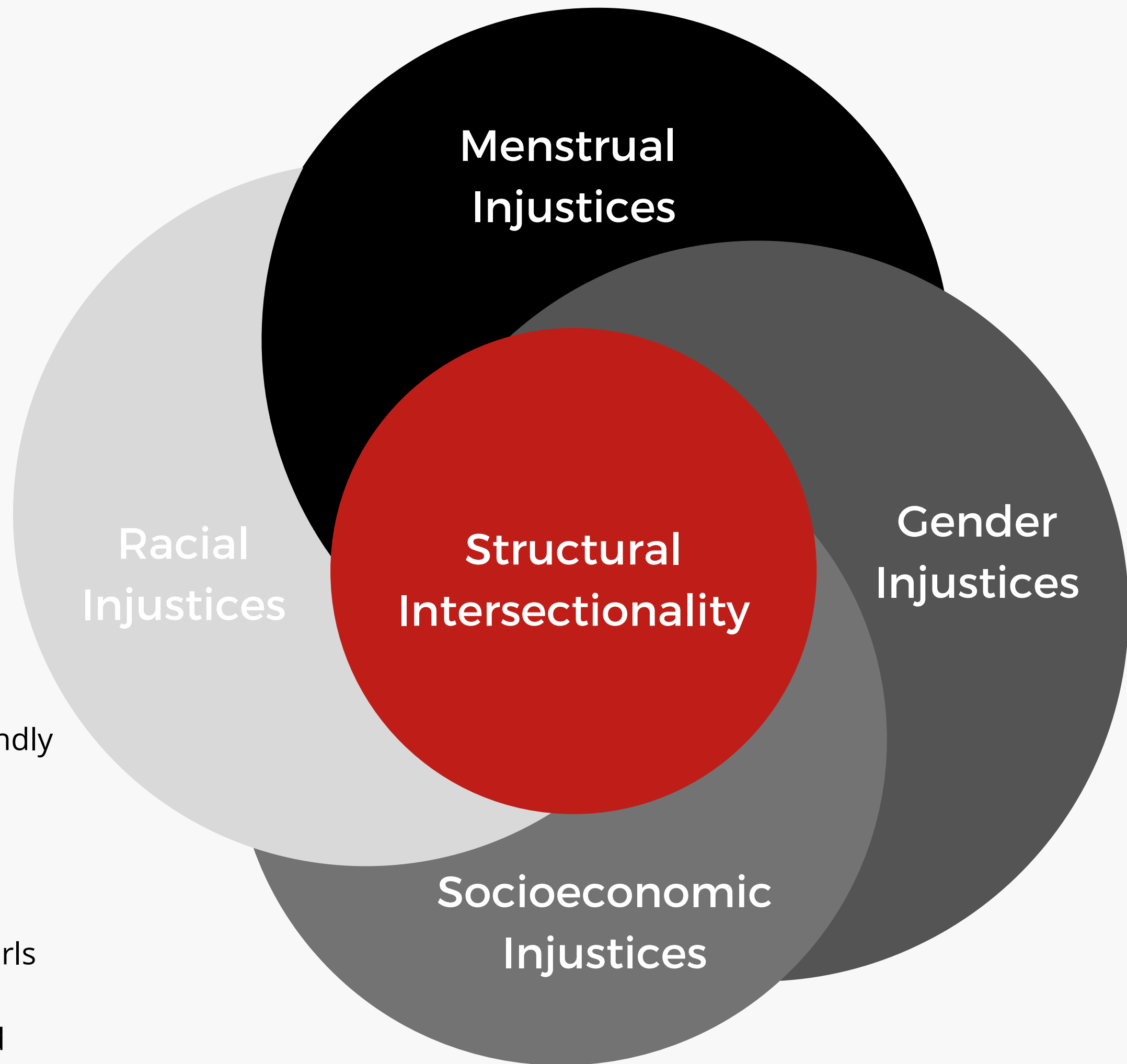
period poverty

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

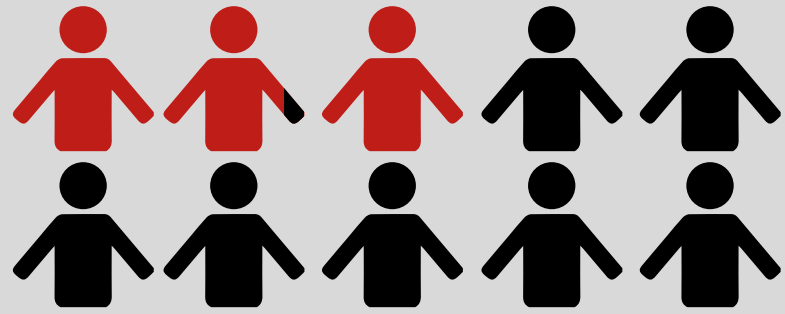
disproportionately affects low-income and houseless girls and women, māhū, trans men, gender non-conforming and non-binary people, and those that are incarcerated



UNDERSTANDING PERIOD POVERTY IN HAWAI'I

MA'I MOVEMENT HAWAI'I-HAWAI'I STATE COMMISSION ON THE STATUS OF WOMEN (2021)

FINANCIAL IMPACT



29.5% EXPERIENCED DIFFICULTY OBTAINING PERIOD PRODUCTS

MOST COMMON BARRIERS CITED

58% COST

30% KNOWLEDGE

30% ACCESSIBILITY

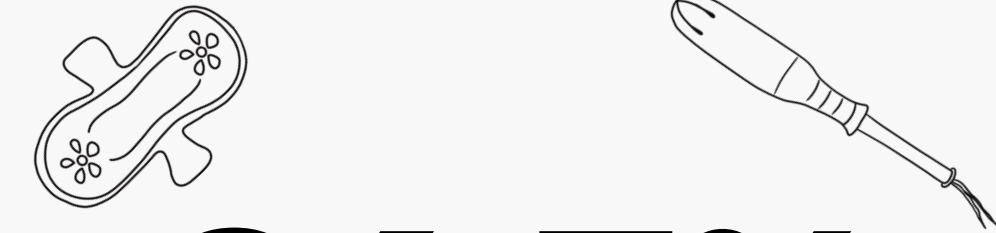
23% SHAME



"Something is wrong when as a working woman and mother that I have to choose between buying medication, food, or period products.

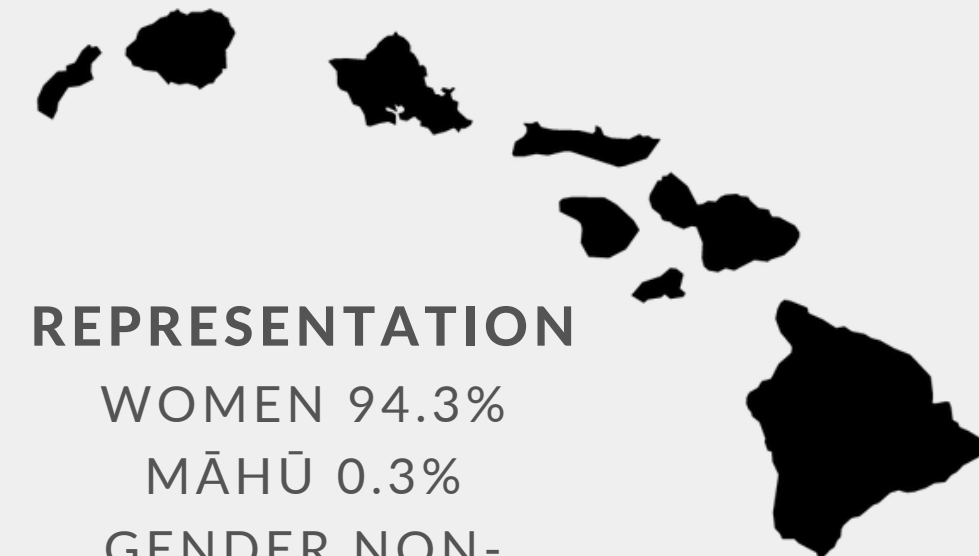
That's what I always go through."

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%

THE HO'OHANOHANO INITIATIVE

OBJECTIVES & GOALS

Establish free period product program



Track product usage (SY2021-22)



Identify cost/student



Measure impact on students



Conduct pre/post surveys amongst
students & teachers



DISPLAY BOX

Great for small spaces and low traffic bathrooms



TAMPONS

100% organic cotton

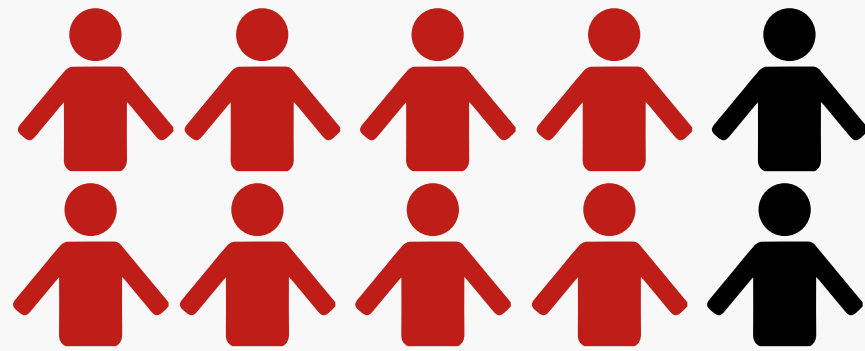
PADS

100% organic cotton

PRE- AND MID-PILOT HIGHLIGHTS (6 months)

IN OUR HAWAI'I PUBLIC AND CHARTER SCHOOLS

PRE-PILOT



FACE DIFFICULTIES
GETTING PERIOD PRODUCTS

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



**STUDENTS REPORTED
MISSING FEWER CLASSES
AND SCHOOL DAYS WITH
ACCESS TO PRODUCTS**

37%
FACULTY

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



98%
STUDENTS

WERE ABLE TO GET
PERIOD PRODUCTS
WHEN THEY NEEDED IT

WHEN STUDENTS HAVE ACCESS TO FREE PERIOD PRODUCTS IN SCHOOLS, THEY ARE

■ Faculty ■ Students

More confident and secure



More able to continue with day-to-day activities



More able to attend class regularly



More able to take part in clubs, PE, sports, etc.



More able to attend school regularly



More able to do their best schoolwork



More able to engage socially with other students



● Faculty
● Students

71%

STUDENTS

WERE AWARE
PRODUCTS WERE FREE
AND AVAILABLE IN
MULTIPLE LOCATIONS

92%

FACULTY

KNOW HOW THEIR
SCHOOL WAS
DISTRIBUTING
PRODUCTS

40%

FACULTY

FELT HAVING PERIOD
PRODUCTS HELPED
REDUCE ABSENTEEISM





HAWAII'S MENSTRUAL EQUITY LAW

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.

PLANNING & IMPLEMENTATION OVERVIEW

STEP 1

- Identify lead for procurement (funding comes directly from the HIDEOE and all HIDEOE 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!!



Pictured: Farrington High School

DISTRIBUTION

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.

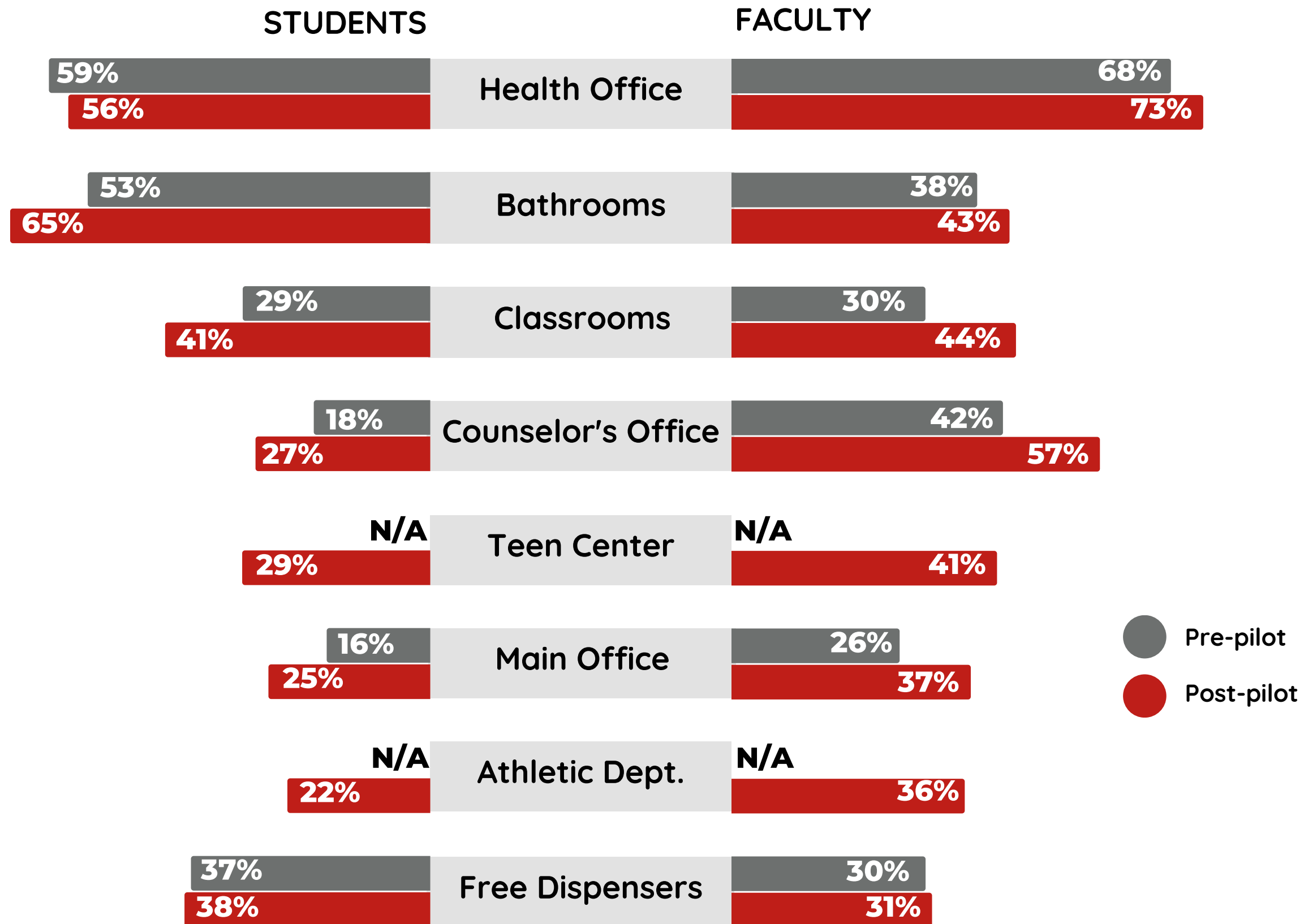
8

Teen Center (if available)

This location is school dependent.

THE HO'OHANOHANO INITIATIVE

LOCATION PREFERENCES



EXAMPLES



CONTAINER / BASKET



STORAGE DRAWER



RESEALABLE BAG



DISPENSER



DISPENSERS & TRASH RECEPTACLES

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



Pictured: Ma'i Spot Labels

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.

RECOMMENDATIONS



Get students involved



Make take home kits!

TEACHABLE MOMENTS



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.

SPREAD THE WORD



END PERIOD POVERTY IN HAWAII

Free Period Products for Students


OUR SCHOOL IS PARTNERING WITH MA'I MOVEMENT HAWAII TO PROVIDE FREE PERIOD PRODUCTS (PADS + TAMPONS).

AVAILABLE IN:
MAIN OFFICE
HEALTH OFFICE
COUNSELOR OFFICES

Scan the QR code & fill in the teacher survey to help us make period products free in all public schools in the state of Hawai'i.

LEARN MORE ABOUT US | REQUEST A MA'I CARE KIT
@MAIMOVEMENTHAWAII | INFO@MAIMOVEMENT.ORG

MAIMOVEMENT.ORG



SCAN ME

- 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.



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MAIMOVEMENT.ORG



SCAN ME

SOCIAL MEDIA

WAIAKEAHIGH Posts



Free Period Products

Available @ BUILDINGS: D, E, Q AND R RESTROOMS & HEALTH ROOM

Mahalo
MA'I MOVEMENT HAWAI'I

Liked by alleysan_ and 131 others

waiakeahigh 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 Hawai'i schools in the future.
<https://maimovement.org/advocate/>




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

govlove · Following
Farrington High School

govlove Aloha Governors! ❤️❤️

Farrington High School has been chosen to participate in the Ma'i Movement Ho'ohanohano 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.

38w



Available at:

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

khpestrojans · Following

khpestrojans Take the survey & break the silence. @maimovementhawaii and @statusofwomenhawaii are teaming up to understand how periods affect Hawaii residents and bring the issue of menstrual inequity to the forefront to make systemic change in our government, schools, and community. Please take their survey at: maimovement.org/survey

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

50w

ahia_k_d ❤️
50w Reply

Liked by buyani13 and others
AUGUST 13, 2021

Add a comment... Post

EDUCATION

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



OFFICE OF
Curriculum & Instructional Design
<https://learningdesign.hawaiipublicschools.org>

Online Resources
Health Education



Sexual Health and Responsibility: Menstrual (Period) Care

READ FIRST

The following resources are provided to support health-promoting care during puberty and adolescence. This resource list provides supplementary resources that schools may consider for use with their students.

Visit the Hawai'i State Department of Education's (HIDOE) [Sexual Health Education webpage](#) for more information on sexual health education, including related policies, a list of recommended instructional materials, and the opt-out process. HIDOE schools are responsible for reviewing the HIDOE [memo](#) on sexual health education, dated 02/08/22, which includes guidance for selecting or reviewing instructional materials (HIDOE staff login required). Supplementary resources for sexual health education require approval by the principal prior to use with students.

Online Resources

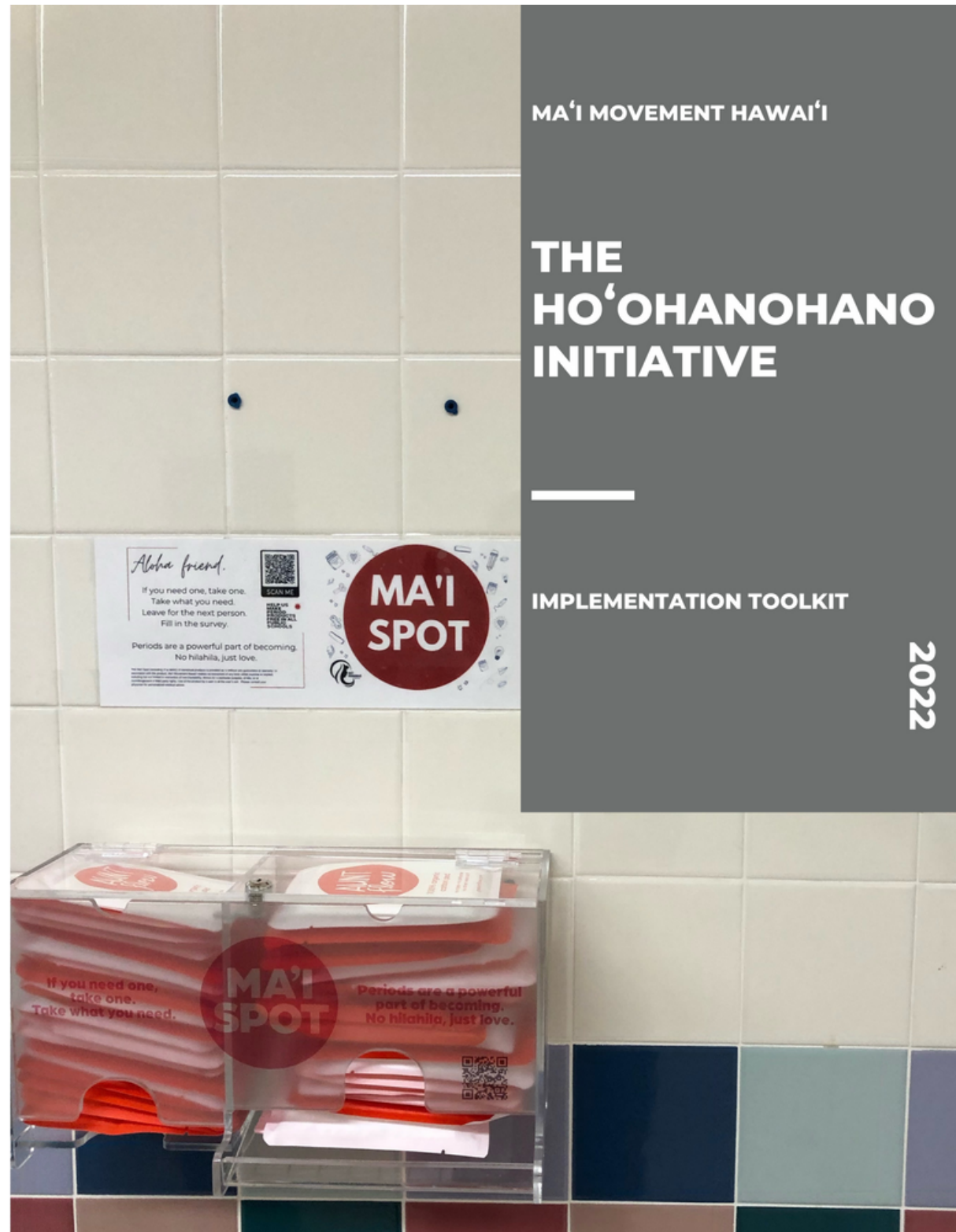
General Information and Resources	Puberty and You Seattle Public Schools TV
	KidsHealth and TeensHealth Nemours Children's Health
	Ma'i Movement Hawai'i's Educational Resources 🌺 Ma'i Movement
	Menstrual Cycle US Department of Health and Human Services (DHHS), Office on Women's Health
Families	Amaze (Create a My Amaze account to set up your own playlist) Advocates for Youth, Answer, Youth Tech Health
	KidsHealth: Talking to Your Child About Periods Nemours Children's Health
	Talking About Periods, Period Product Options, Using a Pad, Using a Tampon, What is a Normal Period?, and Talking to Boys about Periods <i>For parents/guardians of children with intellectual disabilities and/or autism spectrum disorder; developed in Australia; some references may need clarification (e.g., in the "People with intellectual disability on having their first period" video, the speaker says "year 5 or 6" referring to grade levels, not ages.)</i> Planet Puberty

🌺 = Local resource

Please note that this list is provided for informational purposes to support schools and families. The linked materials have not been vetted through an OCID state-level instructional materials review committee process.

Updated 10/14/2022
Page 1 of 3

RESOURCES



THE HO'OHANO HANO INITIATIVE

DISTRIBUTION PLAN

ALLOCATED
BUDGET
AMOUNT

PROCUREMENT
LEAD

PROJECT
LEAD

LOCATIONS

DISPENSER TYPE

- BATHROOMS
- STALLS
- HEALTH ROOM
- COUNSELOR'S OFFICE
- MAIN OFFICE
- ATHLETIC DEPARTMENT
- OTHER: _____

- CONTAINER
- BASKET
- STORAGE DRAWER
- RESEALABLE BAG
- DISPENSER
- OTHER: _____

DOES OUR SCHOOL HAVE
PROPER DISPOSAL IN PLACE?

- YES
- NO

IF NO, WHAT
IS THE PLAN?

LIST OF STAKEHOLDERS
TO MEET WITH

COMMUNICATIONS PLAN

TAKE HOME KITS

- DISPENSER LABELS
- STUDENT FLYERS
- FACULTY FLYERS
- MORNING ANNOUNCEMENTS
- SOCIAL MEDIA
- STUDENT, TEACHER & PARENT MEMOS
- OTHER: _____

- WEEKENDS
- LONG WEEKENDS
- FALL BREAK
- THANKSGIVING
- WINTER BREAK
- SPRING BREAK
- OTHER: _____

MONITOR &
REFILL PLAN

IMPLEMENTATION TOOLKIT

Data, flier templates, best practices, etc.

bit.ly/hoohanohanotoolkit

PROCUREMENT CHEAT SHEET

<https://bit.ly/doecheatsheet>



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

Something getting in the way of your period products implementation? Contact Ma'i Movement Hawai'i.

