

## Dignified Menstruation Friendly Institutions

Dignified Menstruation is state of free from any forms of discrimination includes taboo, shyness, stigma, restriction, abuses, violence that associated with menstruation throughout the life cycle of menstruators. It's tool to address the complex and multifaceted nature of menstrual discrimination and vehicle for prevent sexual and gender based violence, promote Sexual and reproductive rights and promote human rights. For details: [www.dignifiedmenstruation.org](http://www.dignifiedmenstruation.org)

Descriptions	Public offices	Educational Institutions	Restaurants/hotel
The banner is being hanged `welcome to dignified menstruation friendly institution at the reception or an entrance.	Yes	Yes	Yes
Paste the information sheet of menstrual products with their advantages and disadvantages.	Better to have	Yes	Better to have
Paste the posters, statements inside and outside of the buildings e.g. Menstrual blood is pure blood at the wall	Better to have	Yes	Better to have
Enabling environment to discuss about the any forms of menstrual discrimination by any team members.	Yes	Yes	Yes
Organize events/programs for addressing menstrual discrimination within the team.	Better to have	Yes	Better to have
Have an administrative/financial/GESI policy to address the menstrual.	Yes	Yes	Yes
The allocation of budget for execution of policies and plans.	Yes	Yes	Yes
Have the facilities such as toilet, water, products for emergency, waste management etc. for menstruators.	Yes	Yes	Yes
Have the three `P' Model for managing the menstrual products (Person-right to choice, zero chemical, P- Planet- no burden for planet, P-Pocket-availability, accessibility, affordability, no tax, locally produced)	Better to have	Yes	Better to have
Have community engagement with community to promote dignified menstruation.	Yes	Yes	Yes
Engage/dialogue with the families who have following menstrual discrimination or highlight the individual/families who practice dignified menstruation in the community.	Better to have	Yes	Better to have
Investigate and support to the team members/students if their performance is getting worse e.g. low mood of staff or absence of girl in school.	Yes	Yes	Yes
Educate about the menstrual health issues related with menstruation, peri-menopause and menopause.	Yes	Yes	Yes
Have plans and policies to address the discriminations associated with Peri-menopause and menopause.	Yes	Yes	Yes

**Prepared by:**

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