

Menstrual Practice in Asia

In general, saying, Asia is big by geography and population of course. It is diverse in culture, language, religion and so many other social issues. Regards to menstruation, there is no documentation. It could be due to deep silence around menstruation at the name of culture of religion. However, menstrual information from Asia explored through the google searching by using few vocabularies like menstrual taboo, Menstrual practice, Menstrual Health Management. The following points explored.

- 1) Since the 2014, organizations started to do publicly around menstruation specially focus on menstrual hygiene, products.
- 2) The organizations who are already working WASH sectors, they started to work on menstrual hygiene as additional element of hygiene. It created the space for menstruation to break the silence at least.
- 3) The diverse aspects of menstruation yet to explore through research, awareness and advocacy. The hygiene is important but not address all impacts of menstrual practice at the life of girls, women, transmen, queer during menstruation.
- 4) The donors as well as implementing partners are yet to recognize the essence of menstruation within peace, human right, empowerment, sexual and reproductive rights and SDGs.
- 5) The ground realities are yet to explore including pay respect the local leaders, researchers and activism instead of work on assumption.
- 6) The concept of Dignified Menstruation is hugely missing even missed the connection with current activities.
- 7) The below table is extracted (directly copied from web) from the google, simply try to share here as mirror. In few countries, there were formal studies in small scale and most of the countries do not have studies. It was very difficult to find the direct and clear info on menstruation e.g. Armenia. Thus, try to put the other info related to gender equality and women's status by putting under remarks.

Country	Understanding, practices around menstruation	Remarks
¹ Afganisthan	<ul style="list-style-type: none"> • 50% of girls do not know about menstruation before menarche (2010) and tried to hide their period (2016). • 37% miss school for one or more days when menstruating. • 80% do not play sports or eat certain foods. • 70% do not wash during menstruation for fear of infertility 	

¹ <https://washmatters.wateraid.org/publications/menstrual-hygiene-management-in-schools-south-asia> for South Asian Countries

<p>²Armenia cannot find the exact info on menstruation but can assume the status of dignity from the studies took for other purposes</p>		<p>The sex imbalance: there were 115-120 boys being born for every 100 girls. Sex selection may have been outlawed, but a shortage of women threatens the very survival of a country where boys are traditionally seen as an investment and girls as a loss.</p> <p>³Teachers treat male and female students differently. Students confirmed that they face different treatment and discrimination by their teachers. Furthermore, the survey revealed that teachers lack an understanding of what constitutes a gender-neutral approach to teaching and learning.</p>
<p>Azerbaijan</p>		<p>⁴Is menstruation unclean? The smell is natural and normal, but can be much less with washing at least twice a day with soap and water around the vagina. You can place cloths, cotton or pads in your underwear when you are bleeding. Take extra</p>

² <https://www.theguardian.com/global-development/2018/feb/22/sex-selection-armenia-quandary>

³ <http://documents.worldbank.org/curated/en/355331495185406481/pdf/ACS21924-WP-P157930-PUBLIC-ArmeniaGenderandSTEMReportFINAL.pdf>

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<http://www.unesco.org/new/fileadmin/MULTIMEDIA/FIELD/Nairobi/pubertygirlsbrochure.pdf>

		pads in a plastic bag to school so you can change after a few hours. Wrap the used pad in some paper and throw it in the waste bin. You can take a sweater or kanga in case you have a leak on your uniform
Bangladesh	<ul style="list-style-type: none"> • The Ritu Baseline Study (2017) found that: • 76% of girls avoid physical exercise during menstruation; 68% avoid being near men and boys; 96% avoid religious activities; • 40 % of girls miss approximately three school-days during menstruation and one-third perceive that menstrual problems interfere with their school performance. (BNHBS, 2014) • 59% avoid ‘white’ foods such as banana, egg, milk, and 53% avoid sour foods. • 32% of menstruating girls do not use the toilet at school when on their period 	
Bhutan	<ul style="list-style-type: none"> • 78% of adolescent nuns miss classes or activities during menstruation because they find the toilets too dirty to use. • One-third of girls thought a woman must not enter a shrine or temple during menstruation. 21% thought women susceptible to possession by an evil spirit during menstruation 	
Bahrain	<ul style="list-style-type: none"> • 5We have been taught to lower our voice when we talk about it, make sure that boys aren’t around us when we do and be discreet about experiencing it. • Hiding my period experience always felt wrong to me, and if we want to be respected as the women we are, • 6It can be concluded that the menstrual cycle has a major impact on AGU female medical students’ physical conditions, whereby 90.7% had abdominal cramps, 82.7% backache and 80.4% felt tired. More than half of the students had their academic performance affected (study time, 76%; concentration, 65.8%; participation in group 	<p>“When we, as women, constantly hide parts of ourselves or feel shameful about them, it can feed into the societal narrative that we are weaker.”</p> <p>Not only are we oppressing women from experiencing their femininity freely by doing that, but we are also preventing knowledge from men. When we prevent</p>

⁵ <https://sekkamag.com/2019/01/31/dont-hide-the-blood-why-we-should-talk-more-about-menstruation/>

⁶ <https://www.longdom.org/open-access/the-impact-of-menstrual-period-on-physical-condition-academic-performance-and-habits-of-medical-students-2167-0420.1000185.pdf>

	<p>activities, 58.1%; examination performance, 51.8% and class attendance, 40.8%). The university administration and counseling services should be aware about the results of the study and provide further facilities and understanding to female students. Further research should be conducted to study the effect of menstruation on Arab females</p>	<p>educating men from understanding the huge role the period plays in a woman's body, they mostly grow up either feeling disgusted or really confused when they hear about it. Grown men in our society tend to shy away from asking about periods</p>
Brunei		<p>⁷PGI in WASH: Emergency WASH Training of Trainers 13-16 August 2019</p>
Cambodia	<ul style="list-style-type: none"> • 8Girls reported that they mostly felt worried and scared about getting their first period. They sought support from female family members (mothers, aunts and sisters) to learn how to manage menstruation. • The FGD's and KII's found that teachers do not provide support to girls to manage menstruation at school. • Nearly all teachers and principals felt that the reason girls did not discuss menstruation with them was because they were "too shy". • Mothers also reported that their daughters did not discuss menstruation with teachers despite educating girls about menstruation, they remained shy. • Despite female teachers reporting that girls never spoke to them about menstruation, some male teachers assumed that girls spoke with the female teachers: • Peer support was not a common source of knowledge or learning about • Students who had been taught reported that • was a difficult topic for male teachers to teach, and students felt that it was more appropriate for this class to be taught by a female teacher: • Inadequate WASH facilities at school meant girls faced challenges in safely, 	

⁷ <https://www.rcrc-resilience-southeastasia.org/document/pgi-in-wash-emergency-wash-training-of-trainers-13-16-august-2019/>

	<ul style="list-style-type: none"> • hygienically and effectively managing menstruation at school 	
Cyprus	<ul style="list-style-type: none"> • 9 Menstrual blood, dirty, polluted, impure and dangerous • Remained unchanged from generations • Young girls and women have for a long time experienced a sort of stigma talking about their menstrual cycle 	
China	<ul style="list-style-type: none"> • 10 menstrual blood as product dirty and polluting, because of impurity unable to perform rituals • 11 Chinese adolescent girls have limited resources for learning about menstruation. Most information comes from their mother (Yang, 2011). Recently, many Chinese middle schools have started to initiate health classes for adolescents once or twice a year (Yang, 2011). However, boys and girls take the class together, which has impeded discussion and teachers without a health-related background provide limited menstrual information • Instead of taking a warm bath or exercising, they often store warmth by consuming warm food and drink and by wearing more clothes. 	<p>¹²the <u>debate over menstrual leave</u> intensified this month after the eastern province of Anhui became the third area to introduce “period leave”</p> <p>“Looks like it is protecting women’s rights, but it eventually will make things worse,” wrote one commenter, @Woshiyamiedie. “The discrimination at work will never end if the rights of women and men are not balanced.”</p>
Georgia		
India 2018	<ul style="list-style-type: none"> • 52% of girls are unaware of menstruation pre-menarche (LSTH et al, 2016). • In Maharashtra and Tamil Nadu, menstruating girls are asked to stay away from religious spaces, kept in isolation, not allowed to play outside, or go to school. • Girls typically miss 1-2 days of school per month (United Nations Children’s Fund; (UNICEF), 2015). 	
Indonesia	<ul style="list-style-type: none"> • Given parents’ discomfort and hesitation to discuss these topics, many students in Indonesia have limited knowledge and understanding about 	

⁹ <https://cyprus-mail.com/2019/08/24/workshop-starts-a-menstrual-revolution/>

• ¹⁰ https://www.jstor.org/stable/3814221?seq=1#page_scan_tab_contents

¹¹ <https://onlinelibrary.wiley.com/doi/full/10.1111/nhs.12295>

¹² <https://www.theguardian.com/lifeandstyle/2016/mar/04/period-policy-asia-menstrual-leave-japan-women-work>

	<p>menstruation and reproductive health. This is particularly the case for female students in fourth to sixth grade, who are lacking the knowledge to deal with – and prepare for – their first period.¹³</p> <ul style="list-style-type: none"> • A lack of knowledge and a combination of anxiety and shame has led to a high number of girls who skip class during their monthly menstruation cycles. This feeling of embarrassment is only worsened by comments made by my male students. Incidents have been reported where girls are teased and mocked if they are seen with blood stains on their clothes and skin, without having noticed themselves. • 14 To date there has been limited research about MHM in Indonesia, particularly among adolescent girls. Consequently, the determinants and impacts of MHM among girls are not well understood and an evidence-base for programming and interventions to improve MHM is lacking. • A need for secrecy and beliefs that menstruation is unclean or dirty contribute to MHM practices that are not currently supported by school WASH facilities. Nearly all girls described a need to wash soiled disposable sanitary pads prior to disposal, however the majority of schools did not provide adequate water or private spaces for such practices. • 15 It is believed that sexually transmitted diseases (STDs) are a result of having sex with a menstruating woman, so a menstruating woman is strictly banned from having intercourse. There is also a belief that if a man has an STD, the only way to get rid of it is to have sex with a woman, whose bodies are supposedly able to ‘absorb’ the infection and then purge it out when she gets her period. 	
Iran	<ul style="list-style-type: none"> • 16 In Iranian culture, menstruation and health during puberty is rarely discussed at home or school 	

¹³ <https://www.planusa.org/talking-about-menstrual-hygiene-in-indonesia>

¹⁴ https://www.facebook.com/Global-South-Coalition-for-Dignified-Menstruation-796970870698100/?modal=admin_todo_tour

¹⁵ <https://blog.pslove.com/8-period-struggles-from-around-the-world/>

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https://www.google.com/search?rlz=1C1EJFA_enNP661NP661&biw=1306&bih=557&sxsrf=ACYBGNRtRsFyzWG62EjAbi02Q74QDfQtdw%3A1569574994840&ei=UtCNXYT9MvGvQTb2a_wDw&q=menstruation+in+Iran&oq=menstruation+in+Iran&gs_l=psy-ab.3...945856.948597..950408...0.2..0.241.2846.0j1j12.....0....1..gws-

	<ul style="list-style-type: none"> • 17 The society, families and of course the adolescents themselves are responsible to work together in order to create an atmosphere in which correct information on puberty and the associated issues are readily accessible. • Because of traditional cultural restrictions on discussing sexual and reproductive health and related issues, many girls in our country lack appropriate and sufficient information regarding puberty and menstrual health. This can result in incorrect and unhealthy behavior during their menstrual period. 	
Israel	<ul style="list-style-type: none"> • 18Chapter 15 of Leviticus serves as the basis for the Jewish menstrual laws. The Hebrew term used for menstruation in Leviticus 15:19, 20, 24, and 33 is niddah, which has as its root ndh, a word meaning “separation,” usually as a result of impurity. It is connected to the root ndd, meaning “to make distant.” This primary meaning of the root was extended in the biblical corpus to include concepts of sin and impurity. • Leviticus 18:19 enjoined the people of Israel to avoid sexual relations with the woman during her niddah. According to Leviticus 20:18 coitus with a menstruant was forbidden and carried the punishment of karet. • Immersion for women must be done in the evening and at a ritually approved mikveh. Bathing in rivers is mentioned in the Talmud. Jewish families in rural areas often constructed their own private mikva’ot. Some mikva’ot have closed-circuit television so that a woman might avoid encountering a relative. Others are quite open about having friends or relatives accompany the woman. • In Israel, observance of the menstrual laws is nearly universal among those who are affiliated with an Orthodox synagogue. In the Diaspora it serves as a dividing line between the Orthodox and everyone else. • 19 mothers slap their daughters faces when they first get their period. Their cheeks turning red from the slap is a sign of beauty and responsibility now that they are a woman. It also 	

[wiz.....0i71j35i39j0j0i22i30j0i20i263.BcAyyUiTk-0&ved=0ahUKEwiE7o_A0vDkAhULY48KHdvsC_4Q4dUDCAs&uact=5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3488498/)

¹⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3488498/>

¹⁸ <https://jwa.org/encyclopedia/article/female-purity-niddah>

¹⁹ <https://blog.pslove.com/8-period-struggles-from-around-the-world/>

	means they are ready to marry and bear a child, so some mothers tell their daughters to keep it a secret so that they will not have to get married so young.	
²⁰ Japan	<ul style="list-style-type: none"> • 21 Women are not allowed to be sushi chefs, because having menstruation causes imbalance. 	Moves to tackle period shaming, openly discuss menstruation increase in Japan. Menstrual leave has been a legal right for Japanese women since 1947, but fear of social stigma means many will not take it
Kazakhstan	<ul style="list-style-type: none"> • 22 In Kazakhstan, we're still unable to call menstruation what it is • Instead, people use euphemisms such as Red Aunty, Red October or Red Army. My mum is a paediatrician and when I had my first period she threw me a piece of cloth, without explaining what it was for or how to use it. At school, if a girl's period leaks onto her clothes, everyone laughs, and her teacher will send her home. Some people bury their bloody panties outside, while others use contaminated rags, causing reproductive damage. 	
Kyrgyzstan	<ul style="list-style-type: none"> • 23 Menstruation is a taboo subject in Kyrgyzstan. • Girls enter puberty without understanding what is happening to their bodies, and suffer in shame and despair as a result. Many do not attend school during their periods, affecting their educational performance. • In most families, the mothers never talk with their daughters about menstruation. • Girls are very often on their own when dealing with menstruation. Parents and teachers shy away from the topic, hoping that someone else will give the girls the knowledge they need. 	
Laos ²⁴	<ul style="list-style-type: none"> • OUR FIRST MENSTRUAL HEALTH WORKSHOP(2018). After that, we began developing a menstrual health workshop tailored to the girls in our program. A few weeks later, we 	

²⁰ <https://mainichi.jp/english/articles/20190630/p2a/00m/0na/003000c>

²¹ <https://blog.pslove.com/8-period-struggles-from-around-the-world/>

²² <https://www.amnesty.org/en/latest/campaigns/2019/05/five-activists-breaking-taboos-around-menstruation/>

²³ https://www.unicef.org/wash/kyrgyzstan_96065.html

²⁴ <https://www.gvi.co.uk/blog/menstrual-health-in-rural-laos/>

	<p>pushed all the tables to the side of the walls and sat on a mat on the floor of the classroom in a circle and shared our period stories. Over the course of a week, we covered male and female reproductive systems, how this links to menstruation, each phase of the menstrual cycle as well as Lao beliefs and traditions concerning menstruation in Laos. We also had a ‘yoga for period pain’ lesson which the girls loved. After the class, Miss P was even found playing yoga instructor to girls who had not attended the menstruation workshop.</p>	
Lebanon	<ul style="list-style-type: none"> • 25silence around menstruation 	
Malaysia	<ul style="list-style-type: none"> • 26The majority (74.6 percent) experienced premenstrual syndrome and 69.4 percent had dysmenorrhoea. About 18 percent reported excessive menstrual loss (use two pads at a time to prevent blood from soaking through or confirmed by doctor to be anaemic due to heavy menstrual flow). Only 11.1 percent of schoolgirls sought medical consultation for their menstrual disorders. Mothers remained the most important source of information (80 percent). 	It showed that the menstrual discussion is focused on pain and disorder management.
Maldives	<ul style="list-style-type: none"> • Hygiene education does not emphasise MHM, is message-based rather than practical and does not promote behaviour change. No specific taboos associated with MHM and few restrictions on women and girls are reported. 	
Mongolia	<ul style="list-style-type: none"> • 27 Being unprepared, Young girls mostly felt stressed at menarche. They had some information, but when it happened, they were still scared and felt shocked. Most girls heard about menstruation before menarche, but • some did not know anything about managing it. • Hiding menstruation from boys, Talking about menstruation with or in front of fathers, brothers and other males is still taboo. Therefore, at school, boys’ teasing made it stressful and embarrassing for girls to manage menstruation. They worried about leaks and stains on their clothes or that boys would notice that they 	

²⁵ <https://dash.harvard.edu/bitstream/handle/1/33797286/HELWANI-DOCUMENT-2016.pdf?sequence=1>

²⁶ <https://www.ncbi.nlm.nih.gov/pubmed/16990962>

²⁷

<http://www.wins4girls.org/resources/2017%2003%20Mongolia%20MHM%20in%20Schools%20Research%20Report.pdf>

	<p>carried pads with them. Keeping pads out of sight from boys was a serious concern for girls.</p> <ul style="list-style-type: none"> • Fear of leaks, stains and odour, Girls from urban and rural areas, regardless of whether they lived in dormitories or at home, all experienced emotional stress through fear of leaks, stains and possible bad odour while they were menstruating at school. • Difficulty in asking for help, Due to the existing taboo in the community about not talking about menstruation, girls found it, difficult to ask anyone about anything related to menstruation, except very close friends. They felt, they could not ask permission to leave the class if teachers was male, or buy pads in a shop if the, shopkeeper was male or men were present. • Biological challenges, There were also biological challenges. These include lower abdomen and back pain, headaches and, sometimes dizziness, though some girls said they didn't experience any pain. • 28 To improve knowledge around MHM, school health curricula or extra-curricular modules should be developed, starting from the sixth grade. There needs to be clearer guidance on the roles and responsibilities of parents and schools in providing sanitary napkins for girls. Finally, support systems for girls could be strengthened by working with the parents and host families of dormitory girls. 	
Myanmar	<ul style="list-style-type: none"> • 29 There is a deeply-ingrained social stigma attached to menstruation in Myanmar, and young girls and women are taught from an early age that it is dirty and shameful. Women find themselves stigmatized to the point that they are not permitted to touch men (including their husbands) when they are menstruating, and they are often forced outside of their homes. • 	
Nepal	<ul style="list-style-type: none"> • 30 If we say, Chhaupadi exists only in western Nepal, we are tagging them with discrimination. Chhaupadi exists in every part of the world where Nepali exists, in various forms like untouchability, discontinuing god's worships, social gathering, etc, in the name of social 	

²⁸ <http://unicefmongolia.blogspot.com/2015/11/improving-menstrual-hygiene-management.html>

²⁹ <https://pulitzercenter.org/reporting/lenny-says-it-starts-and-ends-you>

³⁰ https://www.youtube.com/watch?v=HNCU_QYxHxs

North Korea	<ul style="list-style-type: none"> • 31 Lack of proper (or any) sexual and menstrual education • Deeply rooted negative perception of menstruation • Lack of adequate sanitary facilities/bad hygiene • Difficult access to affordable sanitary pads (disposable or cloth) • Inadequate medical care associated with women’s menstrual health • 32In North Korea, menstruation is taboo and not a valid reason for missing mass labour mobilisation demands or mass drills. They also cannot use this reason to receive lighter workloads. If they do use menstruation as a reason, they are criticised for faking an illness, and sometimes publicly shamed by officials shouting out, “Are you proud to be on your period? Women are taught to wash their menstrual cloths, dry and prepare them at night and early in the day where less people will see them. When in public, they must change their cloths in public toilets and keep the soiled cloths hidden in a bag until they can wash them at night. 	
Oman	<ul style="list-style-type: none"> • 33 This study highlighted the need of adolescent girls to have accurate and adequate information about menstruation and its appropriate management with healthy menstrual practices. Mothers should be armed with the correct and appropriate information on reproductive health, so that they can give this knowledge to her growing girl child. It is also essential for the teachers, to impart reproductive health education including menstrual hygiene to the students. • The most common practices during menses were absenteeism from schools, the use of over the counter medications, and use of herbal remedies such as cinnamon. The study recommends that the adolescent girls should be sensitized for health seeking behavior of dysmenorrhea as it causes a lot of absenteeism in schools and affects the scholarly activities. 	

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http://www.nkdb.org/en/news/notice_list.php?board=notice_en&act=view&no=124&page=1&search_mode=&search_word=&cid=&goUrl=/en/news/notice_list.php

³² <https://blog.pslove.com/8-period-struggles-from-around-the-world/>

33

https://www.researchgate.net/publication/320838914_Knowledge_attitude_and_practices_ab_out_menstruation_and_related_problems_in_adolescent_girls

Pakistan	<ul style="list-style-type: none"> • 60% reported restrictions in socialising and religious practices because of menstruation • 49% of girls had no knowledge of menstruation prior to their first period • Many girls described poor nutritional intake due to cultural • restrictions on foods allowed during menstruation. 	
Palestine	<ul style="list-style-type: none"> • 34 challenge for girls to manage menstruation with dignity, safety and privacy. • Taboos are a barrier to information on menstrual hygiene management (MHM). • Girls are reluctant to participate in various school-based activities due to worry of leakage. • The costs related to pads purchasing for some families are a factor to consider. • 3568% of Palestinian girls referred to their mothers as the main source of information about menstrual periods. Women and girls struggle with access to pads and other supplies, safe toilet facilities, and discriminatory cultural norms or practices which make it difficult to maintain menstrual hygiene. This results in many women and girls being denied basic human rights. 	<ul style="list-style-type: none"> • ³⁶In the State of Palestine, UNICEF worked with partners in the Gaza Strip to develop a mobile phone application to promote hygiene and menstrual hygiene management. It consists of games and quizzes which challenge misconceptions.
Philippines	<ul style="list-style-type: none"> • ³⁷Not everyone has access to knowledge and resources to manage their MH, including services as basic as clean water, functioning toilets, sanitary napkins, and disposal systems. • Some girls miss school whenever they are on their period due to infections, discomfort, or even shame — since some schools and households do not provide enough information on MH, girls on their period tend to be ridiculed. • ³⁸ Confusion about effective management practices, due to lack of accurate knowledge about MHM practices. 	

³⁴ <https://www.unicef.org/mena/media/4961/file/SoP-MHMReport-June2019.jpg.pdf>

³⁵ <https://baby-fist.com/menstruation-campaign-2019>

³⁶ <https://www.unicef.org/mena/stories/here-why-we-need-stop-stigmatizing-menstruation-period>

³⁷ <https://www.rappler.com/move-ph/issues/gender-issues/93686-menstruation-hygiene-myths>

³⁸

https://www.unicef.org/wash/schools/files/Philippines_MHM_Booklet_DM_15_Nov_1010_Single-Philippines.pdf

	<ul style="list-style-type: none"> • Difficulty managing menstruation, leading to anxiety if girls did not have the necessary resources and facilities to effectively manage menses at school. • Leaks, stains, and fear of leaks and stains associated with concern about revealing menstrual status by having a leak, and potentially a more permanent stain, on their school uniform. • Teasing, shame and embarrassment, which led to not wanting their menstrual status known for fear of being teased. Girls felt embarrassed when teased or when others knew about their menstruation. • Menstrual odour, which girls reported as a result of following traditional beliefs about restricted bathing. During the first three days of menstruation girls are instructed to only bathe with three dippers of water. • Menstrual pain, discomfort and fatigue, including headaches and cramps. 	
Russia	<ul style="list-style-type: none"> • 	
Arabic/middle East Bahraian, Iraq, Jordon, Kuwait, Lebanon, Oman, Qtar, Syria, Yemen,	<ul style="list-style-type: none"> • 39Saudi Arabia(Karout, 2016)The results of this study indicate that as a whole, the girls in Eastern Province of Saudi Arabia were unaware of the information relating to menstruation. • Adolescent girls are often reluctant to discuss this topic with their parents and often hesitate to seek help regarding their menstrual problems. • 40Negative feeling, ignorance, inadequate preparation, topic is considered as embarrassing and as a taboo, • “The notion of blood as pollution, especially during menstruation, reiterates a sexist attitude toward women”. “Pre-Islamic 8 Arabia regarded menstruating women as polluting, a pole of negative forces” (p.73). Mernissi argues that this is still present today in many Arab communities. 	<ul style="list-style-type: none"> • the lack of recent research and literature on menstruation within different communities. •
Singapore	<ul style="list-style-type: none"> • 41it is an issue that can affect their participation at school, at work and in social activities. These women often do not have access to clean toilets with running water or lack the means to buy 	

⁴⁰ <https://dash.harvard.edu/bitstream/handle/1/33797286/HELWANI-DOCUMENT-2016.pdf?sequence=1>

⁴¹ <https://singaporemagazine.sif.org.sg/combating-taboo>

	<p>sanitary products. In some societies, menstruating women suffer the social stigma of being considered unclean. It is considered taboo for them to perform activities like praying or cooking.</p>	
South Korea	<ul style="list-style-type: none"> • introduced a law in 2001 that allows women to take one day of menstrual leave per month. Many South Korean women, however, say they are deeply uncomfortable about asking male bosses for time off • politics of menstruation that have been unspoken and neglected issues in Korean feminist history. Menstruation first appeared in social discourse in Korean society, raised by a few women’s groups in the midst of the new feminist movement. • Characteristics of menstrual activism in Korea surfaced in issues pertaining to women’s health advocacy, Young Feminist cultural feminism, radical feminism and eco-feminism surrounding the “alternative menstrual pad” movement. 	
Srilanka 2018	<ul style="list-style-type: none"> • 60 % Teachers believe, 80% thought bathing should be avoided • 37% of girls miss at least one or two days of school each month due to their period, • 66% are not aware on menstruation 	
Taiwan	<ul style="list-style-type: none"> • 42% knowledge about menstruation was not accurate. Moreover, the male students expressed more negative attitudes towards menstruation than the female students. Taboos were heard by most students and, although many female students doubted the reality of the taboos they had heard, they observed them anyway. The study calls for an evaluation of sex education and suggests more open discussions about menstruation among young people in those education sessions. • 43 Menstruation considered dirty, transitional, personal, disregarded, ambiguous. Their first menstruation treated as unimportant 	
Tajikistan	<ul style="list-style-type: none"> • 44 Having a period is not a big deal for many of us, but it is for the girls of Tajikistan. Due to the astoundingly poor sanitary conditions of the toilets girls are prevented from attending school during these times, missing out on their education as a result. Menstruation is often overlooked as 	

⁴² <https://www.ncbi.nlm.nih.gov/pubmed/17470187>

⁴³ <https://pdfs.semanticscholar.org/6775/3f6756375ef9f4a1198a7797b40aab586152.pdf>

⁴⁴ <https://www.youtube.com/watch?v=XoUQAC62oQ>

	holding back the education of females across the globe. Put yourself in the situation of these students, & help make a difference.	
Thailand	<ul style="list-style-type: none"> • 45 Teachers are frightened of the opinions of parents and the wider community, due to the sensitive nature of sexuality and the linkage of menstruation to this subject. • They may be embarrassed and lack knowledge and confidence to teach this subject. • Teachers may not feel the need to prioritize the subject or may not feel that teaching any subject related to SRH is appropriate and hence deliberately leave the subject out. • Curriculum may be different to local traditions and beliefs. • Lack of availability of teaching and learning materials. • The subjects may be optional or not assessed. • Teachers may already feel overwhelmed with existing curricula and hence do not want to take on additional subjects if introduced.[5] 	
Timor-Leste	<ul style="list-style-type: none"> • 46 first period can be an embarrassing, uncomfortable and downright painful experience. And that goes double when you don't know what's happening to you. • Not allowed to eat cucumber, or play with boys anymore. • Lack of knowledge a barrier, We don't learn about it in school now 	
Turkey	<ul style="list-style-type: none"> • 47 "dirty" (translated as "kirli" in Turkish) to include "a woman who is menstruating." • 48 A total of 48.8% of them felt they had to keep their menstruation as a secret, and 2.2% believed that menstruating was a punishment given by God. Most did not approve of religious observances such as reciting the Quran, performing the namaz, and fasting when menstruating. Women over thirty who had less education were more likely to think that these activities were unfavorable. Sexual intercourse 	

⁴⁵ <https://pctmagazine.org/2018/06/02/bigger-than-boxes-menstrual-hygiene-management-mhm-in-thai-schools/>

⁴⁶ <https://blogs.unicef.org/east-asia-pacific/new-approaches-menstruation-unlock-opportunities-girls-rural-timor-leste/>

⁴⁷ <https://assembly.malala.org/stories/menstruation-rural-turkey>

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https://www.academia.edu/3625681/Menstruation_A_Silent_War_That_Women_Go_Through

	<p>during menstruation was viewed as unfavorable by 80.9% of the women and 80.4% said that they did not have intercourse then. The state of menarche was found to limit women's lives in both public and individual spheres. It is suggested that menstruation should be evaluated not only within the scope of women's health, but also as a social issue and accessibility to information on menstruation should be improved.</p>	
United Arab Emirates (UAE)	<ul style="list-style-type: none"> • 49The taboo of women's blood has been commonplace for a very long time and this is reflected in the shame we carry with us that keeps us tightly closed and quiet around the subject. Society has fed us a lie that blood is dirty and shameful, and this disempowers us and has us suppress our own femininity. 	
Uzbekistan	<ul style="list-style-type: none"> • Not Found 	
Vietnam	<ul style="list-style-type: none"> • 50direct use of word "menstruation" was avoided. There would be an exception from a publication in Saigon in 1911 that provided an exclusive case when showing the negative attitude toward this shameful issue "Nguyệt kinh huyết sản tanh dơ/Chậu ngâm tay giặt bấy giờ cho xong/Chớ đem đổ xuống dòng sông/Tội này sẵn đó có hồng khôi sao?"²⁴[menstruation and maternity blood is dirty/use basins to wash/do not pour the waste into river/it is a sin]. Although the social attitude toward individual feminine hygienic issue was not to extent of total isolation of women in their period or maternity from society, menstruation, which make women different from men, was seen as something disgusting or even guilty. The obnoxious feeling toward feminine period contextualized insufficient sex education and scientific explanation. Another interpretation came from the perceptions nurtured in the patriarchal society that encouraged women to hide their femininity, anything different from dominated masculinity • The question of menstruation was not introduced better even in books of popular science such as Tân Nam lịch [New Vietnamese Annual Book] or Women's journals Phụ nữ tân văn [New literature for Women], Phụ nữ thời đàm [Contemporary Women Talks], Đàn bà [Women]. Those 	

⁴⁹ <https://womanspace.co/about/about-woman-space/>

⁵⁰ https://harvard-yenching.org/sites/harvard-yenching.org/files/featurefiles/Tran%20Thi%20Phuong%20Hoa_Urban%20Women.pdf

	<p>publications introduced translations of original French texts on hygiene, health, childcare, etc. but menstruation and relating issues were not touched.</p>	
<p>East Pacific Asia</p>	<ul style="list-style-type: none"> • Girls may not know anything about menstruation until it starts, leading to panic and fear, or they receive misinformation • Restrictions on eating or drinking a diverse range of foods and drinks such as sweet, salty, acidic or sour food, eggs, pineapple, coconut water, ice drinks, peanuts, bean sprouts and others) • Not to go out of the house or be permitted to cook, collect water, garden, socialise, play sports or undertake religious activities • Having to stay in a separate hut to their family • It is believed that menstruation should be kept a secret and not talked about in front of, or with boys or men • It is believed that menstruation should be kept a secret and not talked about in front of, or with boys or men 	