



Concept Note for Collaboration to Mark the 6th International Dignified Menstruation Day 2024

Context

The Global South Coalition for Dignified Menstruation (GSCDM) is an international network committed to transforming the narrative around menstruation from one of shame and stigma to one of dignity. We advocate for Dignified Menstruation, a framework that views menstruation not merely as a monthly cycle but as a crucial aspect of the human lifecycle and a fundamental human right. This approach emphasizes that menstruation should be understood as an integral part of life, shifting the focus from basic hygiene and management to a broader, multifaceted intersectional issue. Dignified menstruation is a transformative, decolonized, feminist, and holistic human rights approach to an equitable and just society.

Menstrual discrimination manifests in various forms, including taboos, stigma, shame, restrictions, abuse, violence, and deprivation of resources and services. This issue is pervasive across the globe, appearing under different names and varying in the spectrum of intensity and visibility. This discrimination not only insidiously affects the individual throughout their lifecycle constructing the unequal power relationships and patriarchy. GSCDM strongly asserts that menstrual discrimination is a form of sexual and gender-based violence (SGBV) and a violation of human rights. It contributes to various forms of SGBV like domestic violence, child marriage, and sexual and reproductive coercion infringing upon several human rights, both short and long-term.

Unfortunately, the discussion around menstrual discrimination is often lacking, particularly regarding its role in reinforcing power structures and patriarchy under the guise of culture, tradition, or poverty. To address this, GSCDM has designated December 8th as a day to call for comprehensive action against menstrual discrimination. This date is set within the 14th day of the 16 Days of Activism against Gender-Based Violence, emphasizing its significance in the context of human rights and the continuous struggle to end SGBV.

Interlinkages between Menstrual Discrimination, SRHR, and SGBV

GSCDM adopts a holistic approach, Dignified Menstruation, to **Sexual and Reproductive Health and Rights (SRHR)**, recognizing the lived experiences of menstruators across diverse gender identities, including their vulnerabilities and obstacles to their rights, accessing services, and living in dignity. It also critically addresses the implicit unequal power dynamics exercised by patriarchal systems through discriminatory menstrual and harmful social norms. GSCDM views **menstrual discrimination**—both visible and invisible—as a fundamental barrier to fully exercising SRHR, systemically and symptomatically.

Dignified Menstruation is a holistic framework for decision-making across all elements of SRHR. Although menstruation is inherently tied to every aspect of SRHR as seen in 9 of the 15 elements of SDGs, it remains largely overlooked and neglected as discussions surrounding reproductive health or menstrual management often fail to expose the full scope of menstrual discrimination and its impact. Even **Comprehensive Sexuality Education (CSE)** has not adequately recognized the urgency of addressing

¹It is initiated by [Radha Paudel Foundation](#)

² An international campaign which takes place each year, commences on 25 November and ends on 10 December, Human Rights day.

³ <https://dignifiedmenstruation.org/resources/a-baseline-study-of-menstrual-dignity-for-srhr-in-all-diversities/>

menstrual dignity.

GSCDM is committed to shaping the current global narrative to address the root of menstruation discrimination and recognize its influence in shaping and reinforcing gender norms. This reframe is essential to advancing SRHR, including the prevention of **SGBV**. Moreover, GSCDM emphasizes the critical role of non-menstruators as allies and advocates for the dignity of menstruators in all their diversity, ensuring inclusive, effective SRHR for all.

Conference Background and Agenda

Since 2019, the Global South Coalition for Dignified Menstruation (GSCDM) has been observing December 8th with annual themes that underscore the critical connection between dignified menstruation, sexual and reproductive health and rights for all, and various human rights issues. Each year's theme reflects the coalition's commitment to ending and preventing sexual and gender-based violence, advancing SRHR, and promoting human rights:

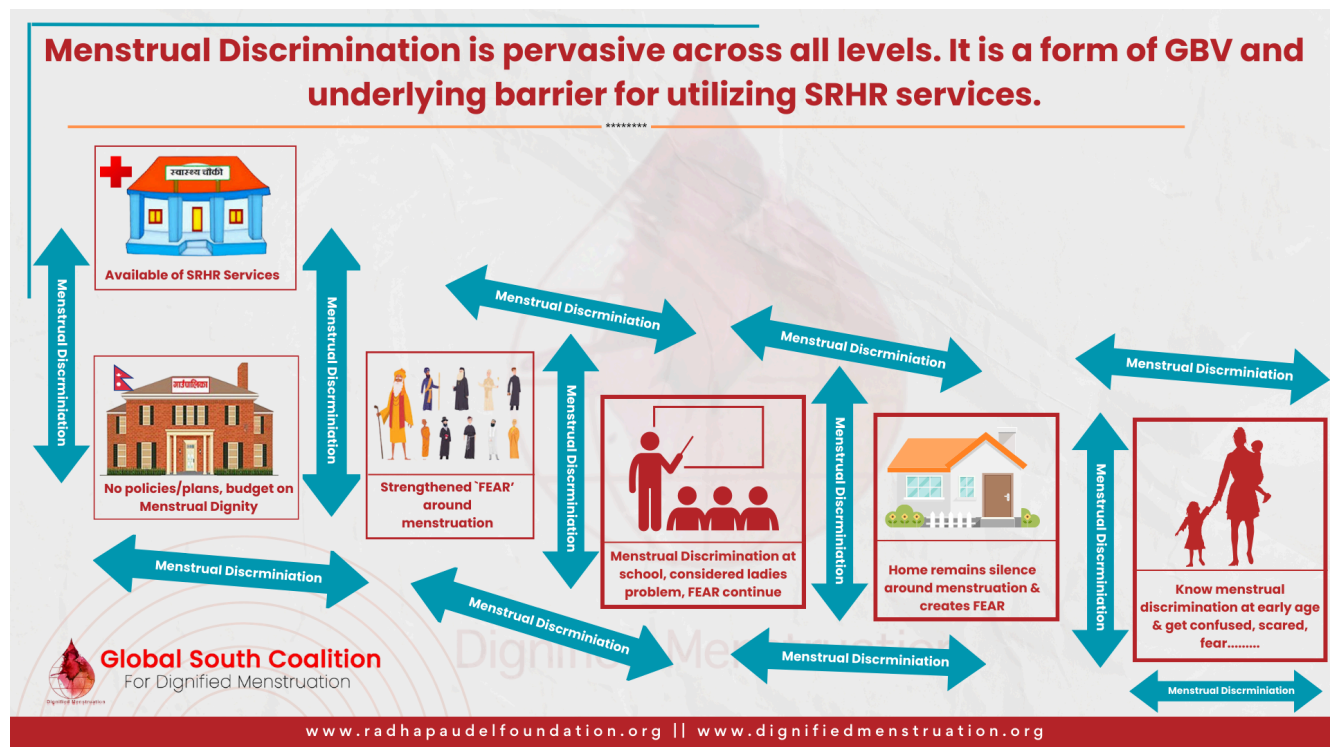
- **2019:** *Dignified Menstruation as a Prevention of Gender-Based Violence and Promotion of Human Rights.*
- **2020:** *Menstrual Talk, Dignity First.*
- **2021:** *Dignified Menopause as a Human Right, Not a Privilege.*
- **2022:** *Dignified Menstruation for Ending Child Marriage.*
- **2023:** *Dignified Menstruation for Ending Sexual Violence and Child Marriage.*

Every year, the GSCDM commemorates the International Day of Dignified Menstruation through its global network of general members and chapters. This year marks the 6th anniversary of the event, observed under the theme "***Upholding Dignified Menstruation: Fundamental for Sexual and Reproductive Health and Rights (SRHR).***"

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This conference will be a one day hybrid event, held at Harvard T.H. Chan School of Public Health in Boston, USA, under the leadership of the North American Chapter of GSCDM: Dignified Menstruation INC and in partnership with MenEngage Global Alliance.

Conference objective:

The primary objective of this event is to build and strengthen the global movement on dignified menstruation by unpacking the integral linkages between menstrual discrimination and SRHR for all. This event will bring together distinguished activists, academicians, donors, NGOs and individuals from across the globe, both in-person and virtually. The inaugural session will feature a celebration march, musical performances, and a panel discussion with esteemed speakers, focusing on topics related to Dignified Menstruation and SRHR.

Draft program schedule

The draft conference schedule will be further refined and finalized in collaboration with the partners and experts.

Event Schedule for the 6th International Day of Dignified Menstruation

Date: December 8, 2024

Location: Harvard University, Boston, USA (Hybrid Event)

This event has two portions starting from the program in Kathmandu Nepal which will bleed into the hybrid event hosted at Harvard University in the US

8:30 AM - 12:30 PM NST (Nepal Standard Time)

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9:00 AM EST (Eastern Standard Time)
Celebration of Dignified Menstruation
March Pass and Cultural Performances
9:00 AM – 11 AM
Inaugural Opening Ceremony
11 AM - 1PM
Panels and Workshop (TBD)
1PM - 2PM
Lunch
2pm - 4pm
Panels and Workshops (TBD)
4pm - 5pm
Closing Session
5 pm - 5:30 pm
Networking and Farewell

Conference budget and expenses

We invite individuals, organizations and agencies to join us in this crucial moment of this momentum as we prepare for the 6th Dignified Menstruation conference 2024. Your support and contribution to the conference is a commitment to a cause that affects us all, and a catalyst in the power of global activism and solidarity that will impact the lives of people from across the world.

The event's estimated budget is \$45,000, which encompasses transportation costs (\$10,000), accommodation for select speakers (\$8,000), documentation and knowledge management expenses, and expenses for promotional materials such as posters, pamphlets, banners, badges, and stickers, as well as hall decorations and live streaming of the event. GSCDM is primarily a volunteer-based organization that appreciates all and any form of support - not limited to financial, ask how you can be a part of #DignifiedMenstruation today!

Travel costs: USD 10,000

The estimated travel-related cost for the conference is calculated to be around 10,000 USD. This will be to provide travel bursaries for the travel costs for activists and experts to travel to join the in-person event either in Kathmandu, Nepal or Boston, USA.

Conference hosting and workshop costs: USD 20,000

The estimated cost for hosting the conference, both in-person and online, is calculated to be around 20,000 USD. This cost will include expenses related to securing host venues in two places (one in Kathmandu/Nepal and other in Boston/USA), provide essential equipment and AV support, and ensure that our facilitators are well-supported throughout the sessions.

Media and communication costs: USD 10,000

The estimated cost for the media and communications is to be around 10,000 USD. This cost will include promotional materials such as videos, posters, pamphlets, banners, badges, and stickers. This will also include disseminating messages and knowledge through a variety of sharing

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platforms to make sure the wealth of knowledge generated through the conference is shared in effective ways, including but not limited to GSCDM website, widespread social media interaction across platforms such as Twitter, LinkedIn, Facebook, and the blog posts.

Documentation and Knowledge management

The estimated cost for the documentation and knowledge management is 15,000 USD. This will cover the costs of recording the sessions of the conference, editing the conference sessions and proceedings, development of knowledge products (consultant costs), designing and publication of the conference knowledge and dissemination of the knowledge generated.

Call for collaborations

In preparation for this significant occasion, GSCDM invites a broad range of stakeholders—including international and local NGOs, private sector organizations, corporate entities, and media outlets—to collaborate in the commemoration of the 6th International Day of Dignified Menstruation.

We invite organizations and individuals for collaboration including not limited to: event supporters, host panel discussions, act as media partners or financial donation. To submit a proposal for the opportunity to purchase a slot within our event, please contact GSCDM or Dignified Menstruation INC. This allows your organization to host a panel discussion or workshop focused on topics related to dignified menstruation and SRHR. This is a unique chance to contribute to the global dialogue and share your expertise on this critical multifaceted issue. GSCDM will formally acknowledge all partners/sponsors/donors through its social media channels, official event reports, and other publications, including recognition as co-organizers or solidarity partners in the documentation of the 6th International Day of Dignified Menstruation.

We invite you all to join in various forms of support and become sponsors and partners in the crucial conference.

Sponsors:

Sponsors will be those who have contributed financial support of over 5000 USD, along with technical and content support. Depending on the expertise relevant to the conference theme you may be given a chance to lead in designing and hosting a session during the conference.

Partners:

Partners will be those who have contributed financial support below 5000 USD, along with technical and content support.

Collaborators:

Collaborators will be those who will join hands with in-kind support and expertise around the conference theme and are willing to lend their technical and content expertise. Collaborators can also extend support in the logistics of the conference for both in-person and online portions of the conference.

Any level of partnership will be showcased throughout the conference, including logo placement on the website and in conference materials such as banners, brochures, the conference program,

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conference reports, and videos. Your support will be recognized via all the conference's communications channels.

Donation:

Paypal: [Global South Coalition for Dignified Menstruation PayPal](#)

Secretariat Office Bank Details (Nepal) :

Bank Name: Nabil Bank Ltd.

Bank Address: Teendhara Branch, Kathmandu, Nepal

Account Name: Radha Paudel Foundation

Account Number: 01701017501816

Swift Code: NARBNPKA

Of note, Dignified Menstruation INC is a 503c Non-Profit organization in the United States, all donations made to Dignified Menstruation INC will be tax-exempt in the United States.

We are excited to celebrate #Day of Dignified Menstruation with the global community and continue the journey to menstrual equity and dignity.

Deadline: End of October 2024

Contact Details

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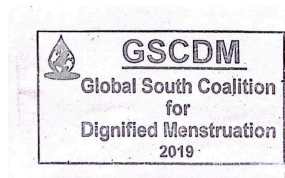
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www.dignifiedmenstruation.org

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