Guide Book
for
Second International Dignified Menstruation Day 2020

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2020
Any organizations can use these materials with reference. They can use their logo at the right side of the bottom as small size of the slogans and logo.

December 8, 2020 is a second International Dignified Menstruation Day or DM day.

Slogan: Menstrual Talk, Dignity First is the slogan for 2020.

Dignified Menstruation is the 'state of free from any forms of abuse, discrimination, violence associated with menstruation'. There is no difference between 25 days and 5 days in terms of discrimination. In other words, it is state of no difference between 25 days and five days due to menstruation.

Regardless of class, caste, religion, region, education, the stigma, taboos, restrictions are practice across the globe difference with names, forms, visibility and severity.
December 8 is a day for Dignified Menstruation day and year 2020 is the second year.

December 8, Dignified Menstruation day is a day of 16 days activism since 2019.

Dignified Menstruation is a concern of politics or Human Right concern.

Menstruation is a concern of politics and human right therefore it is everyone's business instead of women's or private issue.

If you are working around any element of menstruation, the dignity should first start or entry. Menstrual Talk, Dignity First.

The free or clean pad, shelter are elements of the dignified menstruation but these do not guarantee the rights as designated rights by constitution or continuously violated the human rights.
Nepal’s constitution guarantees the right to dignity during menstruation through ten different fundamental rights.

In Nepal, if anyone commit any abuse, discrimination, violence associated with menstruation, punished with three months jail, $30 bail or both

The dialogue on dignified menstruation at household level is the key strategy for preventing sexual and gender-based violence from home.

Novel Corona Virus or any disaster does not stop the menstruation. Might have menstruation among the frontline menstruators or girls/women hospital, isolation or tents or anywhere and they experienced mental stress.

Do you include the menstrual products (at least soap, panty, pad) while distributing the relief package of emergencies or COVID-19 responses?

Look at the sun, ask yourself on how did you born.
Can't change the sun, can't change your sex at birth.
Can change all harmful practices, because it is societal birth (constructed by society).

कोहि पुरुष जनमदे हिंसक हुदेन, कोहि महिला पिनिट |

None of the boys/men violent at birth, none of women as victim (survivor).

व्यक्तित्वाई सानो देखु नै हो अपराधिक मनस्थिति जुन महिनाबारी बार्न चलनले बनाएको हुनसक्छ |

If you undermine or consider lower to someone, this is criminal mindset that could construct by negative menstrual practice.

परिश्रम, पढाई, जागरित, पत्ते, पाउने हुनु, फरक फरक सम्मान, मर्यादापुर्क जिउने हक, हरेक मानिसको उस्तै, एकै हो संबिधान |

The labour, study and position etc. acquired the respect,

Regardless of labour, study, position etc, everyone deserve dignity as virtue of human being as well as due to constitutional rights.

महिनाबारी बार्नु, सामाजिक अपराध, मानव अधिकारको हनन |

राजनीति सवाल हो महिनाबारी, बोल्न ठिलो नगरम |

Following the menstrual restrictions are social crimes and violation of human rights,

Let's not delay to speak on menstruation, its political concern.

मन पनि नदुवाउने, शरीर पनि अनुमतिबिना नदुने भन्न भए मान्छ हाम्रो संबिधान हेला होयो, छुवाउन, हातपात, भयो भने लान्छ जेल हाम्रो संबिधान |

Our constitution says that no one can hurt or touch without permission,

If anything, happen regards to discrimination including beating, it is punishable as social crime as our constitution.

भोट मागने सबै पाटी हात जोडछन, घोषणा लेखछन, हाम्रा अधिकार |

ब्यवहारमा जुसले बोल्छ, गर्छ, उसलाई दिनुपछ हाम्रो मनाधिकार |

Every political party committed to protect human rights by mentioning in their manifesto,

Cast the vote who stand against violence of human rights instead of party.
Let Teach girls to say NO, and Questioning
Let cultured them to question against any harmful practices

Dignified Menstruation is an Entry point of SRHR (Sexual and Reproductive Rights).

Menstrual taboos, stigma and restrictions, fuelled for child marriage.

In order to achieve the SDGs dignified menstruation is pre-condition because the goal no 1,2,3,4,5,6,8 directly and indirectly related with menstruation.

Dignified Menstruation as Everyone responsibility and accountability.

Restriction during menstruation leads the various forms of Violence among girls and women including rape.

Menstrual Restriction constructs and shapes the Power including harmful practices.

Each Menstruator has right to choose the menstrual products.
<table>
<thead>
<tr>
<th>Sanitary Products</th>
<th>Menstruation Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period</td>
<td>Menstruation</td>
</tr>
<tr>
<td>Feminine Products</td>
<td>Menstruation Products</td>
</tr>
<tr>
<td>Hygiene</td>
<td>Dignity/Dignified</td>
</tr>
<tr>
<td>Girl/Women</td>
<td>Menstruator (Girl, Women, Transmen, Queer)</td>
</tr>
</tbody>
</table>

You can use these slogans for play cards, rally, tiktok, YouTube, poem, songs etc. as your wish or context. As shown in below picture, you can develop Facebook frame.