



Dignified Menstruation

Global Summit on Dignified Menopause

Background:

The Global South Coalition for Dignified Menstruation (GSCDM)⁽¹⁾ defined dignified menstruation as the –

“State free from any forms of menstrual discrimination including stigma, taboos, abuse, violence associated with menstruation throughout the life cycle of menstruators with all identities”

Menstruators experience menstrual discrimination across their entire lifespan. Such discrimination takes a variety of forms and differs in magnitude. With this reality as a backdrop, GSCDM, Radha Paudel Foundation (RPF), Ministry of Women, Children and Senior Citizen, alongside the Human Rights Commission, hosted a 3-day international workshop with 6 supporting partners and 70 solidarity partners across the globe⁽²⁾ on Dignified Menstruation Day, 8th December 2020.

The workshop concluded with 12 points, with **Dignified Menopause** being one of the priority concerns under the framework of Dignified Menstruation. Unfortunately, the topic of menopause is still considered a taboo subject, it is often shrouded in shame, secrecy and stigma, even in the global north.

Menopause will directly affect approximately 50% of the world population. Furthermore, it will indirectly impact a much higher proportion. And yet, many are totally unaware of the signs and symptoms, let alone the potential solutions. To quote Dr Peter Levine: “Without awareness, we have no choice”. Through this event, we aim to shine a light on menopause around the globe, in pursuit of increasing awareness and promoting dignity for all.

Goal:

Ensure dignity throughout the full lifespan of menstruators, for justice, for equality, and as a human right.

Objectives:

1. Establish the principle of dignified menstruation as a human rights concern, and a tool for eliminating sexual & gender-based violence (SGBV) by dismantling the stereotypical power constructs and gender norms.
2. On board stakeholders to establish dignified menopause as a global priority.
3. Demonstrate solidarity across the globe.
4. Signing of Memorandum of Understanding between Radha Paudel Foundation (RPF), GSCDM and Menopause Inclusion Collective (MIC) to work towards a common aim of establishing womb to tomb equality for all menstruators.

Who are the organisers?

RPF, GSCDM, and MIC

Date: 8th December 2021

Rationale: The 'smart summit' is being held to mark the auspicious day of International Dignified Menstruation and as a follow up to the Declaration and Call for Action 2020. We believe each menstruator deserves dignity throughout their full lifespan. Without a solid foundation of dignified menstruation, it becomes very hard to develop the landscape for dignified menopause.

Slogan: *'dignified menopause - a human right, not a privilege'*

Themes:

1. Dignified Menstruation = Dignified Menopause.
2. Menopause in the home, and in the workplace.
3. Menopause and education.
4. Menopause and the media. A help or a hindrance?

Call for Participation:

1. Speakers: submit an abstract before 31st July 2021 to: dignifiedmenopause@gmail.com
2. Financial partner: Your logo will be displayed in promotional content, and event banner.
3. Solidarity partner: Your logo will be displayed on our 'supporters wall' on social media.
4. Social media: Please share details of the summit throughout your networks, using [#DMD21](#)



Contact us:

1. Helen: dignifiedmenopause@gmail.com
2. Radha: dignifiedmenopause2019@gmail.com
@radhapaudel, @GlobalSouth, Whatsapp +9779849596298

⁽¹⁾ <https://dignifiedmenstruation.org>

⁽²⁾ Full report available: <https://dignifiedmenstruation.org/resources/report-of-the-international-workshop/>