

**Tool Kit**  
**for**  
**Marking the 3<sup>rd</sup> International Dignified Menstruation Day 2021**



Dignified Menstruation

8th December  
International Dignified Menstruation Day  
2021



Dignified Menstruation

**dignified menopause -  
a human right, not a privilege**

**#DignifiedMenstruation #DignifiedMenopause #DMD21**



EQUALITY COUNTS  
COACHING CONSULTANCY TRAINING



MENOPAUSE INCLUSION  
COLLECTIVE  
1998-2020-2021



Dignified Menstruation

**Global South Coalition**  
For Dignified Menstruation



Radha Paudel Foundation  
रधु पादेल फाउन्डेसन

**Prepared By:**



Dignified Menstruation



Radha Paudel Foundation  
रधु पादेल फाउन्डेसन



Dignified Menstruation

**Global South Coalition**  
For Dignified Menstruation

[www.radhapaudelfoundation.org](http://www.radhapaudelfoundation.org) || [www.dignifiedmenstruation.org](http://www.dignifiedmenstruation.org)

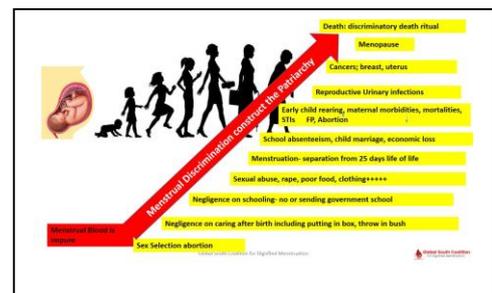
**Kathmandu 2021**

## 8<sup>th</sup> December, Dignified Menstruation Day

The celebration of Dignified Menstruation (DM) falls on 8 December, the 14th day within the "16 days of activism against the violence for girls and women." Since 1991, from November 25 to December 10, the "16 days activism" has held a global campaign for the prevention of various forms of sexual and gender-based violence (SGBV), the celebration of its progress and the promotion of human rights. Dignified Menstruation is included in this campaign.

According to the United Nations, menstrual discrimination is itself a form of SGBV and deprivation of human rights on many levels that affects the lives of menstruating women ("menstruators") from womb to tomb -- and even after the death in some cultures. According to the UN, violence directly related with menstruation falls into various categories. Physical violence includes assault (beating, biting, burning, kicking) and punishment for defying cultural norms. Emotional/psychological violence includes verbal abuse, confinement, social exclusion, humiliation, and manipulation. Sexual violence includes attempted rape, rape, sexual assault, and sexual exploitation. Denial of access to resources and services includes denying girl/women's right to education, giving boys/men preferential access to food or services.

Menstrual discrimination is not only a form of SGBV and violation of human rights, but it also causes additional SGBV as well. For instance, the denial of a girl's right to education leads to child or early marriage, which leads to early childbearing and a higher risk of health complications and loss of economic opportunities that last a lifetime. Dignified Menstruation is squarely included in the "16 days of activism" campaign.



RPF/GSCDM encourages all readers to realize that dignified menstruation is not referring to five days or 60 ml blood every month. It is about a lifetime of discrimination that girls and women face because of menstruation -- social, political, economic, environmental, and technical.

Dignified Menstruation advocates for restoring to girls and women the self-esteem and empowerment that they have been denied since childhood, including any form of menstrual discrimination that leads to the idea of menstruators as 'impure', 'inferior', 'powerless' and disadvantaged, while the non-menstruators (boys and men) are considered 'pure', 'superior', 'powerful', and 'privileged'. Due to deep silence and ignorance surrounding the topic of menstruation at home and school, and the constant and repeated negative feelings of being 'shocked', 'disgusted', 'uncomfortable', 'surprised', 'hated', 'embarrassed,' etc. has perpetuated the notion that the menstruators are inferior and non-menstruators are superior. This unfounded and discriminatory abuse of power has shaped gender relations and norms for so long that they have become engrained in the culture and tradition and taken for granted as fact, leading to the manifestation of SGBV on many levels. Globally, one out of every three women experience SGBV at their lifetime -- excluding the pervasive, constant and multiple forms of violence that occurs from menstrual discrimination all the time.

In order to deconstruct and reconstruct the power of womanhood, the dialogue on dignified menstruation needs to be amplified at every opportunity, everywhere. The menstruators need to consider themselves with pride and deserving of dignity, respect and equality. The non-menstruators need to explicitly acknowledge the invaluable and essential importance of menstruation for their presence on the planet. For achieving the overarching goal of gender justice and human rights, all need to celebrate the natural, vital, precious process of menstruation every day, at every opportunity. Celebrating the dedicated day to Dignified Menstruation on 8th December is urgent and important, as DM is seen through the lens of human rights across all sectors acknowledging the month of December as human rights month.



You can develop any event at your convenience. Please do not forget to do # as mentioned below. If you need further information, please visit this link;

<https://dignifiedmenstruation.org/>

#DignifiedMenstruation, #MenstrualTalkDignityFirst, #8December2020, #DMDay2020, #2DignifiedMenstruationDay2020

+ + +

Any organizations can use these materials as a reference. They can insert their logo at the right side of the bottom of the page as small size of the slogans and logo. If you are working with more than an organization, please keep as per alphabetical order.

+ + +

December 8, 2021 is a third International Dignified Menstruation Day or DM day.

Slogan: Dignified Menopause is a human right not a privilege. [www.dignifiedmenopause.org](http://www.dignifiedmenopause.org)

+ + +

Dignified Menstruation is the `state of freedom from any forms of taboos, stigma, abuse, restrictions, discrimination, violence associated with menstruation throughout the life cycle within all identities. In simple words, there is no difference between 25 days and 5 days in terms of discrimination.

+ + +

Regardless of class, caste, religion, region, education, the Menstrual Discrimination (refers the stigma, taboos, abuses, restrictions etc. associated with menstruation) is practiced across the globe with different names, forms, visibility and severity.

+ + +

December 8 is a day for Dignified Menstruation day and year 2021 is the third year.

+ + +

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

+ + +

Dignified Menstruation is a concern of politics or

Dignified Menstruation is a political concern.

+ + +

Dignified Menstruation is a Human Right.

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

+ + +  
If you are working around any element of menstruation, the dignity should come first. Menstrual Talk, Dignity First.

+ + +  
The free or clean pad and shelter are elements of the dignified menstruation, but these do not guarantee the human rights as designated by the constitution or protect against the continuous and constant violation of those human rights.

+ + +  
Dignified Menstruation is significant, important, and relevant throughout the lifetime of the menstruator in order to live in a just society.

+ + +  
Menopause is one of the important elements of Dignified Menstruation. It must be dignified.

+ + +  
Menopause impacts the individual, the family, the community, and the workplace. Therefore, dignified menopause is a human rights concern.

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

+ + +  
Novel Corona Virus or any disaster does not stop the menstruation. There may be menstruation among the frontline workers or girls/women in hospitals, in isolation or tents or anywhere. Menstruation should not be a cause of additional mental stress.

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

+ + +  
Look at the sun. Ask yourself how you were born.

You can't change the sun. You can't change your sex at birth.

You can change all harmful practices, because they are created by society.

+ + +  
None of the boys/men are violent at birth. None of the girls/women are victims at birth. They are equal.

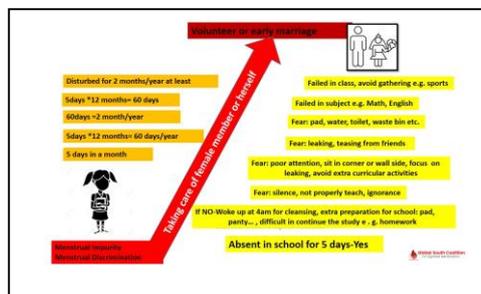
+ + +  
If you undermine or consider a person inferior, this is a criminal mindset. If you abuse a person through a negative menstrual practice or menstrual discrimination, this is criminal.

+ + +  
 The professional status, study and position etc. earn respect,

Regardless of professional status, study, position etc., every human being deserves dignity by virtue of being part of the human race.

+ + +  
 All menstrual restrictions are social crimes and violations of human rights.

+ + +  
 Let's not delay to speak out on menstruation. It is a political concern.



+ + +  
 Our constitution says that no person can hurt or touch another person without permission,

Any harm, unwanted touching or beating due to menstrual discrimination if punishable as a social crime under our constitution.

+ + +  
 Every political party is committed to protect human rights as mentioned in their manifesto.

Cast the vote for the person that stands against the abuse of human rights instead of the party.

+ + +  
 Let's teach girls to say NO, and Question.  
 Let's teach them to question practices that harm them.

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

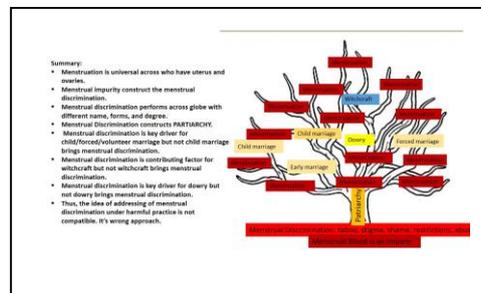
+ + +  
 Menstrual Discrimination fuels child marriage.



+ + +  
 In order to achieve the UN Sustainable Development Goals (SDGs), dignified menstruation is pre-condition because Goal #1, 2, 3, 4, 5, 6, 8, 12 and 16 are directly and indirectly related with menstruation and natural process of health and welfare.

+ + +  
 Dignified Menstruation is everyone's responsibility.

+ + +  
 Menstrual Discrimination leads various forms of violence among girls and women including rape.



+ + +  
 Menstrual Discrimination constructs and shapes the power of Patriarchal society instead of equal opportunity.

+ + +

You can use these slogans as you wish for play cards, rallies, tiktok, YouTube, poems, songs, etc. As shown in the picture below, you can develop a Facebook frame with the slogan. You need to find dignified menstruation for it.

