

Checklist for Dignified Menstruation & Menopause

1. Is menstruation a matter of free talk at your educational institution?
2. Do students discuss about menstruation at any time?
3. Do staff discuss about menstruation at any time?
4. Does your educational institution allow you to ask for help at any time with anyone if a girl has menstruation or any other symptoms related to menstruation?
5. Does your school have a banner at the entrance or main gate; typed- 'you are most welcome in our dignified menstruation friendly school/college/university'?
6. Does your school put the statements regarding dignified menstruation? For e.g. menstrual blood is clean and pure or menstrual blood is the main reason of existence of this planet or we all born with menstrual blood?
7. Does your school hang the flex or poster or picture of menstrual products with advantage and disadvantages at office or class room or anywhere at school?
8. Does your school consider that menstrual discrimination is a form of violence of human right?
9. Is there any code of conduct for responding to menstrual discrimination at school?
10. Does your school have a regular program or any specific activity allocated in school calendar for promoting dignified menstruation?
11. Does your school allocate the budget for promotion of dignified menstruation?
12. Does your school have separate toilet for girls?
13. Do these ladies toilets have well-functioning doors and windows along with proper lock? (safe)
14. Does your toilet have proper water supply or water bucket?
15. Is your school equipped with proper menstrual waste management system?
16. Does your school manage locally produced environment friendly products as choice of menstruators?
17. Does the school discuss about dignified menstruation with parents?
18. Does the school have special program to facilitate the student who are facing any type of strict menstrual discrimination?
19. Does the school have reinforcement programs for the student/family who is modest for dignified menstruation?
20. Does the school include the menopause on its activities of dignified menstruation?
21. Does the school curriculum incorporate menstruation and menopause?
22. Does the school have flexible working policy for menstruating girls or menopausal staff?
23. Does the school have provision for any moderate or severe menstrual symptoms?



Global South Coalition
For Dignified Menstruation