

**Social cards:**

**BAR exam! You are taking the BAR exam (a 12 hour exam) and you are on your period. Personal period products are banned while taking the exam so in order to use them, you must ask for permission and use the products given to you.**

**Lose 1 point because you do not have the ability to use period products of your choice and for having to ask for permission to change you hygiene product**



**Tampons are the only products they have to offer you at the gym when you ask if they have any free feminine care hygiene products.**

**Lose 1 turn if you are not Caucasian because you were never taught on how to use tampons**

**Gain 1 point if you are Caucasian because you grew up learning how to use tampons**



**You visit your primary care physician and she doesn't educate you about the risks and benefits of using different period products.**

**You are aware that you were not thoroughly educated so you do research on your own**

**Gain 4 points for educating yourself on EDC's in period products**



**If you are not Caucasian, you did not grow up in an English speaking household. Because of this, you were never taught how to use tampons and they only have tampons at the school you attend**

**Lose 3 points if you are not Caucasian**



**You have a cousin who just got her period and because she does not have a good relationship with her parents, she is asking you to buy her period products. She asks for you to buy her products but the products she asks for depends on your salary. She asks for either menstrual cups or pads. Menstrual cups are more expensive.**

**Lose 1 point if your salary is under \$75,000  
Lose 2 points if your salary is over \$75,000**



**You live in a state that does not require schools to offer free period products for their students. A majority of the students that live around that area are able to afford it so there are not many people who are pushing for free access to products so you start a social movement for this at your school.**

**Gain 3 points for bringing attention to period poverty to your local community.**



**Some independent third-party testing facility found short-chain PFAS in Thinx period Underwear and filed a lawsuit against Thinx Co. This leads to more social awareness on the safety of organic period products.**

**If you have a point higher than 8, earn 1 point because you have more access to organic period products and this lawsuit pushes for healthier organic products.**

**If your point is lower than 8, no changes to your score**

**The Robin Danielson Act of 2015 was passed, which mandated research on safety assessments of synthetic fibers and chemicals in feminine hygiene products.**

**Earn 2 points for the prospect of more research on the safety assessment of period products.**



**If your point is higher than 6, you learned more about period poverty and cultural differences in using period products through an art exhibition, “Widening the Cycle.” You decided to donate money for the Society for Menstrual Cycle Research.**

**Earn 1 point for the donation and gaining a better understanding of cultural practices in period products.**

**If your point is lower than 6, you did not have the opportunity to view the art exhibition. No change to your points.**



**If your point is higher than 5, you attended a community workshop on period product alternatives. For environmental sustainability and personal health, you decided to try reusable period products such as period underwears and period cups.**

**Earn 1 point for gaining more scientific knowledge to help you make informed decisions.**

**If your point is lower than 5, your community does not provide workshops on feminine care. No change to your points.**



If you have a point less than 4, you were held in custody for 7 days in a woman's jail in Connecticut for a false charge. Menstrual products were not provided and you contracted UTI.

If you have a point lower than 4, lose 1 point for the medical treatments.

If you have a point higher than 4, it is less likely that you will get detained for false charges. No change to your point.



Assembly Bill A1664B was passed in the New York state which requires labeling of all ingredients in menstrual products. This helps consumers who have certain scientific backgrounds to better choose period products.

If you have a point more than 6, earn 1 point because of your science background.

If you have less than 6 points, no change to your points.



Your period was delayed for 1 month for unknown reasons. You were worried and couldn't sleep well at night. You have to buy melatonin to help relieve insomnia. The emotional stress also affects your work performance and efficiency. Lose 1 point.

You had a large amount of menstrual bleeding today, which couldn't be absorbed by your menstrual products. You also didn't have time to change the products frequently due to work/school. You were discriminated against for showing signs of blood on your pants. Lose 1 point.



**A family member from Maryland who is incarcerated is contacting you for money to buy period products because inmates in Maryland have to still pay for their own period products.**

**Lose 1 point for having to pay for shipping to send her products**



**You are on your period and you are going to an event that doesn't allow you to bring any outside items except your cell phone.**

**There are stores inside the center that allow you to buy feminine hygiene products but the only thing they sell are menstrual cups.**

**You can decide IF:**

**You want to lose 1 point to pay for menstrual cups OR if you want to risk getting an infection and not change your hygiene product during the event**



**You slept over at your friend's house and you just got your period. She only has tampons in her house so you have to go out to buy your own pads**

**Lose 2 points for going to the grocery store to buy pads instead of studying for your exam tomorrow**



**You go out to a club and you realize that you just got your period and your dress is ruined! It's your birthday party so you go out to buy a new dress and underwear.**

**Lose 3 points for having to buy a new dress and for having a ruined birthday experience**



**Your aunt had a sudden stroke attack that rendered her with paralysis in her legs. It was challenging for her to insert tampons/menstrual cups or change sanitary pads. Furthermore, she faced discrimination and isolation in the workplace due to both disability and menstruation shame.**

**Lose 1 round because you have to spend time taking care of and comforting your aunt.**



**A school refuses to admit your cousin with disabilities who cannot manage menstruation unaided. If you have a higher education, you decide to spend your leisure time tutoring her on mathematics and literature. If you have a relatively low education background, you help with housework and chores for your cousin.**

**Gain 1 point for supporting your family.**





**Your state is one of the 28 that doesn't have legislation mandating sex education that is medically factual. Because of this you were never taught how to properly use period products and were too afraid to ask.**

**Lose 1 point for this lack of knowledge that you have to put effort in to find elsewhere.**



**Oh No! The tax for period products has increased by 10%!**

**All players lose 3 points!**



**10 states have adopted bills similar to New York's Menstrual Products Right to Know Act. This will ensure that there is a list of ingredients on all menstrual product labels!**

**All players gain 3 points for this legislative win!**

**After countless emails and calls to your California Governor Gavin Newsom, the state finally created the Menstrual Products Right to Know Act of 2020. This will require manufacturers to disclose all added ingredients in menstrual products starting January 1, 2023.**

**Gain 3 points for your effort and success!  
Great Work!**



**You have learned of the benefits of using 100% cotton products such as less exposure to EDC-containing materials like fragrances and rayon. If your starting points are above 5...**

**Gain 3 points to purchase new products !**

**If your starting points are below 5...**

**Sorry, but although you know this information, your SES prevents you from taking action to improve your health.**



**After watching the documentary *Pandora's Box: Lifting the Lid on Menstruation*, you realize the reach of menstruation stigmatization. This inspires you to push back against some of the stigmas you have experienced and witnessed.**

**Name one menstruation stigma or stereotype, then take another turn celebrating this personal growth!**



While reviewing the newspaper, you read about the Alisha Coleman v. Bobby Dodd Institute case. You become outraged after realizing that Title VII of the Civil Rights Act (which prohibits multiple different types of discrimination including gender) does not cover discrimination against menstrual symptoms not related to pregnancy or birth. You write a letter to your congressman urging that this be acknowledged!

Gain 2 points for your efforts to support those who menstruate!



At dinner with your friends, you realize you have started your period but didn't bring your menstrual products with you! When you get up to go to the restroom, you realize you've leaked onto the chair. The restaurant owners ask you to leave for "damaging property."

Lose 2 points after experiencing this discrimination.



On your morning jog you run into a homeless woman who has blood on her pants. Worried, you ask if she is okay. She explains how she is forced to free bleed because she doesn't have enough money for menstrual products.

If you have the points available...

Give 3 points so you can buy this woman products to last her a few months.

You attend an art show that includes "Menstrala" by Vanessa Tiegs. This exhibit includes paintings in which Tiegs used her own menstrual blood as a medium. Some people around you are making comments expressing their disgust. You take the opportunity to stand up against the stigma and say...



**If not...**

**Propose another way this woman can manage her period without soiling her clothes.**



**Speak out! Come up with one response that can help spark an open conversation about why the art pieces make the individual feel this way. Gain 2 points for your efforts against menstrual stigmatization!**



**You attend the Women's March and are inspired by the stories you heard there. You want to donate money to research on the effects of period products on women because there is not a lot of clinical evidence on the subject yet.**

**Gain 1 point for your donation to the research.**



**You start talking to a South Asian woman sitting next to you at a coffee shop and she tells you about the Bollywood film *Padman* that explores menstruation in rural India.**

**You decide to do more research on the subject of menstrual stigma in different cultures.**

**You get another turn for your efforts!**



**On an immersion trip to Tijuana, you see a young woman asking for money on the side of the road. You start talking to her to practice your Spanish and learn that she is experiencing period poverty and needs to buy some products before her next period or she will be forced to stay home from work. You decide to give her some of the period products you brought with you in your bag.**

**You get another turn for your efforts!**

**Despite your personal preferences on period product usage, you step outside your comfort zone and attend a free bleeding yoga class from the comfort of your own home.**

**Gain 1 point for trying something new.**



**You visit your South Asian friend's home for the weekend but are not allowed to participate in one of the religious activities her family has planned for the weekend because you are menstruating. Instead, you go shopping for some new clothes with your friend and end up spending some money because you bled on the clothes you were trying on.**

**Lose 1 point for your shopping trip.**



**You go to visit your cousin at her university for a few weeks and the bathrooms at the school have free period products because of local legislation.**

**Gain 2 points because you don't have to spend money on two cycles of period products and are now knowledgeable about the new legislation about free period products in local restrooms and how you can benefit from it.**



**You are volunteering at a homeless teen center and notice that there are no free period products available, similar to how they are available at university clinics. With some of the extra funding, you buy a variety of products for the center.**

**You decide to take birth control to control your periods and help with cystic acne. Under the Affordable Care Act, you are able to have your choice of birth control covered by insurance.**

**Gain 1 point for your efforts.**



**Gain 2 points because you have more equitable access to birth control regardless of your socioeconomic status. Lose 1 point because birth control is an EDC.**



**You and your partner decide that you will be freezing your eggs, but your insurance does not cover the cost of the follicular stimulation treatments or the retrieval surgery.**

**Roll the dice again. If you land on an odd number (1, 3, or 5), lose 1 point because you have to . If you land on an even number (2, 4, or 6), you have to skip your next turn so you can work extra to pay.**



**The period tax has fallen by 2%!**

**Every player gains 1 point.**



**COVID-19 has resulted in all schools and most jobs moving to a remote online format. Because of this, the campus/office is closed, so you are unable to access free menstrual products.**

**Lose 3 points for having to buy organic menstrual products during the pandemic, as those were the only ones available since many basic necessities (such as toilet paper and menstrual products) are scarce.**



**You call out sick for 2 days after experiencing nausea, headaches, and severe menstrual cramps that prevent you from leaving bed due to your period. When you get back to work, your boss calls you in for a meeting and reprimands you for giving such late notice two days in a row and for calling out sick due to menstruation-related issues.**

**Lose 3 points for missing out on the next promotion due to your boss' discrimination against you for taking sick days from menstruation side effects.**



**After learning about how the use of menstrual cups is more sustainable than using single-use pads and tampons, you decide to purchase a menstrual cup. However, after trying 3 different menstrual cup brands in various sizes, you are unable to find one that fits your body, which results in discomfort during use and leakage.**

**Lose 2 points from spending money purchasing multiple different menstrual cups that didn't work for you.**

**You attend a march advocating for the removal of the "tampon tax," which is the taxes added to menstrual hygiene products. While some states have passed legislation exempting menstrual products from taxes, many believe there should be a federal policy that removes the tampon tax entirely.**

**Receive 1 point as a thank you for advocating for more equitable and accessible menstrual hygiene products.**





Five states (California, Illinois, New York, New Hampshire, and Virginia) have passed legislation requiring public schools to provide free menstrual products for students.

Because this will help make menstrual hygiene and diaper products more accessible for students within these states, all students and individuals with children (as noted in the character cards) receive 2 points.



Period poverty is the term used to describe an individual's inability to access clean menstrual products, hygienic facilities, and other necessities. First generation students and Latina and Black individuals are more likely to experience period poverty.



Illinois House Bill 155 was passed, which will allow funds from the federal assistance programs Supplemental Nutrition Assistance Program (SNAP) and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) to be used for menstrual hygiene and diaper products in Illinois.

Because this will help make menstrual hygiene and diaper products more accessible for all, all players receive 2 points.



The Menstrual Equity For All Act of 2019 was introduced in the House of Representatives by Congresswoman Grace Meng. However, the bill died in the subcommittee and was never voted on.

All players lose 3 points, as the failing of

**If your character falls under any of the aforementioned social demographics, lose 2 points.**

(This is a small-scale example of how costs of menstrual products can add an additional burden - financial or otherwise - on those experiencing period poverty.)



**the proposed bill means the inequities regarding menstrual product accessibility remain prevalent and unaddressed in our society.**



**You are at the mall to get your friend a birthday present and have bled through your clothes due to your period. The Tampax tampon you used had been insufficient, and you must return home to change clothing.**

**Lose 2 points for not completing your mall objective and for the inconvenience of cleaning out the stain.**



**A \$7 million class action lawsuit has been filed against Tampax because of a “quality-related defect” resulting in products that would come apart while in users’ bodies.**

**If you use tampons or Tampax products (as noted on the character card), receive 1 point as compensation from the settlement.**

