

1. Social Influence

his legal review article discusses the impact of students in some states who are taking the bar exam (an exam for aspiring attorneys) to be prohibited from bringing tampons or sanitary pads. Moreover, the products that these women use if they do ask to change it, must be products given to them by the testing centers rather than allowing them to use the products of their choice. In these long exams, women are not given the liberty to change their tampons in which their access to clean feminine hygiene products is limited, and the type of products that they are using is restricted. This regulation is seen as a restriction to period product access that is targeted towards a specific group of people.

Click below for more information:

<https://www.aclu.org/news/womens-rights/permission-required-to-change-your-tampon/>

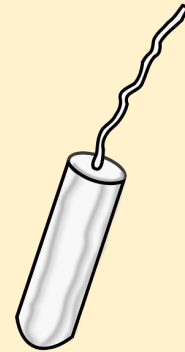


2. Social Influence

This research article discusses the differences in tampon usage among different social groups, and also looked at the differences in groups who were English speaking or their native language speaking. As this article affirms tampon usage being more common in European American adolescents compared to African American and Latina adolescents, the differences that they are examining, especially through the use of language, can show if there are correlations between being English speaking and having increased tampon usage. Perhaps it could be because other languages and cultures are less likely to educate their people about how to use certain period products, therefore leading to decreased usage. Some factors included lack of knowledge of beliefs that some period products were dangerous to use.

Click below for more information:

[https://doi.org/10.1016/S1083-3188\(98\)70134-2](https://doi.org/10.1016/S1083-3188(98)70134-2)



3. Social Influence

This source discusses the various factors that contribute to tampon usage in women. It was also found the incidences of UTI's were more common in tampon users. UTI's can be more common because some women forget to take their tampons out which leads to infections. Ultimately, women who end up contracting a UTI need to seek treatment. Additionally, this article addresses the role that primary care physicians should have in teaching young women how to use different products, and discusses the risks and benefits of using them

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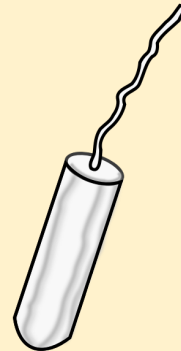


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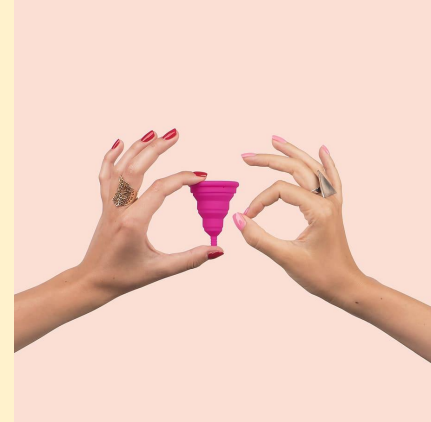


5. Social Influence

Menstrual cups are more cost-effective than tampons and pads. The reasons for this is because you only have to pay a one-time price for these reusable menstrual cups. Other products like tampons and pads are disposable and they can cost up to \$100 per year, or even more if you like to change your products more frequently to decrease risk of infection.

Click below for more information:

<https://www.healthline.com/health/womens-health/menstrual-cup#cost>

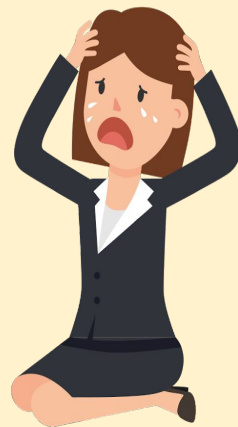


6. Social Influence

Some states do not require their schools to provide free period products for their students. Product accessibility and learning has been an area of interest for scientists to see how the burden of having to look for products contributes to the stress of a woman who is focusing on her studies. Some students had concerns such as, “It was really concerning to me how many kids have had panic attacks or cried in the bathroom because they don’t have pads and none of their friends have pads on them.”

Click below for more information:

<https://www.npr.org/2021/12/02/1056830306/free-tampons-public-schools>

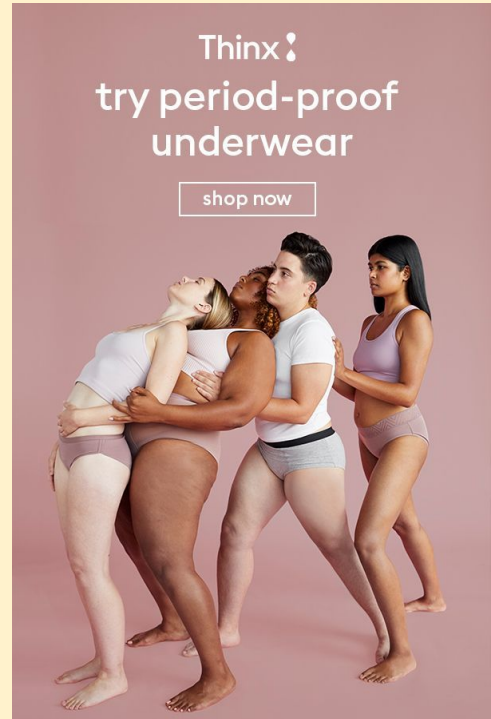


7. Social Influence

Some independent third-party testing facility found short-chain PFAS in Thinx period Underwear. PFAS are antimicrobial. Long-chain PFAS are “bio accumulative,” meaning they build up in the body over time, but there still lacks evidence on the long-term health impacts of short-chain PFAS. On the other hand, “organic” generally means free of chemical fertilizers, pesticides or artificial agents. Thus, the plaintiffs sued Thinx for breach of implied warranty, breach of express warranty, negligent failure to warn and violation of California False Advertising Law. In the end, the judge **denied** claims of implied warranty and negligent failure to warn, but the Court granted plaintiffs to amend.

Click below for more information:

<https://fingfx.thomsonreuters.com/gfx/legaldocs/xbvggriqvq/environment-chemicals-thinx-dismissal-order.pdf>

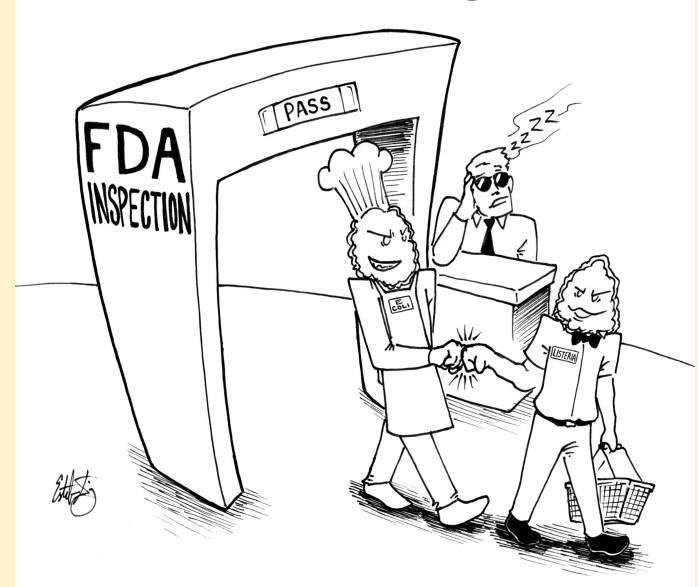


8. Social Influence

The Robin Danielson Act of 2015 mandated independent third-party research to **validate** data submitted to the FDA safety assessment by the feminine hygiene product manufacturers. Also, it required the **NIH to allocate resources** for health hazards posed by synthetic fibers and chemicals in feminine hygiene products. Before this act, menstrual product manufacturers only had to submit toxicology tests to FDA themselves and the data was **inaccessible** to the public. The legislation has been received as a promising advancement in **popular news articles**, because it empowers women to make informed decisions and boosted research on safety of feminine hygiene products.

Click below for more information:

<https://www.congress.gov/bill/114th-congress/house-bill/1708/text?q=%7B%22search%22%3A%5B%22robin+danielson%22%5D%7D>



9. Social Influence

In 2015 at the Society for Menstrual Cycle Research biennial conference in Boston curated the “Widening the Cycle” collection, which compiled art works by 36 artists from 10 countries on menstruation and reproductive justice. Widening the Cycle is a social justice art show that threads together global voices to raise consciousness about menstruation and reproductive justice through feminist art, and the rhetoric/ social construction of feminine rights.

For instance, on the right is the artwork by Jessica Larson, whose new series mines issues of taboos and attraction versus repulsion. Her artwork begs the question, “Can something be so ugly that it’s beautiful?”

Click below for more information:

<http://www.wideningthecycle.com/index.html>



10. Social Influence

Contrary to public media's portrayal of disposable period products, it is still controversial whether the reusable feminine hygiene products were more beneficial to the environment and health of consumers. Some research have demonstrated less environmental impacts than disposable products but may pose increased toxicity due to the generation of dioxin during bleaching. However, this cited article stated that the impacts of the reusable menstrual cup used for one year were less than 1.5% the environmental impacts of the disposable products and approximately only 10% of the cost.

Click below for more information:

<https://doi.org/10.1016/j.resconrec.2019.104422>



11. Social Influence

Thanks to a 2017 U.S. Bureau of Prisons policy change, followed by a related provision in First Step Act of 2018, federal prisoners are guaranteed free pads and tampons. But prisoners in federal prisons make up just 10 percent of the nation's total incarcerated population. On the other hand, there are approximately 231,000 women and girls in prisons, jails, juvenile facilities, and immigration lockups. The gender equity and feminine care issues in prisons need to be addressed with policy changes and more funding resources.

Click below for more information:

[https://witnessla.com/due-to-inadequate-access-to-menstrual-products-periods-in-prison-can-be-stigmatizing/#::~text=Just%20one%20year%20later%2C%20California,period%20products%20in%20public%20schools.\)](https://witnessla.com/due-to-inadequate-access-to-menstrual-products-periods-in-prison-can-be-stigmatizing/#::~text=Just%20one%20year%20later%2C%20California,period%20products%20in%20public%20schools.)

<https://19thnews.org/2021/06/5-pads-for-2-cellmates-period-inequity-remains-a-problem-in-prisons/>



12. Social Influence

Assembly Bill A1664B stipulates that the industry should label all ingredients in menstrual products plainly and conspicuously in order of predominance. This law may benefit the consumers by providing more transparency in the menstrual product industry. However, there could be loopholes such as companies producing the products in other states. Many gender equity organizations call for more states to stipulate similar policies.

Click below for more information:

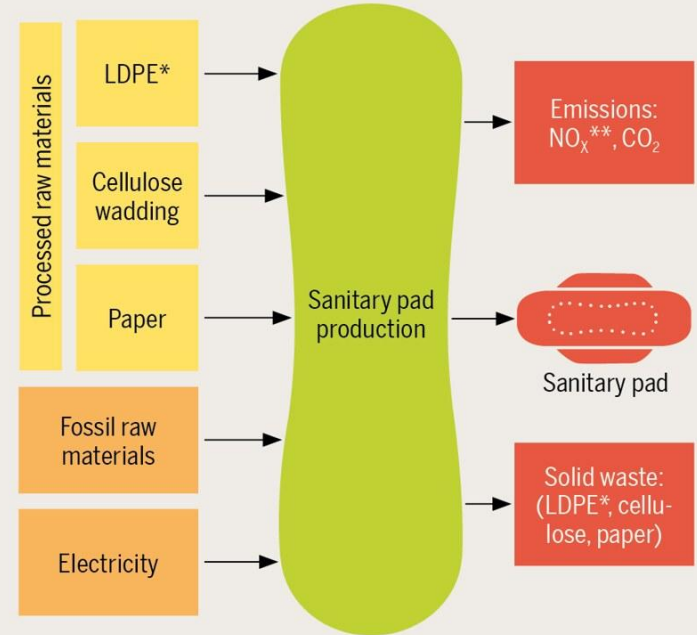
<https://www.nysenate.gov/legislation/bills/2019/a164/amendment/b>

THE SECRET LIFE OF A SANITARY PAD

Life-cycle assessment of the energy and materials used in production

What goes in:

What comes out:



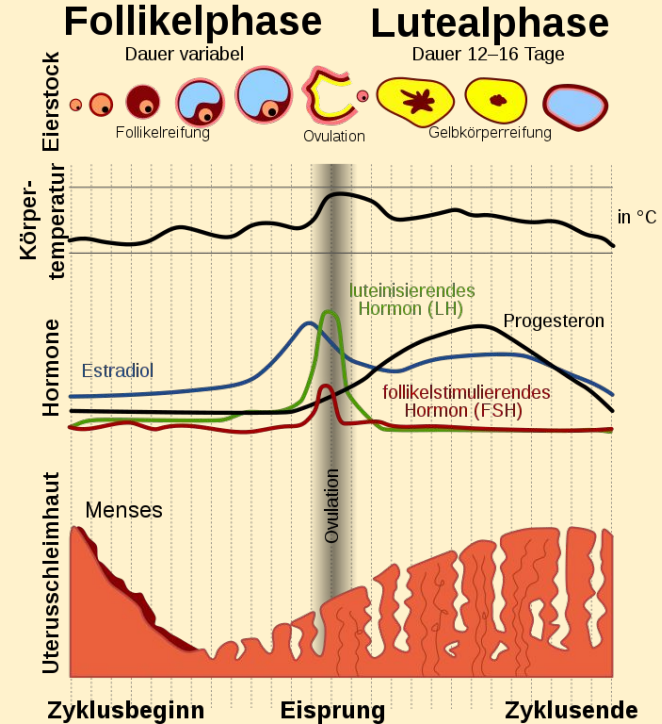
* Low-density polyethylene ** Nitrogen oxides

13. Social Influence

The menstrual cycle, which is counted from the first day of one period to the first day of the next, isn't the same for every woman. Menstrual flow might occur every 21 to 35 days and last two to seven days. For the first few years after menstruation begins, long cycles are common. However, menstrual cycles tend to shorten and become more regular as you age. Stress, diet, exercise can also impact the menstrual cycle.

Click below for more information:

<https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/menstrual-cycle/art-20047186>

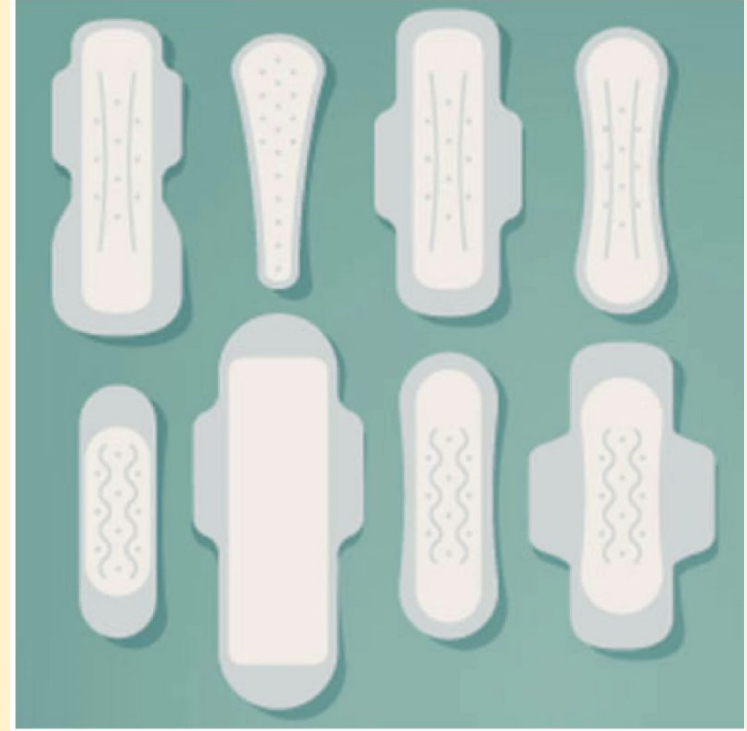


14. Social Influence

Why settle for a standard issue, ill-fitting and leaky sanitary pad? We each have our own unique shape and flow. To find the appropriate size for sanitary pads/ tampons, refer to the size table on each different product. The amount and rate of bleeding affects which sizes you should choose.

Click below for more information:

<https://www.always.co.uk/en-gb/feminine-products/what-size-pad-should-you-wear/how-to-choose-the-right-sanitary-pad-size/>



15. Social Influence

This journal article discusses how inmates in Maryland were legally promised free access to tampons, however they were still paying for it. This is significant to our research project because of the additional boundaries that are being put upon inmates to gain access to period products. With this population of women who are not making money while incarcerated, the idea of making them pay for tampons is unfair and negatively targets women.

Click below for more information:

https://www.washingtonpost.com/local/legal-issues/a-new-law-promised-marylands-female-inmates-free-tampons-theyre-still-paying/2019/06/04/cc5442da-86d7-11e9-a491-25df61c78dc4_story.html



16. Social Influence

In some instances, period products are banned and you cannot bring any of them with you. In these cases you need to decide if you want to pay for overpriced products or risk contracting an infection because you don't change your product. This is important to think about because in some instances, people need to make the decision of paying for overpriced products or not for short term events.



17. Social Influence

Various factors contribute to whether someone uses a tampon or not, and education by a physician can be one of them. In a recent study, it was found that “Among physicians, only 30% said they discussed hygiene products, although 52% of them thought it was medically important”. This discrepancy can be viewed as an outcome of controversy between the pros and cons for using specific feminine hygiene products. Oftentimes, EDC’s are in this conversation.

Click below for more information:

[https://doi.org/10.1016/s1083-3188\(98\)70134-2](https://doi.org/10.1016/s1083-3188(98)70134-2)

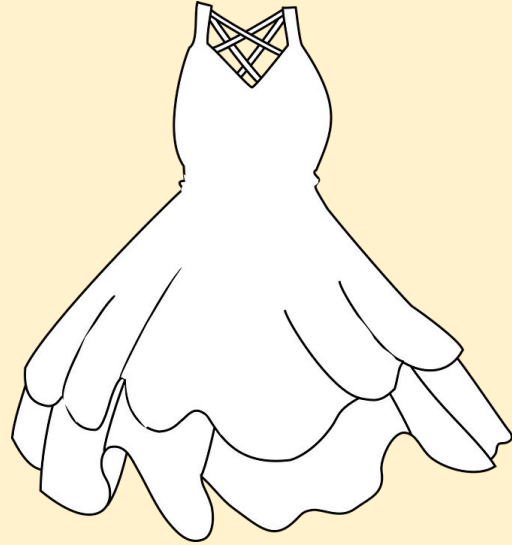


18. Social Influence

Often times women get their periods during unexpected times and need to buy clothes because the ones they were wearing got ruined. The timing of getting a period can sometimes be a stressful time for women because they have to worry about ruining their clothes in a public setting where the option to purchase additional clothes is not possible. Additionally, women have to consider carrying around hygiene products at all times.

Click below for more information:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3176921/>



19. Social Influence

Many articles have identified the lack of appropriate options for people with physical impairments for the disabled. This research article highlighted the consequences of failing to meet menstrual hygiene needs of disabled people includes shame, social isolation, and even sterilisation. This study also identified barriers faced including a lack of standardised guidance for professional carers; a lack of menstruation training, information and support provided to people with intellectual impairments and their carers; a lack of understanding of severity of symptoms experienced by people with intellectual impairments, the high cost of menstrual products and lack of appropriate options for people with physical impairments.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6365059/>

20. Social Influence

Discrimination may occur directly where, for example, a school refuses to admit a girl with disabilities who cannot manage menstruation unaided. Indirect discrimination could occur where a school does not refuse entry but fails to provide the facilities or supports for girls with disabilities. The concept of reasonable accommodation has been developed in discrimination law to require that adjustments are made to ensure the participation of the person who would otherwise be excluded. However, disability often deepens individual and household poverty which means that lack of access to resources and facilities including water and sanitary protection can exacerbate discrimination against women and girls with disabilities.



21. Social Influences

Only 22 of the 50 states require that the information provided in sex education classes be medically accurate. This leaves room for interpretation and leaves children with more questions. Because menstruation is often taught in sex education, the states that do not have these courses or are not required to provide medically factual information are doing a huge disservice to individuals who menstruate. These factors stem from and contribute to the stigma against menstruation and should be addressed. By including sex education courses in all 50 states as well as ensuring that they are all medically accurate, children will have the knowledge to make choices about how to address the stigma as well as manage their own menstruation.

Click the link below for more information:

<https://www.ncsl.org/research/health/state-policies-on-sex-education-in-schools.aspx>



22. Social Influences

Currently, there is a sales tax on most menstrual products in 30 states. While menstrual products are necessary for menstruating individuals to manage their periods, a lot of other products that are not a basic necessity are able to escape this sales tax. Recently, states like Michigan and California have put forth legislation to get rid of this tax, and Organizations like [Period Equity](https://taxfoundation.org/tampon-taxes-sales-tax/) are working to remove the tax in the remaining 30 states. The link below has information on how different states tax period products and whether or not this is ethical.

Click the link below for more information:

<https://taxfoundation.org/tampon-taxes-sales-tax/>



23. Social Influences

New York became the first state to pass a bill that requires manufacturers to include a list of ingredients on menstrual products, such as menstrual cups, menstrual pads, tampons, and therapeutic vaginal douches. This is a step in the right direction as there are numerous substances and endocrine disrupting chemicals in period products that can cause harm to the user. Other states like California have followed suit, demonstrating their efforts to ensure that people who menstruate have the agency to choose what goes into their bodies. By doing this, there is full disclosure on what is used in these products and the individuals who use these products are able to avoid possible EDC exposure. The link below includes New York's Right to Know Act.

Click the link below for more information:

<https://www.congress.gov/bill/115th-congress/house-bill/2416>

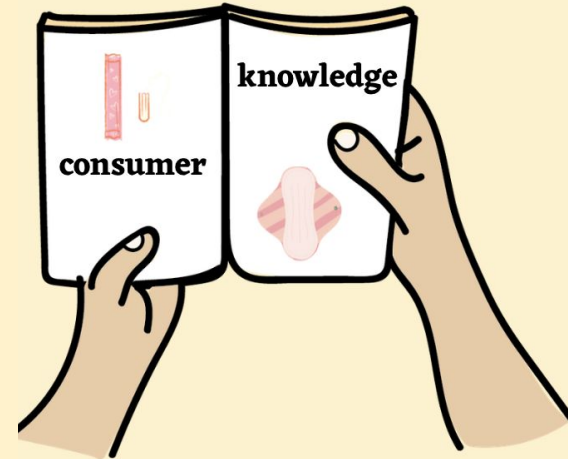


24. Social Influences

California is taking a huge leap by passing disclosure laws which will require manufacturers to disclose additives and all ingredients in period products. These efforts will ensure that women will have the knowledge and agency to choose what goes into their bodies. This can work to limit further possible EDC exposure in those who menstruate as this will offer them the knowledge of when/where they are being exposed to parabens, phthalates, dioxins, etc, and allow them the power to make more informed choices. The link below details all the information that these laws require.

Click the link below for more information:

<https://www.arnoldporter.com/en/perspectives/publications/2020/10/california-enacts-ingredient-disclosure-laws>



25. Social Influences

It is important to address the lack of equal access to period products, which is influenced by socioeconomic status (SES) and a multitude of other factors. Additionally, the taxes on menstrual products in addition to a low SES can make menstrual products inaccessible. Globally, it is estimated that 500 million individuals who menstruate lack access to menstrual products. Within the U.S., it is estimated that 67% of individuals who menstruate within a lower SES bracket could not afford menstrual products within the last year, and 50% choose between food and these products. This lack of access is known as period poverty.

Click the link below for more information:

<https://www.medicalnewstoday.com/articles/period-poverty#statistics>



26. Social Influences

Menstruation stigmatization exists around the world throughout varying cultures and traditions. This stigma works to discourage individuals from seeking information and help regarding menstruation, causes insecurities, and generally puts down those who are simply experiencing a natural bodily process. The documentary referenced in this card, *Pandora's Box: Lifting the Lid on Menstruation*, is linked below. It delves into the facets that contribute to the creation of these globally experienced stigmas and how we can work against them.

Click the link below for more information:

<https://www.youtube.com/watch?v=fki-a5Vj5M8>



27. Social Influences

The Alisha Coleman v. Bobby Dodd Institute case offers insight on the treatment of people who menstruate. Alisha Coleman filed a lawsuit against the 911 call center she was fired from after experiencing menstrual symptoms brought on by menopause. In 2015, Coleman began to experience pre-menopause symptoms and happened to leak some blood onto an office chair and the carpet. She was fired due to failure to “practice high standards of personal hygiene and maintain a clean, neat appearance while on duty.” Below is a link to the legal document for the case and a link to find more information on early menopause symptoms.

Click the link below for more information:

<https://www.aclu.org/legal-document/alisha-coleman-v-bobby-dodd-institute-initial-brief-plaintiff-appellant>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/premature-and-early-menopause>



28. Social Influences

The slide prior discusses the Alisha Coleman case and how she was discriminated against after experiencing menstruation symptoms at work. Currently there is no law that prohibits this type of discrimination. This is a problem because without legislative protection, the bias of institutions and individuals impacts the treatment of people who menstruate. This can lead to discrimination against a normal bodily function. The link below explores the Alisha Coleman case and how the lack of legislative support for those who experience menstruation discrimination needs to change.

Click the link below for more information:

<https://time.com/4999185/woman-fired-for-period-leak/>



29. Social Influences

There are additional difficulties that come with menstruating as a homeless individual, and there are limited resources available for these individuals. It can be incredibly arduous to access menstrual products while also struggling to afford basic necessities such as food, water, and shelter. The additional tax on menstrual products makes these products even more inaccessible to this community. Homeless individuals can be forced to freebleed against their will, which may cause them to lose the limited items of clothing they have. The link below offers examples of ways to support this community.

Click the link below for more information:

<https://www.medicalnewstoday.com/articles/period-poverty#solutions>

<https://www.globalcitizen.org/en/content/nfl-period-menstruation-football-macho-free-bleedi/>



30. Social Influences

“Menstrala” by Vanessa Tiegs is an art exhibit in which menstrual blood is used as the medium to create a variety of paintings. This exhibit was met with a lot of disgust and overall negative sentiments. The art evoked fear, contempt, and other negative emotions from some viewers, and the paper linked below aimed to analyze why the stigma and these attitudes exist. Additionally, the paper discusses how this stigma then works its way into the marketing of period products. One example is the inclusion of fragrances in menstrual products to address the “odor,” when in reality these additives can cause conditions like bacterial vaginosis and yeast infections. Tiegs’ art exhibit is linked below as well.

Click the links below for more information:

https://www.researchgate.net/profile/Joan-Chrisler/publication/225143159_The_Menstrual_Mark_Menstruation_as_Social_Stigma/links/55d5f08a08aec156b9a6da8f/The-Menstrual-Mark-Menstruation-as-Social-Stigma.pdf

<https://www.vanessatiegs.com/menstrala/>



31. Social Influence

The Women's March has historically been the site of a lot of discussion behind the state of reproductive and feminine rights. Throughout the experience, there are a number of posters that highlight the struggles faced by women as well as speeches by prominent women sharing their experiences. A number of the discussions that occur happen over the state of science, as it affects reproductive health. An important recent discussion that we hypothesized is beginning to occur is the one over the lack of clinical evidence on understanding the impacts of period products on women. Throughout our research process, we were unable to find a lot of information on clinical studies to see the effects of chemicals in period products on women in a controlled environment, for ethical reasons. Therefore, there is a discussion over how science can move towards testing for the effects ethically.

Click below for more information

<https://www.scientificamerican.com/article/womens-march-on-washington-protestors-say-science-is-a-driving-force/>

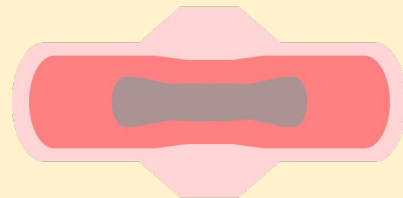


32. Social Influence

The Bollywood movie *Padman* represents the struggles faced by women in India when they are on their period because of the high levels of stigma that exist in the culture behind menstruation. The film follows the real life story of a man named Arunachalam Muruganantham who seeks to create a safe and cost-effective pad so that his wife does not have to suffer or subject herself to infection every month with the practice of using a reusable rag. Because of the high production costs, the pads were inaccessible to women of certain socioeconomic classes or in certain areas, so he created a machine where women could make them on their own using cotton. He was ostracized from his community at first because he was involved in such a stigmatized issue, but eventually, he became respected.

Click below for more information

<https://www.npr.org/sections/goatsandsoda/2018/02/08/583640537/pad-man-is-a-bollywood-movie-about-a-man-and-his-menstrual-pads>

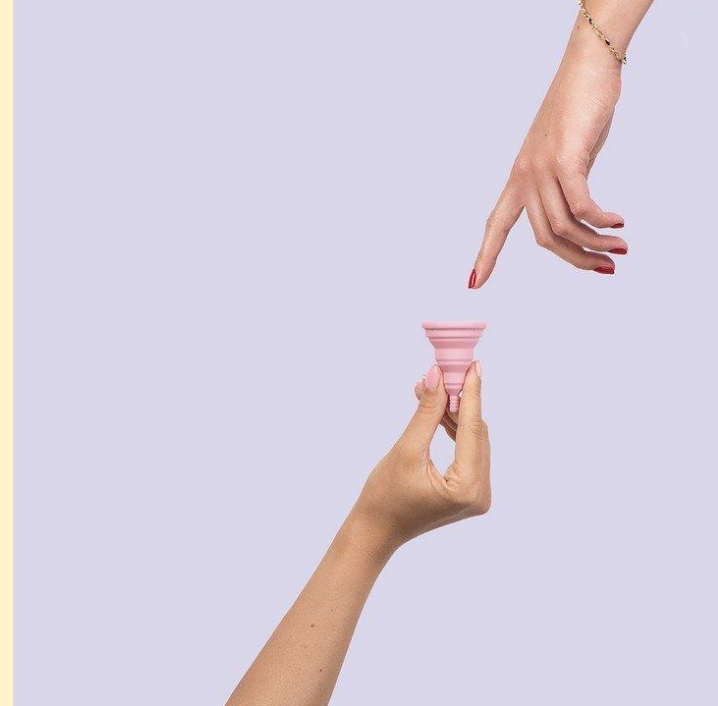


33. Social Influence

Period poverty is commonly experienced in many rural countries or parts of developing countries where wages are low and selection of consumer products are either limited or extremely expensive. Many women are forced to sit out from participating in everyday activities while on their period because they are unable to afford the hygiene products. There are common practices of using rags and washing them, but the rates of infection with this are very high. The sanitation systems designed also do not allow for products soiled with blood to be disposed of properly or for women to have the privacy to use them without facing gender-based violence.

[Click below for more information](#)

[The World Distribution of Income: Falling Poverty and ... Convergence, Period](#)

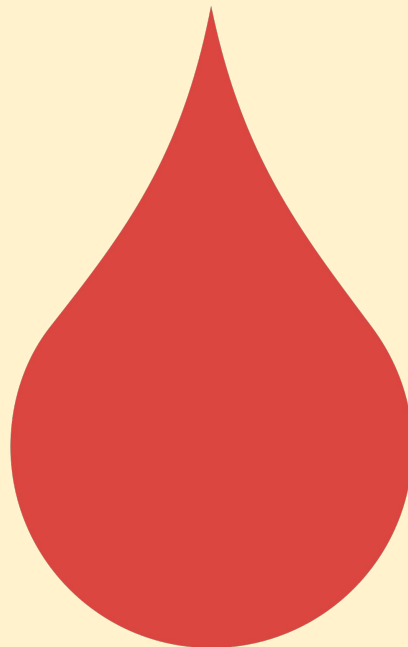


34. Social Influence

In February 2017, yoga instructor Steph Gongora posted a video of her practicing yoga in a white, two-piece activewear set in which she was free-bleeding while she was on her period. The stains could be seen on her clothes while she was moving around, and she sought to destigmatize menstruating because she felt that women were unable to be honest with how they were actually feeling while on their period and instead where socially expected to hide their menstruation and put on a good face to carry forward with their day to day activities. While modern period products do allow for women to participate as they typically would, there is still a stigma over expressing when one is on their period, and her free-bleeding yoga movement was a step in the direction of removing the shame.

Click below for more information

<https://people.com/health/steph-gongora-free-bleeding-yoga/>



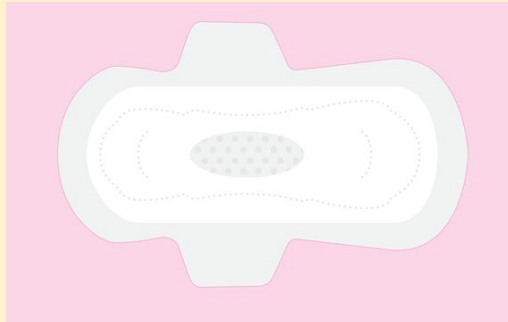
35. Social Influence

— — —

One common South Asian cultural practice is for women who are menstruating to not practice in any religious ceremonies because they are seen to be dirty during the days of their menstruation. This practice has existed for centuries and is often seen as a demeaning practice, but is often framed in a positive light by those who support it. The idea is that women do not have to take on the work of participating in these ceremonies and in the kitchen and should just relax when they are menstruating.

Click below for more information

<https://www.theguardian.com/global-development/2015/dec/22/india-menstruation-periods-gaokor-women-isolated>



36. Social Influence

In October 2021, California's governor Gavin Newsom passed legislation that requires all public schools in California to provide free period products in the bathroom dispensers. This built upon the 2017 law that required the products to be provided in low-income schools and now includes all public middle and high schools and members of the University of California and California State University systems starting the 2022-2023 school year. There is a hope that private educational institutions will follow in that practice to make it truly inclusive.

Click below for more information

<https://www.npr.org/2021/10/09/1044720102/california-free-tampons-schools>



37. Social Influence

Being students at UCLA, we have been privileged to have access to a health center and clinic on campus that provides free period products and condoms for the safety of students. While these aren't yet widely available or available in the bathrooms, it is a step in the right direction of improving access. Homeless shelters, on the other hand, do not all have institutionalized practices in place that allow for these materials to be easily accessible. With that, volunteering at the organizations can mean working to raise money to buy the products or organizing efforts to have them donated to those in need. the Feminine Hygiene Products for the Homeless Act is a step in the right direction of ensuring that the products are widely available.

Click below for more information

<https://news.wttw.com/2021/08/19/advocates-providing-free-feminine-hygiene-products-homeless-step-right-direction#:~:text=Effective%20Jan.,their%20budget%20allows%20for%20it.>



38. Social Influence

This link below includes information on how the national Affordable Care Act contain benefits and coverage of birth control products. There are a large variety of contraceptive methods that are covered to take personal preference of the user into account. There are certain obstacles that may need to be overcome for insurance that is provided through an employer if there is a religious influence, but for the most part, coverage is equitable for those that are able to secure the insurance. The process of applying and navigating the Affordable Care Act insurance options is not, however, an easy process which makes it difficult for some to be able to enjoy its benefits.

Click below for more information

<https://www.healthcare.gov/coverage/birth-control-benefits/>



39. Social Influence

The process of freezing eggs is one that is taxing both on the body and the bank account. There are numerous parts of the process that include hormone injections to stimulate the follicles and then surgery for egg retrieval, alongside numerous steps, doctor's appointments, and tests in between. Some insurance plans cover the cost of the multiple different procedures that are needed, but not all insurance plans do. As a result, the high cost of the procedures so make it inaccessible to some.

Click below for more information

<https://www.fertilityiq.com/egg-freezing/the-costs-of-egg-freezing>



40. Social Influence

This link below includes information on how different states tax period products as well as a discussion on whether this is ethical. There are different types of taxes that exist across states, with the two key ones being sales tax and luxury tax. As a baseline, it should be known that there is no extra tax that is imposed on feminine hygiene products; it is more of a discussion of whether it should be exempt of the general taxes that are placed on it or not. In states that charge it, sales tax is added onto the final cost of the product, but there is a movement towards pushing for feminine hygiene products to be exempt from that tax because of the fact that they are necessary products.

Click below for more information

<https://taxfoundation.org/tampon-taxes-sales-tax/>

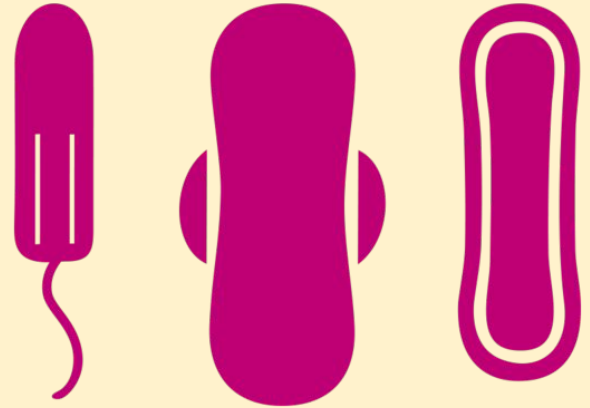


41. Social Factors

For many students, school is an important resource for receiving free, essential menstrual supplies. With the COVID-19 pandemic forcing all in-person education to transfer to an online format, schools are no longer able to serve as a resource for obtaining basic needs. A study conducted by companies Thinx and PERIOD researched how the Covid-19 pandemic impacted period poverty among the teenage student population. Lower-income students and students of color were disproportionately impacted by the changes with 46% of Latinx students said returning to school would make it easier for them to access menstrual products, and 23% reported having to choose between buying menstrual products and food or clothing.

Click below for more information:

<https://period.org/uploads/State-of-the-Period-2021.pdf>



42. Social Factors

There are several countries that offer menstrual leave, which is (paid or unpaid) time off from work for those suffering from symptoms of menstruation. However, the United States is not one of them. The topic of menstrual leave has sparked controversy, with some believing it would have a negative impact by further perpetuating social and financial inequalities, while others believing it would be a sign of progress.

Click below for more information:

TIME article discussing the history of menstrual leave: <https://time.com/6105254/menstrual-leave-policies/>



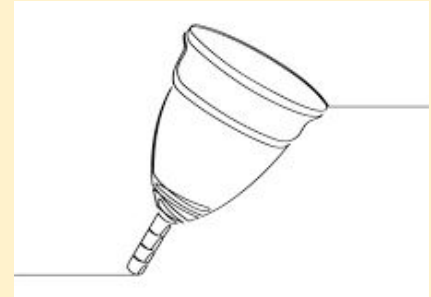
43. Social Factors

Menstrual cups come in numerous shapes, sizes, and materials in order to fit the various body types that exist. Therefore, unfortunately there isn't a "one size fits all" when it comes to menstrual cups. When choosing a cup, some aspects to consider are your age, whether or not you have given birth, the heaviness of your flow, the length of your cervix, and the cup's firmness and size (in diameter).

***Note:** The information provided is for education purposes only and is not a substitute for professional medical advice. Always consult a medical professional with any questions you may have prior to using a menstrual cup.

Click below for more information:

<https://www.healthline.com/health/womens-health/menstrual-cup#how-to-use>



44. Social Factors

States that have 'Axed the Tax' on Menstrual Products

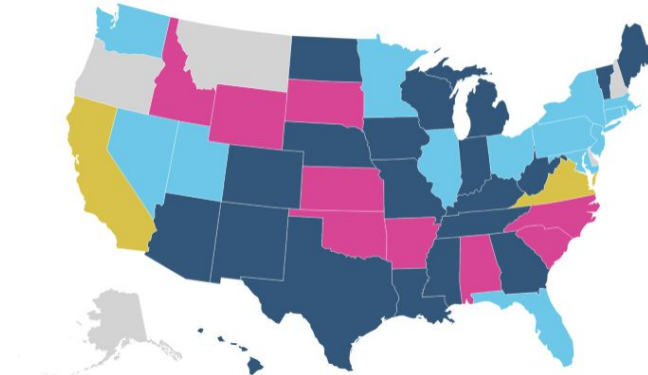
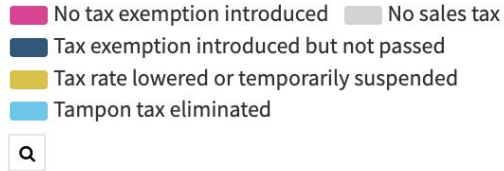


Image source:

<https://www.freethetampons.org/>

45. Social Factors

The following bills have been passed and now require public schools in their respective states to provide free menstrual products for students.

Click below for more information:

California Assembly Bill 367: https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=202120220AB367

Illinois Assembly Bill; 641:

<https://www.ilga.gov/legislation/BillStatus.asp?DocNum=641&GAID=16&DocTypeID=SB&SessionID=110&GA=102>

New York Public Health Law Ch. 342:

<https://www.p12.nysed.gov/ssss/schoolhealth/schoolhealthservices/FeminineHygieneProductsInSchools.html>

New Hampshire Bill 142: <https://legiscan.com/NH/text/SB142/id/1860709>

Virginia Senate Bill 232: <https://legiscan.com/VA/bill/SB232/2020>



46. Social Factors

Illinois House Bill 155 was introduced to the house on February 22, 2021 and was sponsored by Illinois State Senator Karina Villa. This bill will require the Illinois Department of Human Services to submit a waiver (if/when it becomes available) to the U.S. Department of Agriculture's (USDA) Food and Nutrition Service, which would allow individuals in Illinois to use the federal assistance benefits from the Supplemental Nutrition Assistance Program (SNAP) and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) on diapers and menstrual hygiene products. However, as of February 2021, the USDA Food and Nutrition Service has not created such a waiver for states to submit.

Click below for more information:

<https://www.ilga.gov/legislation/BillStatus.asp?DocNum=155&GAID=16&DocTypeID=HB&SessionID=110&GA=102>



47. Social Factors

This study looked at the relationship between period poverty (which is in the category of unmet basic needs) and rates of depressive symptoms in college-aged women. They found those who reported experiencing period poverty most frequently within the past year were Latina women (24.5%), followed by Black women (19%), white women (11.7%), and women of other races (10%). Other sociodemographic variables that showed a significant difference included whether or not the individual was born outside of the U.S. or a first generation-student. Sexual orientation did not have a significant relationship with frequency experiencing period poverty. As of its publishing date, this research study is the only one that has looked at and quantified the relationship between mental health and period poverty.

Click below for more information:

<https://bmcwomenshealth.biomedcentral.com/articles/10.1186/s12905-020-01149-5>



48. Social Factors

The Menstrual Equity For All Act of 2019 was introduced to the House of Representatives by New York Congresswoman Grace Meng on March 26, 2019. The aim of the bill was to increase the accessibility of menstrual hygiene products through increased availability and affordability of the products. In order to achieve that goal, the proposed bill also included requirements such as: menstrual products must be available to all public school students, incarcerated or detained individuals, and homeless individuals as well. Additionally, the bill proposed that those using health care flexible-spending accounts and medicaid recipients would have coverage of the cost of menstrual products. All public federal buildings and large employers (with 100+ employees) would have to provide free menstrual products available. However, the bill died after being referred to the Subcommittee on Crime, Terrorism, & Homeland Security.

Click below for more information:

<https://www.congress.gov/bill/116th-congress/house-bill/1882/text>



Congresswoman Grace Meng

49. Social Factors

There are different levels of tampon absorbency levels that are recommended for different flows based on the amount of fluid expelled during an individual's menstrual cycle. The most common absorbency levels available include: light, regular, super, and super plus. Many people who menstruate use a combination of the different types of tampons, often changing it according to the heaviness of their flow for the day. The U.S. Food and Drug Administration recommends changing tampons every 4-8 hours, and making sure not to use a tampon for longer than 8 hours.

Click below for more information:

Choosing the right tampon: <https://www.healthline.com/health/tampon-sizes#how-to-pick>

FDA recommendations for tampon usage:

<https://www.fda.gov/consumers/consumer-updates/facts-tampons-and-how-use-them-safely#:~:text=Tampons%20are%20not%20intended%20to,the%20lowest%20absorbency%20tampon%20needed.>

DROPLETS	TAMPONS 	g
	Regular	6-9
	Super	9-12
	Super plus	12-15

50. Social Factors

In 2019, there was a \$7 million class action lawsuit filed against Kimberly-Clark Worldwide Inc. due to quality control issues with the U by Kotex tampons sold between March 8, 2013 and November 19, 2019. Reports stated the tampons caused infections, irritation, and injuries, which included the unraveling of tampons both before and during the product use. Individuals could be reimbursed if they had purchased any of the following products between the aforementioned timeframe: U by Kotex Sleek Tampons, U by Kotex Fitness Tampons, U by Kotex Click Tampons, and U by Kotex Security Tampons in Regular, Super, or Super-Plus Absorbency.

Click below for more information:

<https://topclassactions.com/lawsuit-settlements/closed-settlements/u-by-kotex-tampons-class-action-settlement/>

