

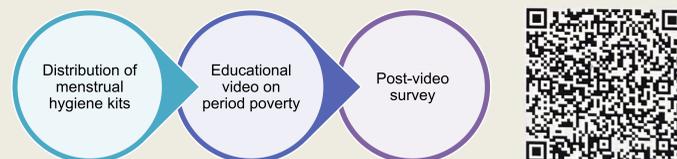
Background

- Period Poverty is limited access to menstrual products, hygiene facilities, and menstrual health education.
- About 1 in 5 menstruating individuals experience period poverty, increasing health risks and unsafe product use.¹
- In 2021, nearly 23% of adolescence (ages 9-13) had difficulty accessing or affording period products in 2021 and nearly 1 in 3 students missed school due to lack of supplies.²
- Improving awareness and access to menstrual products is essential for supporting health, education, and overall well-being.

Objectives

- Provide menstrual health education to students in Tempe public high schools, including safe and effective use of menstrual products, how to access them and menstruation-related stigma.
- Increase awareness and knowledge of menstrual health and proper product use.
- Assess the impact of menstrual health education.

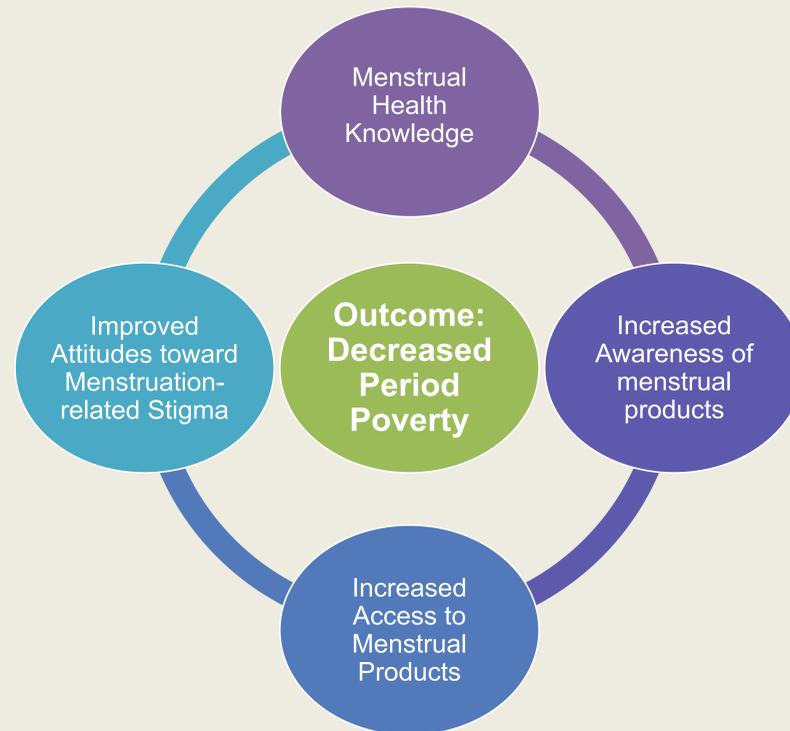
Methods



- Participants are recruited in collaboration with Tempe High School.
- Participants include high school students grades 9-12.
- Menstrual hygiene kits are distributed to the participants.
- Each kit contains menstrual hygiene products and a QR code leading to an educational video and post-interventional survey.

Results

- Menstrual hygiene kit have been distributed to the Tempe Public School.
- Data collection is in progress via anonymous surveys
- Survey results are pending.
- Survey results will be evaluated to assess the perceived knowledge, stigma, and access to menstrual health and health products.



Menstrual Hygiene Kit sent to Tempe School

Conclusions

- Period poverty and limited menstrual health education remain important barriers to health, school attendance, and well-being among adolescents.
- This project aims to evaluate whether brief, accessible education can improve knowledge and awareness among high school students.
- Results will help inform school-based strategies to improve menstrual health education and access to menstrual products.
- Our project findings may provide evidence to support school-level interventions, such as providing free menstrual products and integrating menstrual health education into health curricula.

Acknowledgements

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References

1. Casola AR, Luber K, Riley AH. Period poverty: an epidemiologic and biopsychosocial analysis. Health Promot Pract. 2023;26(1):65-74. doi:10.1177/15248399231192998
2. Thinx Inc, PERIOD. State of the Period 2021. PERIOD. https://period.org/uploads/State-of-the-Period-white-paper_Thinx_PERIOD.pdf. Accessed August 31, 2025.

Understanding the Menstrual Cycle



The uterus lining sheds if no pregnancy occurs.



A period is part of the menstrual cycle.

Slide from educational video sent to Students