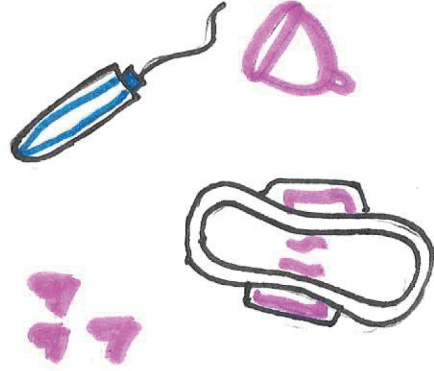


SCOTLAND'S Period Products bill

In November of 2020, the Scottish Parliament passed a bill providing free and universal access to tampons and pads. Menstrual products are now available in public buildings such as schools. It is local authorities' responsibility to ensure their availability.



Official inequality statistics report that almost 20% of women in Scotland live in relative poverty, and thus the support provided by this bill is crucial. Depending on the amount of women that take advantage of the increased access to products, it is estimated that the bill will cost £8.7 million (approx. \$12 million) per year by 2022.

This decision follows a series of previous attempts to address period poverty in Scotland; the country allocated over £9 million to make products available in schools and recreational centers between 2018 and 2019. "Scotland will not be the last country to make period poverty history" says Monica Lennon, the lawmaker who introduced the bill, and many have been glad to see a precedent set.

Scotland has put forth enormous efforts to reduce stigma and address period poverty, and it is time for countries such as our own to follow in their footsteps.



Source: "Scotland becomes first country to make tampons and pads available for free," CNN

The Cost of One Person's Period Over Their Lifetime

(According to huffpost.com)

The average person who menstruates is said to have about 450 periods over the course of their life, which adds up to about 6.25 years spent menstruating. --->



Picture Credits:
<https://www.chatelaine.com/health/its-bloody-time-we-talk-about-our-periods/>

All of these payments added together cost around **\$20,000**. While costs clearly vary, it is easy to say that caring for a period is an enormous expense over just one person's lifetime. Furthermore, these extreme costs emphasize the difficulty for the less fortunate who often have to choose between managing their period and their next meal.

A lifetime supply of tampons and pantyliners costs more than **\$2,000**.

A lifetime supply of pain relievers like ibuprofen is estimated to cost slightly below **\$1,500**. Furthermore, those who use birth control add an intense additional expense over their lifetime, which could cost around **\$11,000** for 450 periods (although prices vary).

Other optional costs such as acne spot treatments, chocolates or other sugary desserts, heating pads, and new underwear (to replace stained pairs) can result in more severe spending, costing about **\$3,300**.

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Reusable Menstrual Products

Why Use Reusable Menstrual Products??

Reusable menstrual products aren't just better for the environment, they can also save you money in the long run! Additionally reusable products can be better for those with sensitive skin. Reusable products are free from many chemicals found in disposable tampons and pads.

Reusable Products in Third World Countries:

Reusable menstrual products are more common in third world country than one may think. Having access to disposable products can be difficult and the process of disposing of used products can lead to an unsanitary environment. Therefore reusable products provide a long lasting resource for periods.

Types of Reusable Menstrual Products:

- Period Underwear
 - And other period clothing
- Menstrual Cup
 - Diva Cup
- Reusable Washable pads



Birth Control for Heavy Bleeding

Birth control pills can be taken to prevent pregnancy while also offering several other benefits like reduction of acne, flow, and cramps.

Reasons people take birth control pills

- Pregnancy prevention
- Heavy menstruation
- Cramps
- PCOS
- Acne

Two Types of Pills:

Combination pill-estrogen and progestin

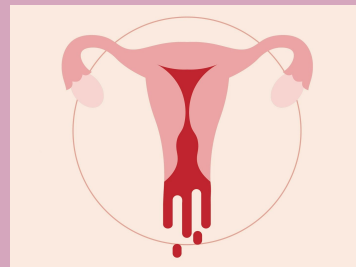
Mini pill-only progestin

The side effects of the pill differ for everyone. It can cause mental health side effects like anxiety and depression. If you are concerned about the mental health effects, consult with your doctor about whether the pill is the best choice for controlling your heavy flow.

Possible alternatives:

Tranexamic acid (Lysteda) is a non-hormonal alternative for heavy bleeding because it helps your blood to clot. This requires a prescription.

Naproxen is an anti-inflammatory which can aid cramps. Prescription needed.



Talk with your doctor to see what the best heavy flow treatment is for you!

HOW DO I BRING UP BIRTH CONTROL WITH my PARENTS?

most parents will be glad you came to them & want to help you out



STARTING THE CONVERSATION

- 1- Use an article/ TV SHOW/ movie THAT TALKS ABOUT sex or pregnancy and ease your way in
- 2- IF YOU'RE HAVING TROUBLE TALKING IN PERSON, TRY IT OVER TEXT
- 3- GIVE A HEADS UP BEFOREHAND (ex. can we talk after dinner?)
- 4- ACKNOWLEDGE THE AWKWARDNESS OUT LOUD
- 5- PLAN OUT WHAT TO ASK SO YOU CAN GET THE ANSWERS YOU WANT
- 6- LET THEM KNOW WHY YOU'RE ASKING AND THAT YOU KNOW WHAT YOU'RE TALKING ABOUT



WHAT IF I KNOW I CAN'T BRING IT UP?

TRY TALKING TO....

- A FAMILY FRIEND
- YOUR DOCTOR
- A RELATIVE
- A COUNSELOR/ THERAPIST

OR VISIT/ CALL....

- YOUR LOCAL PLANNED PARENTHOOD HEALTH CENTER↓↓↓

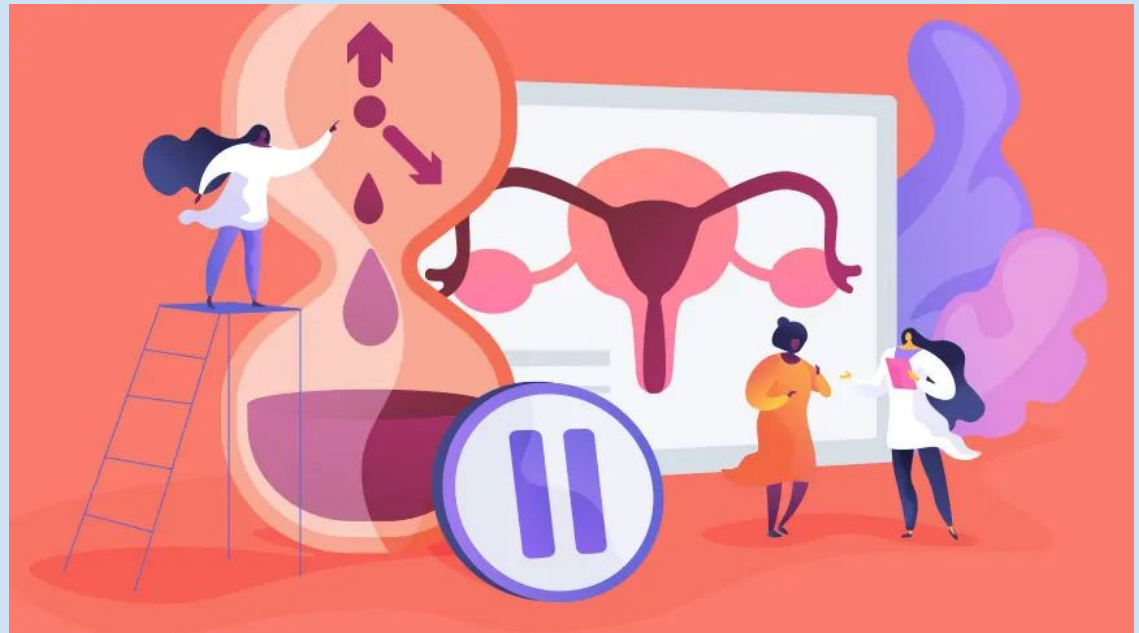
[HTTPS://WWW.PLANNEDPARENTHOOD.ORG/HEALTH-CENTER](https://www.plannedparenthood.org/health-center)

What is menopause?

- ★ Menopause, to put it simply, is when someone stops menstruating.
- ★ It occurs usually between ages 40 and 55
- ★ Period irregularity may occur before bleeding stops
- ★ Menopause is diagnosed after 12 months without bleeding

Symptoms of perimenopause (the months/ years before menopause)

- irregular periods
- hot flashes
- chills
- night sweats
- sleep problems
- mood changes
- weight gain and slowed metabolism
- thinning hair and dry skin
- loss of breast fullness
- vaginal dryness



Middle school sucked. But it sucked even more for the young adults going through the intense change of getting their periods. Middle schoolers are mean to each other, bullying and targeting specific insecurities, passing it off as jokes. Getting our periods were reasons for rumors. We spoke about each other's bodies and menstruation as if that was any of our business.



I developed early. This "growing-up" led to intense poking and prodding from my apparent friends that I would get my period first because I happened to have the body that "should" get their period. At sleepovers, games of truth or dare led to discussing whether or not I had gotten it and if I was lying about it. My insecurities about my body branched into a fear of getting my period. The constant comments about how my body was different were deafening, which is common among middle schoolers.



As young adults, we didn't realize the impacts we made on each other. With the number of people reacting negatively to periods, a fear of speaking openly about it festered. If "friends" target their companions for getting a period, how could one trust another about another development, in sexuality, in gender, in sex?

EW...




TMI

GROSS


We, as menstruating adults, are commonly taught to be silent about our periods. We call it "mother nature" or make up stupid nicknames for it. Middle school is the most critical time to learn and be aware of the changes our bodies are going through, but it is the most toxic and horrible environment to grow in.

