Menstrual Care Club

Menstruation care starts with awarenes

Menstruation awareness is crucial as it empowers individuals through education, helps dismantle harmful stigmas, promotes effective health management practices, and addresses economic barriers.

around menstruation, organizations can support healthier and more equitable experiences for all menstruators.

By fostering a culture of openness and understanding

sports. Two years ago, I learned about tampons, and they changed my life. I feel much more comfortable playing while on my period now.

Just a couple of years ago, I started light workouts during my period.

to play sports while on their period. Many of us have similar experiences - Let's

Girls have mentioned that their parents told them not

not saving that they have their period but rather 'stomachache'.

Girls stop coming to training when they are menstruating but

TALK about it!

Key Barriers to Menstrual Awareness

in Sports Organizations across APAC

Equal Play Effect APAC Partners have come together to brainstorm what else they can do. Here are some of their ideas that could help your organisation too:

Access to Stigma and Lack of menstrual information taboo products Social and cultural norms Coaches and staff often Without access to

contexts. Common misconceptions and myths such as periods being unclean and

since most resources and jargon are in English only.

menstrual products, many are forced to use unsafe alternatives or skip

daily activities including school/work.

Toilets, disposable bins, paper towels/tissues Menstrual care products (and awareness of how to use and dispose of them) Partnering with local brands or fundraising with the aim of making

advocate for such products and facilities

Offering trainings/workshops with experts

products available

menstrual cycle

about it

during menstruation

Avoiding euphemisms

Strategies for Addressing



Building staff members' and coaches' (of all

Making sure products and facilities are available at

training venues to all people who menstruate

staff-all genders-so that all coaches are equipped with knowledge/awareness

Educating players on what a healthy menstrual

 Encouraging players to track their cycles • WE UNITED had trouble accessing health care experts in rural areas in Nepal – instead they built valuable partnerships with other organisations who specialise in this subject (win-win!)

physical and emotional benefits of physical activity

Challenging misconceptions and encouraging supportive attitudes

Educating parents/community members about

Educating parents about menstruation and menopause

facilitating important conversations

 All partner organisations have incorporated ways to engage their communities with sessions that encourage conversation and understanding Formalising period talk - adding it to the curriculum

and including role-playing to help coaches tackle

Learning to leveraging the power of the menstrual cycle

aim to do just this. Find out more in the resources section belo

Addressing personal biases and misconceptions about menstruation

FUNDLIFE INTERNATIONAL has developed a series of sessions that

 Red School (menstrual cycle awareness and conscious menopause) https://redschool.net The Menstruality Podcast https://redschool.net/podcast

The Well HQ (UK) https://thewell-hq.com

Context

organization actively contributed towards the learning objectives and outcomes with

Learn more adidas Breaking Barriers Academy: It's time to talk. Period. (Europe) https://breakingbarriersacademy.com/course/menstrual-awareness-in-sports

Power to Play Period: https://powertoplayperiod.com/resources

 WASH United Menstrual Health Management Education Guide (available in different languages, and regions / South Asia, Muslim audience and general can be downloaded only with commitment to use it in a program and reporting

The Bra Professor (breast health): https://thebraprofessor.com (UK)

of PlayOnside (Thailand), WEUnited (Nepal), and FundLife International (Philippines), connected to deepen their understanding of menstruation awareness

> **Equal Play Effect** Asia Pacific

Women Win facilitating the space. The Main Objective: exploring strategies for sports organizations to address

through a series of online workshops. Guided by a shared leadership model, each

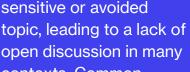




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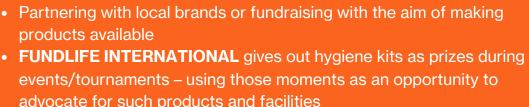






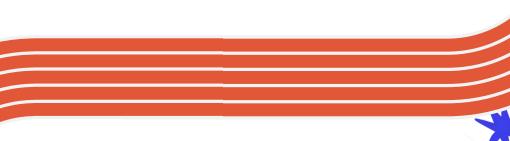
impure or that physical activity is harmful during menstruation.

Common Barriers











to WASH United) <u>https://wash-united.org/mhm-guide/get-mhm-guide.html</u>

menstruation and reduce menstrual stigma in their programs, with coaches, and within their organizations.

