

Menstrual Equity Road

Map

Collaborative Inquiry: Telling and Retelling

A commitment to reflexive and responsive nursing research practices and partnerships that challenge the dominant social, cultural, and political narratives.

Education and Awareness

Training on MHM and period poverty; training health workers to provide informed practices; checklist for assessing menstrual hygiene gaps and needs; curricular material for schools

SHORT TERM GOALS

- Improved ability to track and respond to contextual menstrual equity issues.
- Development of accessible services for all menstruators.

Menstruation Friendly Facilities

Examples of construction plans for menstrual hygiene friendly sanitation; Placing the needs of menstruators at the center of facility design

LONG TERM GOALS

- Accessibility for menstruators affected by period poverty.
- Contextually relevant policies that reduce menstrual inequities.

Menstrual Health Assessment

Conducting community or organization needs assessment; providing psycho social support for menstruators and schools and health care facilities; raising awareness and community participation

Menstrual Product Management

Supporting local production of menstrual products
Teach the teacher: building capacity for product development

INTERMEDIATE GOALS

- Increased awareness of menstrual equity and period poverty.
- Participation of all genders, particularly boys and men, in raising awareness.
- Reduction of menstrual waste.

Sustainable Waste Management

Design features for inclusive sanitation facilities
Checklist for sustainable and eco-friendly menstrual waste management

LONG TERM GOALS

- Women and girls participation in education and economy.
- Reduction in stigma.

Community Engagement

Health promotion material for all genders, specifically boys and men; integrating MHM into teacher training, and the school curriculum