

**#FREEthe
PERIOD**

**Audin Leung
Annie Wang
University of California, Davis**

Roadmap

The Issue
Periods & equal
access to
education

Change on our campus
Pilot program
implementation &
results

**Change across
campuses**
Cost, impact on
community,
strategy

**Change on
your campus!**
Group
brainstorm &
discussion

If you're comfortable and able to, stand up or raise your hand if...



Annie Wang,
a menstruating human,
as a UC Davis Freshman
in General Chemistry



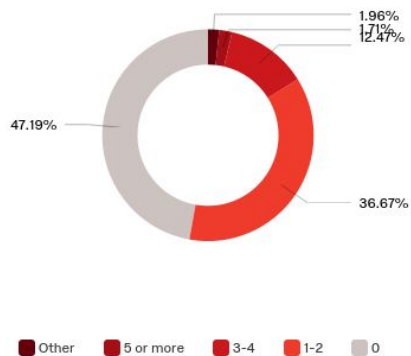
An issue of

**Educational
Equity**



“Within the 2017-2018 school year, how many times have you had to miss some or all of class or work due to lack of access to menstrual products?”

50.85% said at least once.^[1]



“In the last 12 months, did you miss class, work, or receive a lower grade (on an assignment, exam, etc.) because you didn’t have access to menstrual products such as tampons or pads?”

4.54% said “Yes.”^[2]

788 to 8,829 students hindered from educational opportunities each year.^{[3][4]}

[1] Free the Period campus survey, May 2018; based on 449 students, as of 9/23/19

[2] National College Health Assessment via Student Health and Counseling Services, Apr 2019; based on 1365 students

[3] UC Davis Student Profile <https://www.ucdavis.edu/sites/default/files/upload/files/uc-davis-student-profile.pdf> (59% Female)

[4] 2019 Admitted Student Profile <https://www.ucdavis.edu/admissions/undergraduate/statistics> (29,431 Total Degree-seeking Undergraduates)

20 to 66% menstruating K-12 students miss school from period poverty and/or shaming in the US and UK^{[5], [6]}

[5] *The Always Confidence and Puberty Wave VI Study*, Nov. 2017; based on females aged 16-24 years old.

[6] *Plan International UK*, May. 2019; based on 1000 females aged 14-21 years old

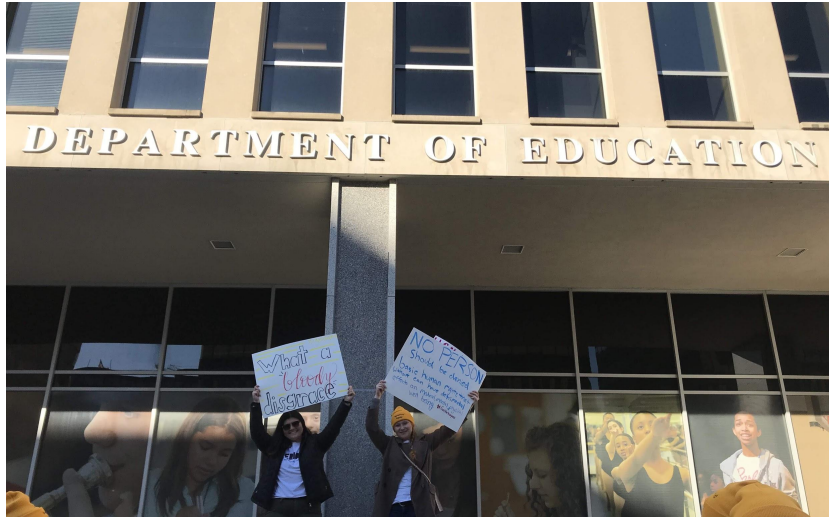
Who is missing out?



The Menstrual Movement



Nationwide momentum



- Increasing state legislation on providing period products in schools, prisons, homeless shelters, and other government funded buildings; eliminating the tampon tax
- Student and community-led initiatives and pilot programs

Solutions for sustainable change



Campus Pantry

Basic needs centers provide products for take-home usage



Cup & Cloth

Workshops improve access to cost-saving, eco-friendly reusable products



Bathroom Provision

Address on-campus period needs -- just like toilet paper and soap!

Free The Period Pilot - Goals

1. Gather data on cost, usage, logistics of providing free menstrual products
2. Quantitatively address misconceptions and concerns (e.g. stockpiling)
3. Gauge student response



Free The Period Pilot - Logistics

May 2018 to June 2019



Coordinate with
custodial services



Stock 9 to 11
bathrooms every
quarter

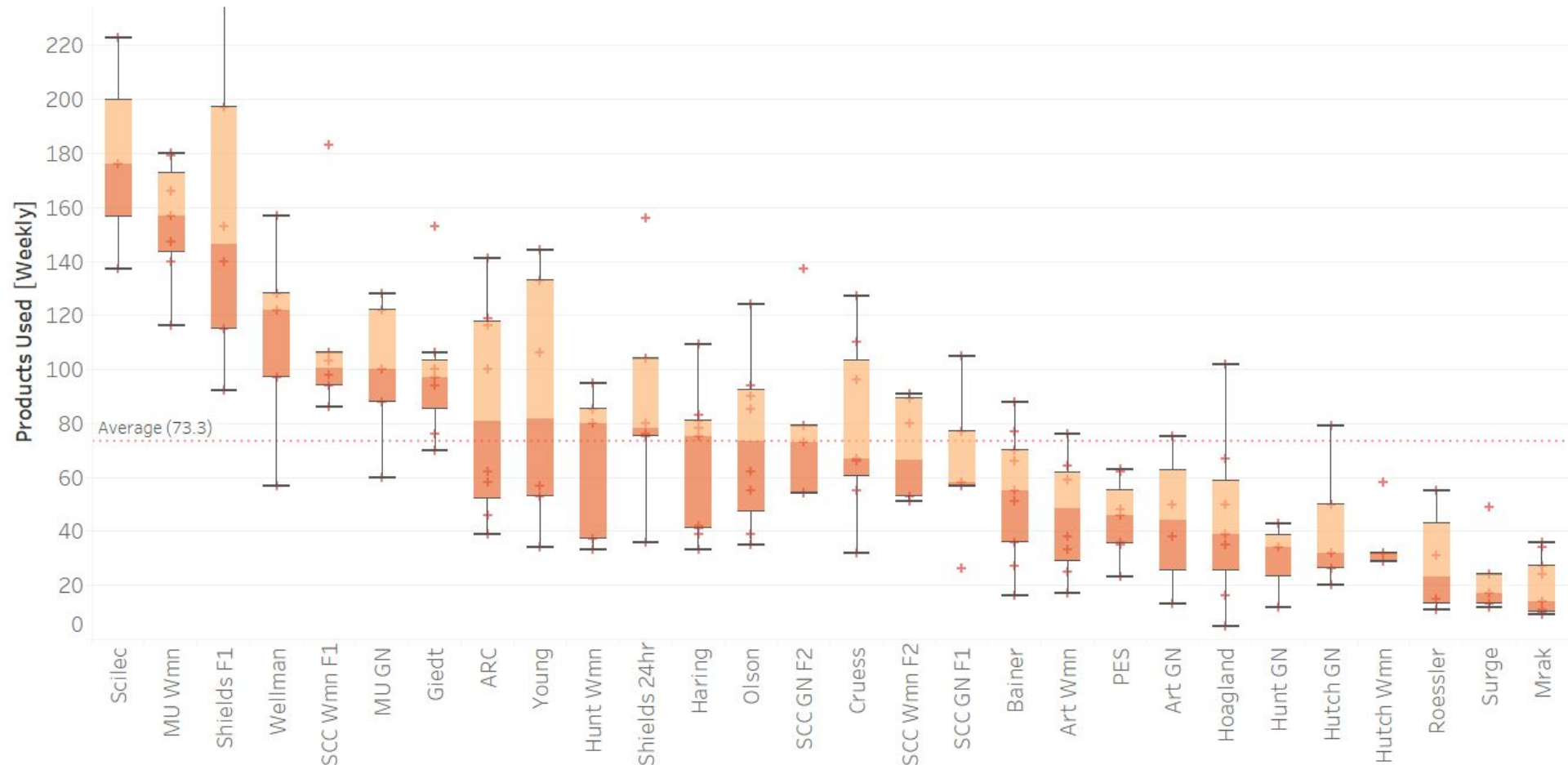


Recruit and
manage weekly
volunteers who
restock and input
usage data



Analyze data
and report to
administration

Usage by Restroom



Providing free menstrual products in bathrooms is **cost reducing.**





Saved \$30,000

by switching from coin-operated
to free dispensers [7]



UNIVERSITY OF MINNESOTA

\$0.47/student

for a large, public university [8]

50,000 students, \$24k program

\$1.14 per female student

Not including faculty!

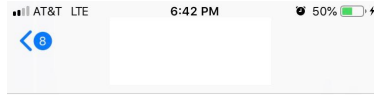
[7] "UI to save nearly \$30,000... on Tampons." Aug 2015. <https://dailyiowan.com/2015/08/28/ui-saves-nearly-30000-on-tampons/>

[8] via direct correspondence from University of Minnesota PERIOD chapter.

You are welcome here!

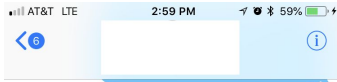


Providing free menstrual products
strengthens campus community.



iMessage
Wed, Oct 10, 2:14 PM

Annie!! Just wanted to let you know that your EMERGENCY PADS AND TAMPONS in the SCC bathrooms are a life saver 🙌❤️



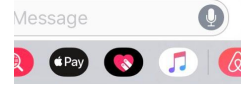
AW YAY IM SO GLAD

Wednesday 5:10 PM

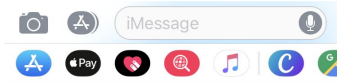


omg this came in clutch today 🙌❤️

Nov 7, 12:39 AM



Wednesday 6:23 PM



“Once I forgot to bring pads with me in my backpack. So I tried using the dispenser things on the wall at Hunt, but nothing was in there. So I just **stuffed toilet paper** till a friend could meet me after class to give me a pad. Mind that my class was 2 hours and I **sat cross legged hoping I wouldn't leak through. Periods are as natural as going to the bathroom. The difference is restrooms provide toilet paper, but not pads or tampons.** It's sad that it's 2017 and menstrual products are still seen as a luxury.”

“Thank you so much! I ran out of pads today and had no time to buy some at the store (class from 10:30AM to 7:30pm & work from 9PM to 12AM) so these came in so clutch!!! I really needed this act of kindness”





Free The Period:
Our Future Directions



Recap

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What can you do in your campus communities?

Small Group Brainstorming (10 min)

Gather and introduce yourself in groups of 3-5 people. Discuss the status of how menstrual products are provided on your campuses, work places, or other public areas. What could you do in your role to better understand and serve menstrual needs?

Large Group Share & Discussion (10 min)

Nominate at least one person in your group to share your ideas and findings. Feel free to bounce ideas off of previous groups or ask questions to the group.

Final Q & A?

Keep in touch with us!



freetheperiod.com

Audin Leung krileung@ucdavis.edu

Annie Wang adlwang@ucdavis.edu