

ISSUE	SOLUTION
<p>Students lack access to menstrual healthcare during the school day</p>	<p>Institute provision of free pads and tampons in campus bathrooms. Existing programs have proven that this method is effective, cheap, and potentially cost-reducing (in cases where the cost to maintain coin-op dispensers is greater than the revenue¹). Note that products should be available in bathrooms of all gender designations.</p> <p>Designate a decompression space with resources such as heating packs for students experiencing menstrual pain</p>
<p>Low income students lack access to menstrual healthcare in general</p>	<p>Distribute free menstrual products through basic needs centers, pantries, health centers, and other resource centers.</p> <ul style="list-style-type: none"> - A variety of menstrual products should be available in an open container that students can take from privately. During the pandemic, campuses may have a pickup or delivery program where students can digitally request items that are needed without having to verbally request menstrual products. - Provision of reusable menstrual products, such as menstrual cups and period panties, should be prioritized when funds are available.
<p>Students lack access to comprehensive and accurate information about menstrual healthcare</p>	<p>Make informational materials available at health centers and other appropriate locations</p> <p>Ensure campus health / sex education programs include menstrual health education in their curriculum and programming. They may host workshops, distribute informational materials at student events, launch an educational campaign (social media, flyering), etc.</p>
<p>Culture of stigma and shame around periods</p>	<p>Solutions presented above also serve to address this issue:</p> <ul style="list-style-type: none"> - Menstrual products in all bathrooms recognizes periods as a normal bodily function that need not be dealt with in complete secrecy - Public educational programs can spark conversation and shift attitudes around periods, something that has traditionally been seen as a private matter and an embarrassing topic.

¹ University of Iowa