



## **CSSA Resolution Regarding Access to Menstrual Hygiene Products in the CSU**

**WHEREAS**, the Cal State Student Association (CSSA) is the officially recognized voice of over 480,000 students in the California State University (CSU) system; and

**WHEREAS**, CSSA's 2020 Policy Agenda establishes four priority areas, with the first one focusing on enabling "access to housing, food, and wellness resources";<sup>1</sup> and

**WHEREAS**, similar to toilet paper and soap, pads and tampons are basic hygiene and wellness necessities that should be freely provided on all college campuses; and

**WHEREAS**, one in five American girls aged 16-24 years old have either left school early or missed school entirely because they did not have access to period products;<sup>2</sup> and

**WHEREAS**, "one in five students have struggled to afford period products or were not able to purchase them at all";<sup>3</sup> and

**WHEREAS**, when menstrual products "are not provided in school bathrooms, it can create significant educational barriers to students with periods. Students who lack access to products during the school day risk infection (Toxic Shock Syndrome) and widely report panic, shame, and stress that detract from their studies.";<sup>4</sup> and

**WHEREAS**, a significant portion of CSU students already face struggles with food insecurity, homelessness, and barriers to accessing mental health counseling;<sup>5</sup> and

**WHEREAS**, barriers to accessing menstrual products on college campuses is an urgent healthcare issue that puts an undue financial burden onto CSU students. This

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<sup>1</sup> <https://calstatestudents.org/documents3/>

<sup>2</sup> <https://news.pg.com/press-release/pg-corporate-announcements/nearly-1-5-american-girls-have-missed-school-due-lack-perio>

<sup>3</sup> <https://freetheperiodca.org/about>

<sup>4</sup> <https://freetheperiodca.org/about>

<sup>5</sup> [https://www2.calstate.edu/impact-of-the-csu/student-success/basic-needs-initiative/Documents/BasicNeedsStudy\\_phaseII\\_withAccessibilityComments.pdf](https://www2.calstate.edu/impact-of-the-csu/student-success/basic-needs-initiative/Documents/BasicNeedsStudy_phaseII_withAccessibilityComments.pdf)

added expense to students' cost of living can impede full academic, extracurricular, and personal engagement; and

**WHEREAS**, in 2017, Assembly Bill (AB) 10 (Garcia) made progress by mandating schools with grades 6-12 and over a 40% student poverty threshold to provide free period products;<sup>6</sup> and

**WHEREAS**, more than half of CSU undergraduates receive Federal Pell Grants which indicate a low-income background—notably a higher rate than the poverty threshold of AB 10 (Garcia);<sup>7</sup> and

**WHEREAS**, on college campuses, student government organizations are leading the way in facilitating free access to menstrual products;<sup>8</sup> and

**WHEREAS**, students at CSU campuses including Sacramento State, Chico State, San Francisco State, San Jose State, Cal State Monterey Bay, Cal Poly San Luis Obispo, Fresno State University, CSU Bakersfield, and CSU Long Beach, have led movements on their respective campuses to provide free menstrual products in their bathrooms through student government initiatives, volunteer efforts, and grant funding; and

**WHEREAS**, “Providing free menstrual products in campus restrooms is effective and could reduce institutional costs. The University of Iowa projected saving \$30k in operations & maintenance costs after making coin-op sanitary napkin dispensers dispense for free”;<sup>9</sup> and

**WHEREAS**, “a UC Davis pilot program tracked the daily usage of products and found no issues of students “freeloading” excessive quantities”;<sup>10</sup> and

**WHEREAS**, these movements desire to be inclusive of all people who menstruate regardless, of gender identity, and to be in support of our LGBTQIA+ community;<sup>11</sup> and

**WHEREAS**, “Menstrual healthcare is a basic right for everyone who menstruates, including trans, non-binary, and intersex students. Trans students also represent a population that often faces great financial barriers to proper healthcare – they

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<sup>6</sup> [https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill\\_id=201720180AB10](https://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201720180AB10)

<sup>7</sup> <https://www2.calstate.edu/csu-system/news/Pages/five-facts-about-csu-financial-aid.aspx>

<sup>8</sup> <https://www.acui.org/resources/bulletin/bulletin-detail/2019/05/09/period-poverty>

<sup>9</sup> <https://freetheperiodca.org/about>

<sup>10</sup> <https://freetheperiodca.org/about>

<sup>11</sup> <https://www.thedp.com/article/2019/02/tampons-pads-menstrual-products-period-yale-columbia-bathroom-free-accessibility>

account for an estimated 20-40% of the houseless youth population in the US, and are 2 times as likely to be in poverty compared to the general population”;<sup>12</sup> and

**THEREFORE, BE IT RESOLVED,** that CSSA urges all 23 CSU campuses to provide free menstrual products in their female, male, and gender inclusive bathrooms, beginning with high-traffic areas of campus; and

**RESOLVED,** that CSSA urges the CSU Chancellor’s Office and the CSU Board of Trustees to consider the purchase of menstrual products as a part of custodial support in the budget; and

**RESOLVED,** that CSSA supports Free the Period CA in their efforts to ensure free access to menstrual hygiene products in all California public universities;<sup>13</sup> and

**RESOLVED,** that CSSA works in coalition with the University of California Student Association (UCSA) and Student Senate for California Community Colleges (SSCCC) to ensure state-wide support for all public colleges to advocate for and protect menstrual equity initiatives on campus; and

**RESOLVED,** that this resolution be distributed widely, including, but not limited to CSU Chancellor, Timothy P. White; CSU Executive Vice Chancellor of Academic and Student Affairs, Loren Blanchard; the CSU Board of Trustees; the CSU Statewide Academic Senate; the CSU Alumni Council; Unite for Reproductive & Gender Equity (URGE) CA State Organizers, Kavleen Singh, Sonja Goetsch-Avila, and Jessy Rosales; The Women’s Foundation of California Program Manager, Libby Benedict; Advancing New Standards In Reproductive Healthcare (ANSIRH); Bixby Research Center, Dr. Carole Joffe; the *California Aggie* newspaper; UC Student Association (UCSA) President, Varsha Sarveshwar; Student Senate for California Community Colleges (SSCCC) President, Danny Thirakul; the Associated Students UC Davis (ASUCD) Senate.

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<sup>12</sup> [https://docs.google.com/document/d/1g3rd\\_5lyQT\\_fdzxydXJf5fPUSNMP-2NtPN3xPapqOKA/edit](https://docs.google.com/document/d/1g3rd_5lyQT_fdzxydXJf5fPUSNMP-2NtPN3xPapqOKA/edit)

<sup>13</sup> <https://freetheperiodca.org/>