



Menstruation, **Stigma**, and Reproductive Health in North Carolina Schools

Exploring the Effects of Period Stigma on Female Adolescents

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Methods

Literature Review

Analysis of
Menstruation
Hygiene
Packaging and
Adverts

Analysis of North
Carolina laws

Comparative
Analysis of
District Policies

Menstruation Stigma

According to THINX, over

50%

of men find it...

“inappropriate for their female colleagues to discuss their menstruation in the workplace.”



Menstruation Stigma

42%

of women have
experienced
period-shaming.

1 in 5

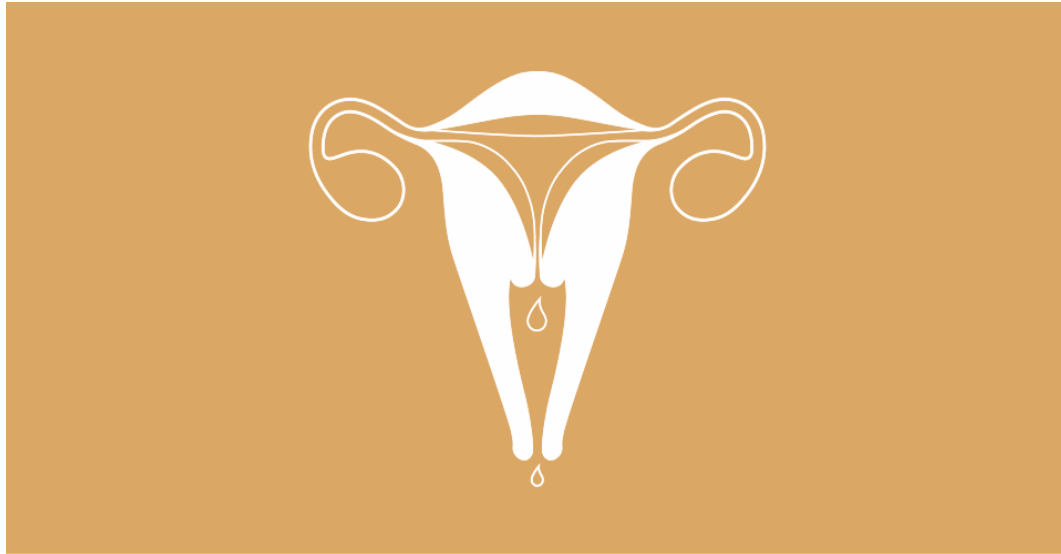
Due to comments made by
male peers and/or
colleagues.



Menstruation Stigma



Current Research



Current Research

What is menstruation stigma?

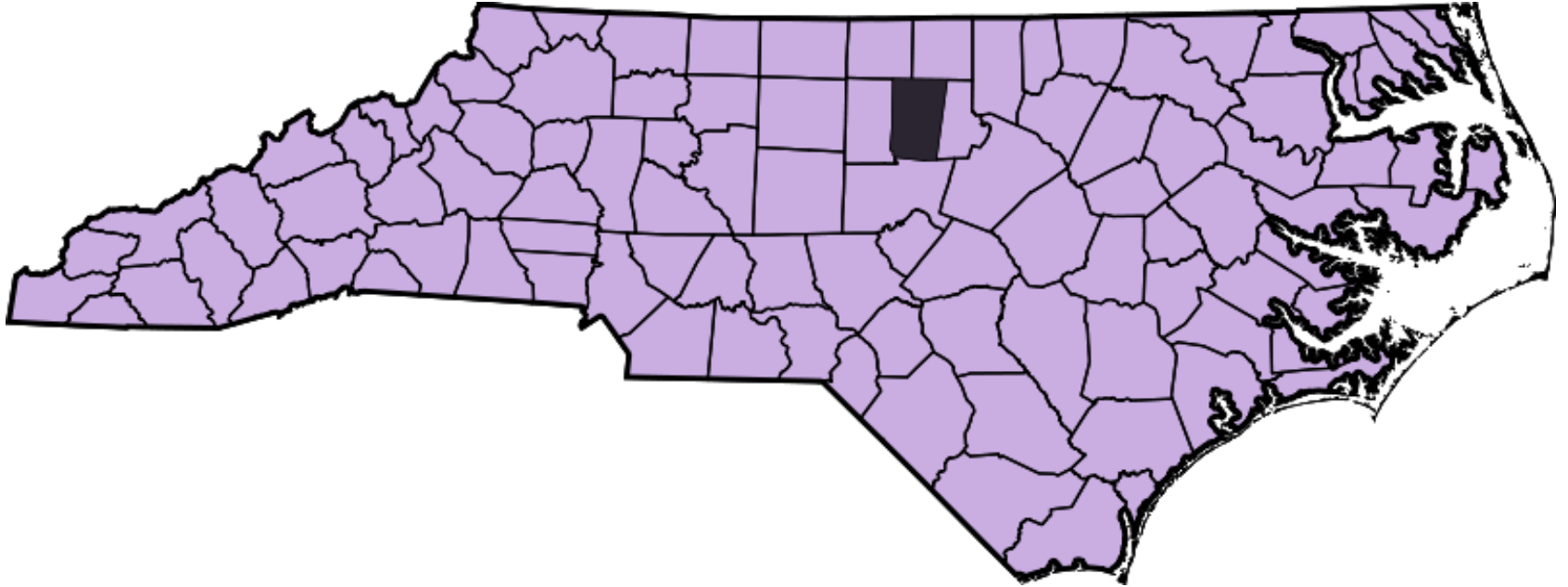
When an individual is made to feel **embarrassed** and/or **shamed** for menstruating.

Current Research

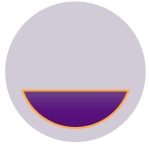
350,000 girls
are missing
school

91% of girls
worry about
attending
school

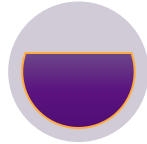
27% missing
school
because of
stigma



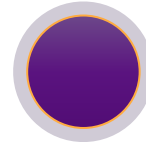
Policy Recommendations



Reproductive Health
and Safety Education



Menstruation hygiene
products



Transparency and
access of information