

THE MENSTRUATION CONVERSATION

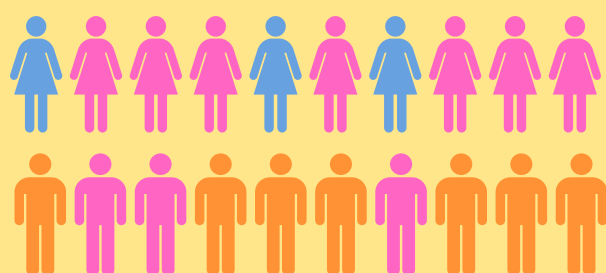
240 participants took an Instagram survey on their periods. Here's why 2021 should be the year of the period.



WHAT THEY SAID...

98%

felt most confident to manage their period at home, as opposed to work or school/university.



PUBLIC PLACES



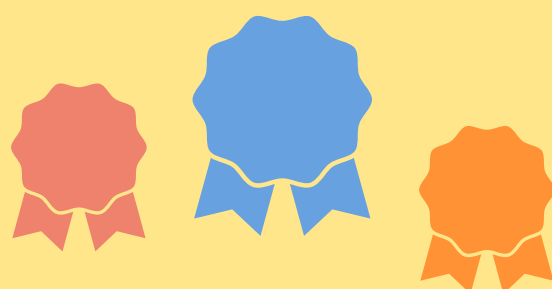
33%

felt **anxious** managing their period outside their home.

70%

said their period impacted their school, university or work attendance.

IMPACT ON ATTENDANCE



SHHH... IT'S A SECRET



28%

told their teacher, lecturer or employer that they absented because of their period.

Let's improve menstrual health and combat the stigma together

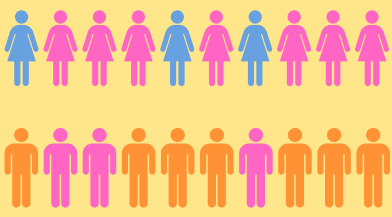
77%

would **stop** their period all together if they could.

MENSTRUAL SUPPRESSION



STIGMA



44%

feel **men** are most likely to stigmatise periods, although similar proportions (43%) reported **both men and women** would.

MENSTRUAL LEAVE



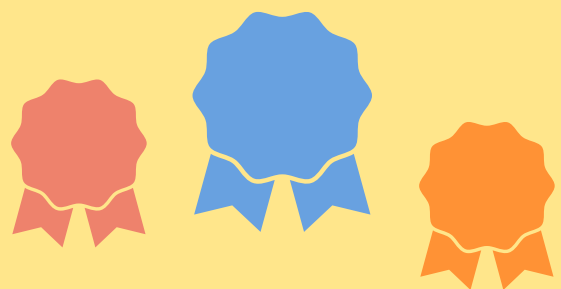
82%

would like access to **menstrual leave** at school, university or work.

74%

found their period **negatively impacted** their productivity.

PERIOD PRODUCTIVITY



MENSTRUATION MATTERS

Periods are normal, but painful periods are not.

Not all women menstruate & not all menstruators are women.

Menstrual suppression is your choice, but remember that having a period is linked to good health.



Let's continue the menstruation conversation

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