

# PERIOD.

THE MENSTRUAL MOVEMENT



# 2022 YEARBOOK

The menstrual movement was on fire in 2022! PERIOD. chapters presented menstrual educational classes to their peers, testified in front of legislatures, organized rallies, published policy guides and joined statewide coalitions. The only way to solve something in our lifetime is to train the next generation, and I've never been more confident or energized for the future.

The distribution of products is how we started - permanent policy change is how we'll end this crisis.

Your support and belief in this work keep our fires burning everyday.

**Michela Bedard**  
**Executive Director**



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When you see the blood drop on a page, click to learn or watch more!



**ADVOCACY**



**EDUCATION**



**SERVICE**



# IN 2022...

# 1,027,645

menstrual cycles were covered  
through distribution of reusable and  
disposable period products  
*(An average menstrual cycle is equal to 15 disposable products!)*



Campaign Against Hunger, New York

# 47

Period Community  
Organizers  
were equipped  
to pass policies  
in their state.



Jennifer Morris Photography - IGNITE

Our 5-week  
grassroots  
training program  
certified youth  
activists as  
policy leaders.



# 62

 menstrual equity  
policies advanced  
in 

# 31

 states!  


PERIOD @ Townsend Harris High School, New York

# 119

new PERIOD.  
chapters from  
around the world.



PERIOD @ Guatemala

# 1,000+

hours of youth-led  
menstrual education  
workshops

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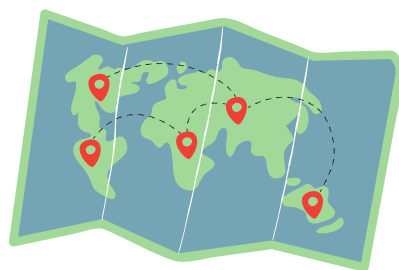




# PERIOD. CHANGEMAKERS

# THOUSANDS

of menstrual equity activists in



# 400

active chapters



# 44 + 32

states

countries





# EDUCATION

## STIGMA-BUSTING CURRICULUM



PERIOD @ Skopje, North Macedonia

COMPREHENSIVE CURRICULUM ON SUSTAINABLE MENSTRUATION!

## Planet-Positive Periods:

A Toolkit for Sustainable Menstruation

**PERIOD.** THE MENSTRUAL MOVEMENT **aisle** periodaisle.com **greenperiods**

## GLOSSARY FOR THE GLOBAL MENSTRUAL MOVEMENT

PUBLISHED GLOSSARY!



Jennifer Morris Photography



PERIOD @ Bihar, India



PERIOD @ OU



YAC Member, Liz Soyemi

# 28,000+

readers of The Rag  
(by and for youth activists)



# 150,000+

interactions with menstrual  
education on social media

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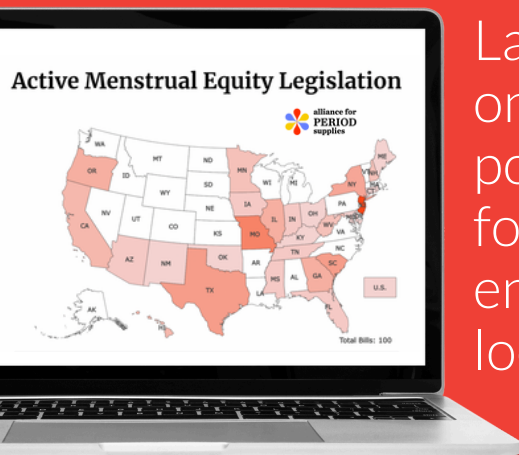
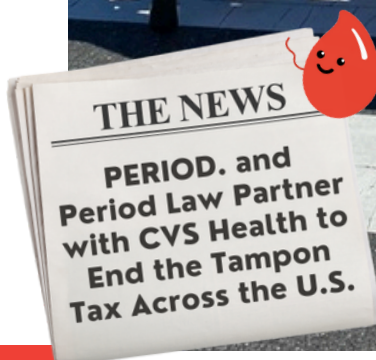


# ADVOCACY

## SYSTEMIC POLICY CHANGE



Youth activists were trained to lead their communities for social change.



Launched online period policy trackers for activists to engage with local policies.

New policy partnership with the attorneys for the menstrual movement!

**Period Law**

Activated advocacy campaigns and trainings in partnership with IGNITE, Women's March, When We All Vote and more!

Menstrual equity policy wins in...



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The Loopholes Campaign grew awareness of federal menstrual equity legislation.





# SERVICE

## DISTRIBUTION OF PERIOD PRODUCTS

In 2022, PERIOD. sent period products in bulk to

**186** grassroots organizations across the country.



The Community Cupboard: Horn Lake, Mississippi



Period Action Day Packing Party: Portland, OR



PERIOD @ Duke University, North Carolina

PERIOD. chapters also distributed thousands of period products to their communities year-round!



PERIOD @ Toledo, Ohio

Sustainable products kept  
**2,862,000**  
disposables out of landfills.



H+|Hip Hop Dance Conservatory: Brooklyn, NY

**Reusable products keep people out of period poverty.**



Elica Resource Center in North Highlands, California





PERIOD. Organizer Reilly Roedel



PERIOD @ Ohio State University



PERIOD @ Washington State University



PERIOD @ Temple University, Pennsylvania



# PERIOD *action* DAY

**EVERY SECOND SATURDAY IN OCTOBER, WE TAKE ACTION AGAINST PERIOD POVERTY.**

Watch the 2022 recap!



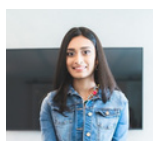
Women's March, Washington D.C.



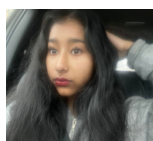
Free Flow, Inc.



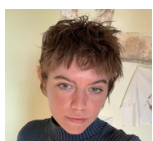
# PERIOD COMMUNITY ORGANIZERS



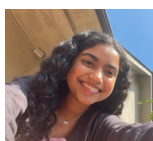
Aanya Patel - FL



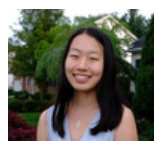
Alisa Nudar - NY



Alli Urban - MI



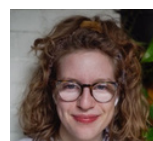
Ananya Bhatia - LA



Annabelle Jin - PA



Ariez Christmon - IN



Aydan Jane Garland - Miner - WA



Brooke Amero - GA



Catalina Carbajal - IL



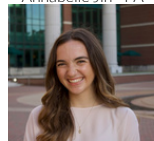
Catherine Brandish - MA



Celine Choi - CA



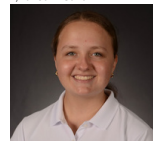
Cindy Wang - IA



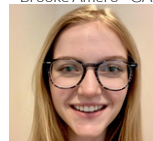
Claire Timon - TX



Daphne Ischer - OR



Hannah Barret - KY



Hannah Demke - UT



Hannah Taylor - SC



Jess Strait - NC



Katie Clark - AR



Kylie Hutchison - OK



Liz Duggan - RI



Manar Alagi - CA



Marina Starikovskiy - NY



Neha Nayak - TX



Nicholas Polk - CT



Nikita Shrestha - TX



Nupur Huria - MI



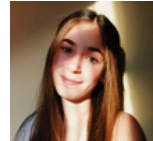
Olivia Young - UT



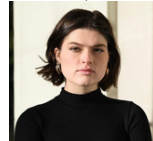
Priyanka Suresh - GA



Rabia Ghanimah - IL



Rachel Glantzberg - NJ



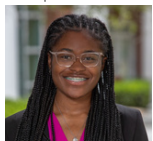
Regan Moss - AL



Rei Jia - MA



Reilly Roedel - NJ



Rhiley Jones - MD



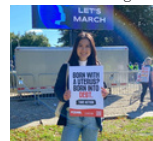
Rohana Chintakindi - OH



Sanjana Sivaiah - FL



Shruti Gautam - MO



Winnie Zheng - D.C.

Camila Rivera - MD  
Elizabeth Lefler - TN  
Evan Gates - OH

## YOUTH ADVISORY COUNCIL



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Antoielyn Nguyen



Asia Brown



Denia Brielle-Smith



Evan Gates



Juhi Pandit



Liz Soyemi



Manasi Gajjalapurna



Miranda Lu



Regan Moss

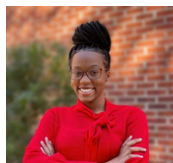


Salika Vummam



Stacey Johnson

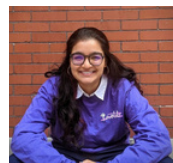
## PERIOD. YOUTH CHAMPION AWARDEES



SERVICE  
Amaya Waymon



ADVOCACY  
Nupur Huria



EDUCATION  
Saumya Sao



# THANK YOU



PERIOD @ Case Western Reserve University, Ohio

None of this would be possible without you.

We are so grateful to our many partners, donors and sponsors who not only support our work, but advance it.

**From everyone at PERIOD. - thank you.**

**Together, we are eradicating period poverty and stigma.**

## STAFF TEAM

Ameer Abdulrahman  
Michela Bedard  
Nicky Dawkins  
Aydan Garland-Miner  
Olivia Jenkinson  
Damaris Pereda  
Kate Barker Swindell  
Emily Swanigan  
Dara Wilk  
Velika Yasay

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