

# HOW TO START A PERIOD. CHAPTER

## WHAT IS A PERIOD. CHAPTER?

PERIOD. chapters are **local, youth-led clubs or students groups working to advance PERIOD.'s mission** to end period poverty and stigma in their own communities. This can mean different things for each chapter according to the needs of the people they serve.

## WHO CAN START A CHAPTER?

**We welcome any group of three or more to apply as a new chapter. We have three types of chapters:**

**School:** Chapter leadership is primarily based in an educational institution, such as middle school, high school or college.

**Community:** Chapter leadership is primarily based in a particular town or city. Cannot be associated with a state or entire country.

**Organization:** Chapter leadership is based in an established organization or company. You must have a pre-existing company or organization, reside in the United States, and be under the age of 25.

## WHAT DO PERIOD. CHAPTERS DO?

It's up to you! Sometimes, chapters host period product drives to donate products to local community shelters or food banks. Sometimes chapters host intersectional educational events for fellow students. Sometimes students meet with legislators, testify at legislative hearings, or sign petitions for federal period policies.

**We believe period chapter leaders are experts in their own communities** - working to build community partnerships, advance access to free period products in public places and schools, and boldly educate others on menstrual health.

## CAN I START A CHAPTER IF I DON'T LIVE IN THE UNITED STATES?

Yes! We have chapters located around the world. Global chapters have full access to the online tools and resources available to all U.S. based chapters. Please note, however, that we are unable to ship period products internationally.



**Youth under 18 years old are required to have a PERIOD. Chapter Advisor.**



*A Chapter Advisor is a trusted adult in your community available to support you and your chapter.*

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## WHAT IS THE TIME COMMITMENT?

We anticipate that running a chapter will **require at least 5 hours every month**. This accounts for planning, officer meetings, club attendance, and any other program related activities that your chapter hosts during that month. This is not a hard and fast time requirement, but a good starting point as you consider starting a chapter.

The monthly time commitment will likely vary depending on the time of year/season. For example, school chapter leaders might have several weeks of break between school semesters.

## WHEN CAN I APPLY?

PERIOD. Chapter applications are open twice a year! They open in the summer and in the winter.

Visit **[period.org/chapters](https://period.org/chapters)** to see when applications are open or learn more.



## HOW MANY PEOPLE DO I NEED TO START A CHAPTER?

To start a chapter, we ask that you have **three folks committed to serving as chapter leaders** (or officers). Change takes place with and through community. We believe that our chapter model functions best when activism grows beyond individual to collective action. Having three folks on board is also the most sustainable option to ensure a lasting impact and overall success of your chapter.

## WHAT IS INCLUDED IN THE CHAPTER APPLICATION PROCESS?

1. Fill out the application (allow 10-15 minutes to complete!)
2. Schedule an informal Interview with our national staff
3. Receive your official PERIOD. Chapter approval and register your Chapter in our global network!

**\*Note:** Only fully registered chapters are considered active PERIOD. Chapters.

**APPLY TODAY AT [PERIOD.ORG/CHAPTERS](https://period.org/chapters) | MORE QUESTIONS? EMAIL [CHAPTERS@PERIOD.ORG](mailto:chapters@period.org).**