

# Period Poverty

## FACT SHEET FOR SCHOOL NURSES



**Period poverty** is the limited or inadequate access to menstrual products or menstrual health education as a result of financial constraints or negative socio-cultural stigmas associated with menstruation.

### How Does Period Poverty Address Students In The United States?

*According to a 2023 study published by Thinx and PERIOD.*

**23%** of students in the U.S., nearly 1 in 4, struggle to afford period products.



Students of color, low-income students, and rural students are most impacted by issues of access.

**40%**

of students have worn period products for longer than recommended.

**78%**

are taught more about the biology of frogs than the human female body in school.

**74%**

of students have questions about their periods.

Students find that the formal education around periods is inadequate, and many feel unprepared before their first periods as a result of lack of communication.

### How Can School Nurses Address This On Their Campus?

Given the statistics around the country, chances are some students on your school campus may be missing out on valuable class time because of a lack of access to menstrual products.

#### Consider The Following Questions To Help Address This Need:

**ACCESS:** How are period products available for your students? Are they easily accessible, with the least amount of barriers to access, for all students who menstruate? How can transgender, or non-binary students, safely access menstrual products if they need them?

**EDUCATION:** How can you support teachers with providing educational materials for all students to receive accurate information about menstruation, and menstrual care? How do students learn about the various types of menstrual products available, including disposable and reusables?

**ADVOCACY:** Does your state or school district mandate free menstrual products in school restrooms already? Consider working with your school administration to support policy implementation, or to introduce free menstrual products in all restrooms.

For additional information and resources, visit: [www.period.org/periodpoverty](http://www.period.org/periodpoverty)