

Tabling



Tabling is a great way to receive direct donations you can put to use right away, and doubles as a great way to get exposure and make connections! To table, get permission from your school, or a public space like a farmers market or grocery store parking lot. Then, gather chapter members and set up around a table with large signs and a clear presentation of who you are.

Make sure that you're adhering to CDC Guidelines when planning in person events. Safety first!

Why Table? Have a clear GOAL.

There are many goals one can have when tabling, such as recruiting new members, volunteers, spreading awareness for a campaign or event you have, fundraising, or just destigmatizing and educating around the topic of menstrual equity!



What to Bring:

- **Red-Table Cloth** to lay out on your table. It makes such a big difference!
- **Donations:** Bring a jar to collect cash donationsA white board or poster with Venmo/CashApp/GoFundMe informationA cardboard box to collect menstrual product donations + information of where people can donate products in the future (if doing a product drive)
- **Handouts/Flyers** that explain what menstrual equity & period poverty are and what your chapter does to serve your community
 - You can also bring: Pamphlets, informational handouts, or resource lists with information about the service partners you provide products to, where to find menstrual products for free in your school/city, period health information, etc.
- **Email List:** A piece of paper with a clipboard or notebook. Individuals who are interested in joining your team can provide their Name & Email Address so you can send follow ups
- **Photo Op:** Bring a big sign or backdrop that people can take pictures with. This is a great and easy way to document your tabling event on your social media!
- **Merch!** Stickers, Pins, Pens, etc., that you can give out

TIP:

Action: Have an **action item** for people who come up to your table: This can be a petition to sign, a donation box, an email list, etc. It's important for people to have something to remember you by. Make them feel like they made an impact!

- **Focus:** Explain what your team does to serve your community in a couple of sentences
 - Broad: Our mission is... and we do X, Y, Z.
 - Specific: Why are you tabling at this event? Why are you involved in PERIOD? Is there an event individuals can attend that's coming up soon?

Post-Event

Debrief: Make sure to talk about your experience with your team at your next meeting! What worked and what didn't? What could go better next time? How much money did you fundraise? Any new attendees? Volunteers? Feedback?

Social Media: Make sure to take lots of pictures of your table, of your props and of the people that went to the tabling event! This will be great to post on social media to spread more awareness about your cause. You can brag about the amount of signatures you got, or if you didn't get as many as you were thinking! Check out our sample social media text below:

@periodmovement

🙌 Thank you to all of you that visited us at our tabling event yesterday, said hello, donated, and signed our petition to get products in all school bathrooms!! We were outside the Student Union for over 6 hours and we still haven't reached to our goal! Weren't able to sign the petition? 📌 Link in bio! 📌 #menstrualequity #periods #yourschoolname #petition

3 DAYS AGO

