



PANDEMIC PERIODS 2020-2023 Impact Report



Acknowledgements

This Impact Evaluation was co-developed by the volunteers of Pandemic Periods independently from Pandemic Periods leadership.

This report was researched and co-authored by:

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This impact report is dedicated, and is a testament to the hard work, dedication, and passion of our volunteers who have tenaciously driven the menstrual health narrative over the last three years.

Thank you for your determination and commitment.



List of Acronyms

CEDAW: Convention on the Elimination of All Forms of Discrimination Against Women

CRC: Convention on the Rights of the Child

CSW: Commission on the Status of Women

GEF: Generation Equality Forum

ICPD: International Conference on Population Development

ILO: International Labor Organization

ILO C190: C190 - ILO Violence and Harassment Convention, 2019 (No. 190)

PMNCH: Partnership for Maternal, Newborn, and Child Health

PP: Pandemic Periods

SDGs: Sustainable Development Goals

SRHR: Sexual and Reproductive Health Rights

UHC: Universal Health Coverage

UNFPA: United Nations Population Fund

UNGA: United Nations General Assembly

WASH: Water, Sanitation, and Hygiene

WHO: World Health Organization




The Future of Menstrual Health

International Day of the Girl Child
13th October 2022
EDT 10:00-11:00 BST 15:00-16:00








#WeAreCommitted to advocating for the prioritisation of menstrual health globally!



Menstrual Health for All

Exploring the crossover between SRHR & UHC
Universal Health Coverage Day
8th December 2022
EDT 10:00-11:00 BST 15:00-16:00






Anahí Rodríguez
Fundadora y vocera de Menstruación Digna México



Ivett Avendaño
Corresponsal de Latinoamérica de Pandemic Periods



Andrea Rodríguez
Investigadora en el Instituto Nacional de Salud Pública México



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Cinthya Carolina Carrazco
Subdirectora Nacional de acceso a la justicia y pluralismo jurídico



Elisa Soto
Co-fundadora Organización para Chicas A.C.



Teñir de Rojo los Congresos

28 May 16 de Mayo
MENSTRUAL HYGIENE DAY



16 DAYS OF ACTIVISM

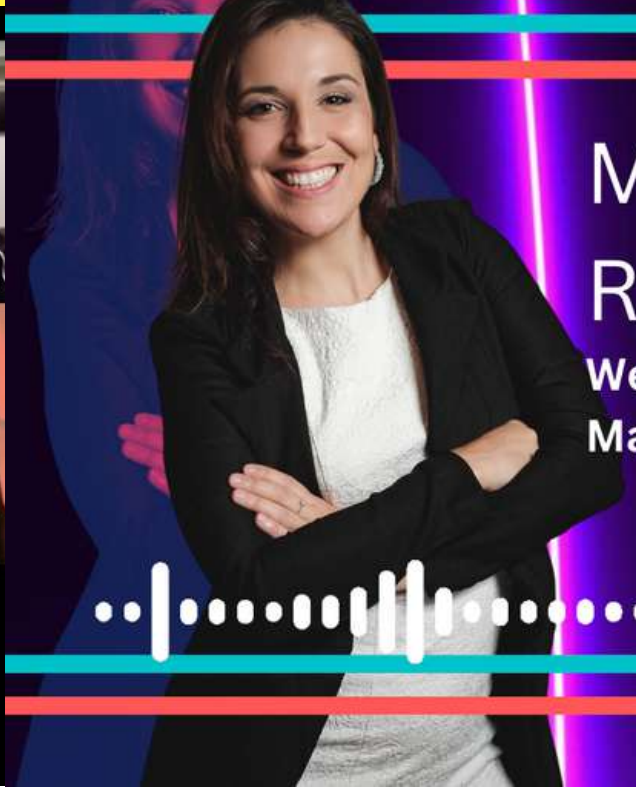
Menstrual Health in Crisis

From Afghanistan to the Ukraine



Menstrual Hygiene Day Virtual Event

27th May 2022
EDT 10:00-11:30 BST 15:00-16:00

MENSTRUAL EQUITY: RIGHT, VOICES AND DIGNITY

Webseries presented by Ursula Maschette



PANDEMIC PERIODS



Highlights

2020

- Pandemic Periods formed in December 2020 with 12 members from 10 countries.

2021

- Launched the project in February 2021.
- Focus on the provision of menstrual health in COVID-19 response.
- PP attends Generation Equality Forum & makes commitment.
- 3 campaigns in social media for International Women's Day, Menstrual Hygiene Day, and Day of the Girl Child.
- First external publications in Think Global Health, Gender & COVID-19, & The Lancet Public Health.

2022

- Focus on menstrual health in crisis response.
- Launched the PP Blog.
- Formed the Global Youth Council.
- Campaigns launched for International Women's Day, Menstrual Hygiene Day, Day of the Girl Child, 16 Days of Activism, & UHC Day.
- Offered 3x scholarships to volunteers for Columbia GATE for the course, "Menstruation in a Global Context: Addressing Policy and Practice".

2023

- Formed the Board of Advisors.
- Presence at GEF Midway Point, CSW67, World Health Summit, and UNGA78.
- Published two global policy briefs.
- Led workshop with UNFPA during UNGA78.
- Joined the Menstrual Health Collective.
- Campaigns around Global Forum for Adolescents, International Women's Day, Menstrual Hygiene Day, 16 Days of Action, and Women Deliver.
- Pandemic Periods has grown to >30 countries, with over 75 volunteers.



We are Pandemic Periods!

Pandemic Periods (PP) is a dynamic volunteer-led global movement that began with a vision of driving meaningful impact on sexual and reproductive health and rights (SRHR) and building bodily autonomy, specifically through the lens of menstrual health.

Founded in 2020, our journey started with a dedicated group of 12 individuals from 10 different countries. Fast forward to today, we have a team of 75 volunteers representing over 30 countries (pictured above).

Over the course of three years, PP has actively engaged with over 160 volunteers across 43 countries. We chose to limit the number of volunteers so that the leadership can mentor everyone in the team, and everyone feels like they are visible and valued.

We are a Collective, which means that everyone has the opportunity to represent the organisation at global and regional events. We are committed to elevating the next generation of menstrual health leaders, and support cross-generational knowledge sharing!

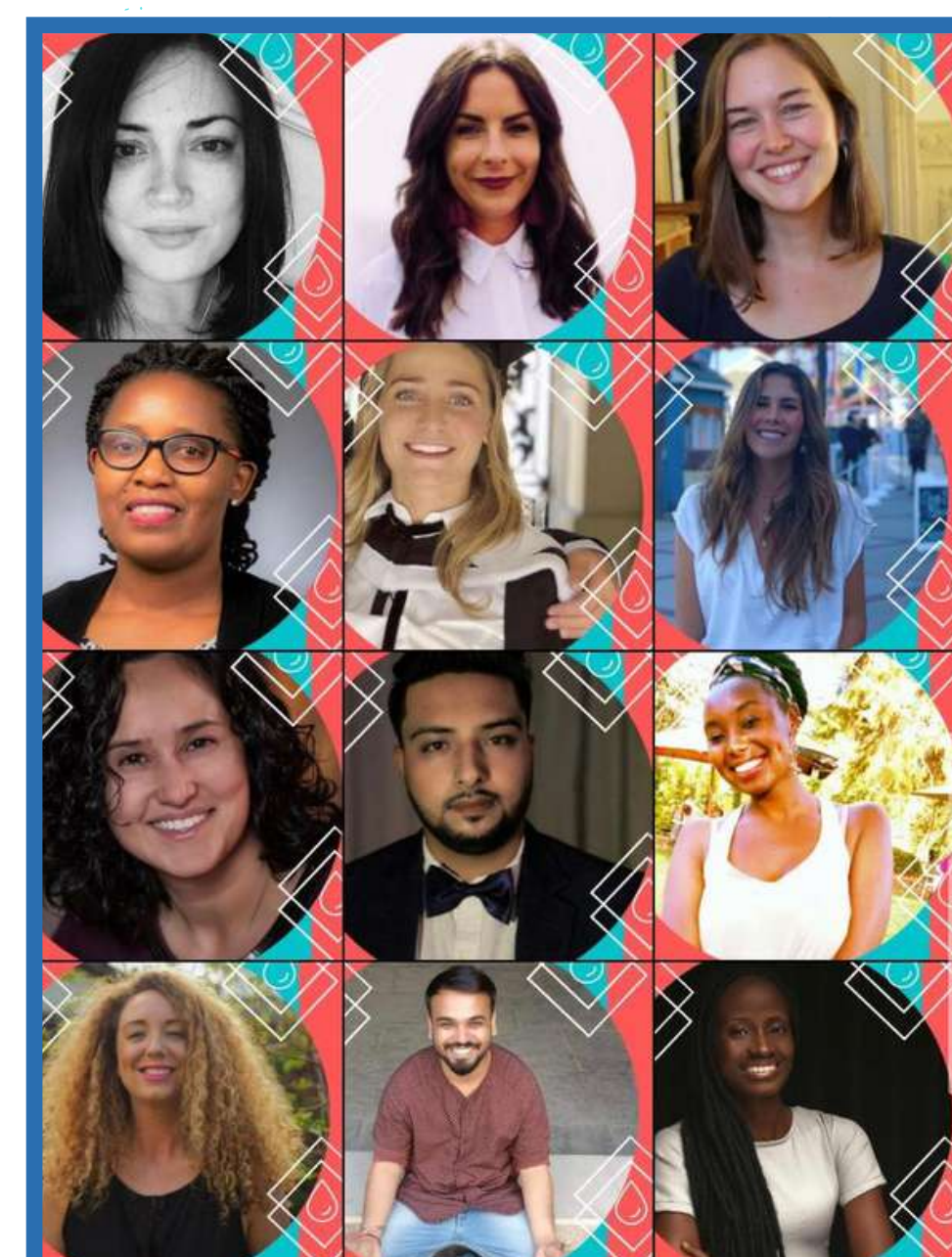


Our transformation from a project to a movement!

Menstrual health was being neglected during the COVID-19 response; there was a de-prioritisation of menstrual issues due to the pandemic. This included disruption to supply chains results in restricted product provision, lack of comprehensive sexuality education, lack of access to water, sanitation and hygiene (WASH) facilities, and increased menstrual stigma and shame.

In response to this pressing issue, our Founder, Dr. Jenni Martin, took action. She connected with a group of 12 individuals from 10 different countries to assess how menstruation was being addressed in their respective contexts, initially with the idea of publishing a book.

“We started with 12 volunteers from all around the world and the campaign Periods Don’t Stop in Pandemics. We wanted to create a book focusing on menstruation during the pandemic” – Victoria Heaney, Senior Advisor, Pandemic Periods, Scotland.



As of November 2023, nine of our original 12 volunteers are still active in Pandemic Periods. They now advise on our programmes, sit on our Board, or act in a leadership advisory capacity.

In early 2021, our Collective agreed to shift our mission, values, and goals, as the initial volunteers discovered their shared deep interest in the global state of menstruation, leading to the evolution of Pandemic Periods from a project to a movement. This movement aimed to address all facets of menstrual health (from menarche to menopause), and the systems that perpetuate poor menstrual health experienced by women, adolescent girls, transgender men, and non-binary people who menstruate.

“I recall that at the beginning, we were interested in writing stories of the experiences of women from diverse backgrounds during the pandemic and their menstruation experiences. Now, we have evolved to writing research papers, conducting policy reviews, attending conferences and hosting capacity-building sessions for volunteers” – Ruth Oladele, Pandemic Periods, Nigeria.

Voices from high-income countries primarily dominated the narrative surrounding menstruation. Recognising this imbalance, Pandemic Periods redirected its mission towards building capacity in various corners of the world, ensuring everyone had a platform to share their perspectives on menstruation. The journey had begun...

Over three years, Pandemic Periods has evolved from a mere concept into a global force for menstrual health advocacy. We transitioned from a book project to a dynamic, global movement, with a broader and more ambitious mission.



“The early days of Pandemic Periods made us realise that we needed more training and support for our volunteers. Now we are more organised and visible. We are starting to be recognised as one of the key global health actors in only 3 years of work; we are part of the big conversations; Pandemic Periods volunteers are being invited to talk at events worldwide; we have partnered with other important key actors; we have published relevant articles. So, we are growing and we are being more intentional, but we still have a strong regional approach towards menstruation” – Dr Jennifer Martin, Global Director at Pandemic Periods, Scotland.

Today, Pandemic Periods are beginning to be recognised as a key global player in menstrual health advocacy. In just three years, we've become part of significant global conversations, with our representatives contributing to various events, such as the One Young World Summit, the Kenya Student Health Summit and the Children's General Assembly. Our series of publications on critical topics like menstrual health as a human rights issue, and our substantial partnerships have propelled us forward.

Our growth is driven by the intention to co-develop strong regional impact. Therefore, Pandemic Periods works collaboratively with volunteers to support them to drive the country-level and regional menstrual health narratives.

Our volunteers are the lifeblood of Pandemic Periods, an extraordinary group of individuals committed to advancing menstrual health rights and advocating for a more inclusive and informed world. Hailing from diverse backgrounds and regions, they bring a rich tapestry of experiences and perspectives to our collective. Their unwavering dedication fuels our mission, and their collective efforts have made Pandemic Periods a global force in the realm of menstrual health advocacy.

“You got to work with people from diverse cultural, religious, and professional backgrounds, which gives you so much opportunity to learn from one another, not just about period rights but also about the social conditions that make menstrual issues unique to every country. For me, there is a strong sense of community among volunteers, which is the driver for doing work with PP despite having a full-time job and studying. Also, the leadership doesn't shy away from giving credit, which motivates you further” – Dr Bismah Nayyer, Pandemic Periods, Pakistan

Pandemic Periods will continue to transform and evolve, embracing the challenges and opportunities that lie ahead as we work to make menstrual health a universal right for all.



Our programmes

Pandemic Periods realised that we need an integrated and regionally diverse approach to drive global menstrual health across the life course. At the start of 2023, we diverged into a three-pronged approach that encompassed policy, research, and advocacy.

Policy Team

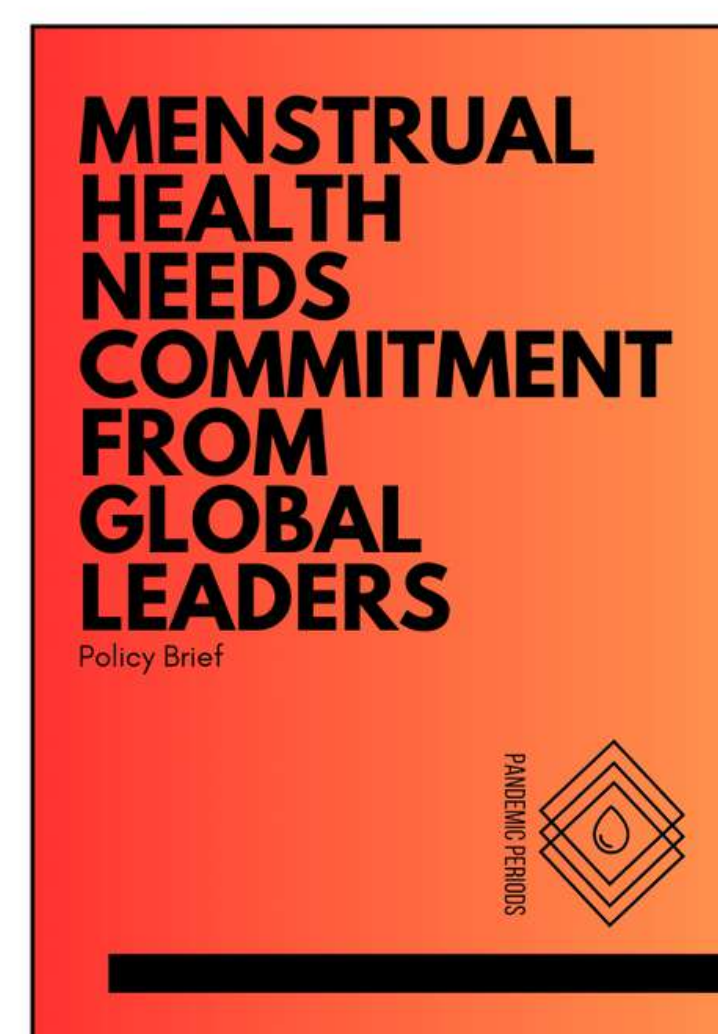
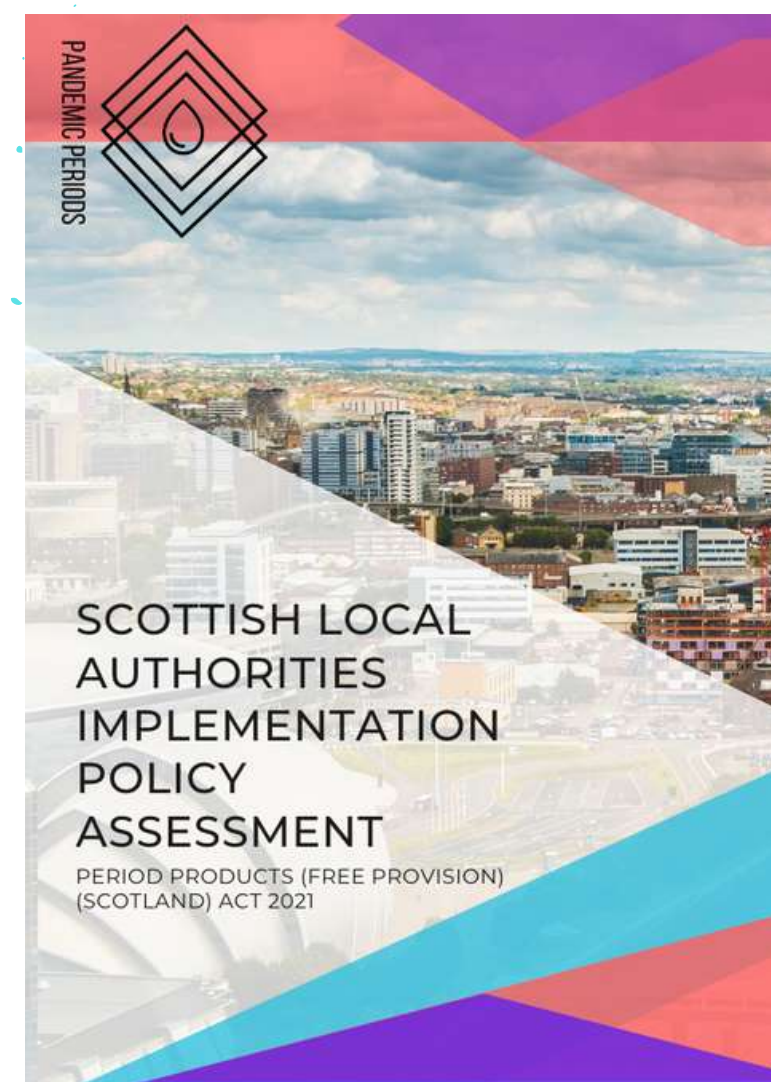
Our policy team is the driving force behind our advocacy at the global level. In just six months, they made waves by delivering two major reports and a workshop at the 78th Session of the United Nations General Assembly (UNGA).

The first report was led by volunteers from 7 countries. They conducted an independent analysis of the published strategies from 32 local governments across Scotland that were implementing the Period Products (Free Provision) (Scotland) Act 21. This report was launched at the 67th Session of the Commission on the Status of Women in New York.

They also conducted a high-level review of how global leaders can mainstream menstrual health across social and health policies to advance progress towards the United Nations Sustainable Development Goals. This was launched in honour of Women Deliver 2023.

As a follow-up to this report, the Policy Team drafted a comment for the British Medical Journal, Menstrual health must be prioritised in global policies (2023). They then sent individual letters to various units in the Scottish Government, and the Scottish Human Rights Commission asking them to embed SRH in their Human Rights Bill in partnership with with Red. These letters outlined why menstrual health and broader SRH must be included in the Human Rights Bill for Scotland.

Menstrual Hygiene Day 2023, Dr Jenni Martin joined menstrual health leaders at Edinburgh University to advocate for the next generation of the Period Products (Free Provision)(Scotland) Act 2021 in the Period Policy Salon Discussion.





Research Team

Our Research Team focused on producing evidence-based research to support our cause. They have made remarkable strides by delivering five peer-reviewed publications in just two years, contributing to the knowledge base and shaping our advocacy efforts (You can find all of the peer-reviewed publications in ANNEX A).

Pandemic Periods has produced [17 external articles](#) by [36 authors](#) in such global publications as Think Global Health, The Lancet, The Lancet Global Health, the Lancet Regional Health Southeast Asia, and the British Medical Journal, among others. The authors hail from [17 different countries](#) (including Kenya, Zambia, Mexico, India, Bangladesh, Kosovo, Nigeria, Chile, Nepal, Brazil, Scotland, Italy, Ecuador, USA, Pakistan, the United Kingdom, and Cameroon), and counting!

“I think some of the really big ones are the publications. I mean seeing our fellow Pandemic Period members get published in the Lancet on a topic that honestly is still not really on a lot of people's radar or agenda, which is, you know, menstrual health and menstrual rights, I think is amazing and I think that it really speaks to the organisation and the capabilities and the teamwork of all of the different members to make that happen.” – Becca Reisdorf, Pandemic Periods, Chile.

Pandemic Periods strives to uphold intersectionality and rights-based approaches through publication. This involves supporting authors at different stages of their careers and from different countries and contexts to publish in peer-reviewed journals. We are committed to upholding regionally diverse authorship.

THE LANCET Public Health

COMMENT | VOLUME 7, ISSUE 1, E10-E11, JANUARY 01, 2022

Menstrual health is a public health a

Karan Babbar ✉ • Jennifer Martin • Josephine Ruiz • Ateeb Ahmad Par

Open Access • Published: October 27, 2021 • DOI: <https://doi.org/10.1016>

Check for updates

GENDER Breaking "Code Red": Why Words Matter When Talking About Menstruation

How vernacular perpetuates stigma and shame,
and why "unclean" is a harmful label

LANCET

CORRESPONDENCE | VOLUME 399, ISSUE 10323, P434-435, JANUARY 29, 2022

Inclusivity starts with language

Ruth Kamau • Jennifer S Martin ✉ • Alhelí Calderón-Villarreal • Choolw

Published: January 29, 2022 • DOI: <https://doi.org/10.1016/S0140-6736>

GENDER Periods Don't Stop For Conflict

Addressing women's health in Ukraine and other conflict
zones

Women fleeing the Russian invasion of U

by Jennifer Martin, Eunice Kilongo-
Muraya, Margaret Schmitt, Erza
Selmani, Marni Sommer

The United Nations Refugee Agency (UNHCR) reports that approximately [82.4 million people](#) were forcibly displaced by the end of 2020. Most of these were women and girls. This week, the [United Nations](#) reports that [10 million people](#) have been displaced by the Russian invasion of Ukraine.

thebmj

covid-19

Research ▾

Education ▾

Editorials

Menstrual health for all requires wider high level

BMJ 2022 ; 378 doi: <https://doi.org/10.1136/bmj.o2222> (Public)

Cite this as: BMJ 2022;378:o2222

Article

Related content

Metrics

Responses



Advocacy Team

Our Advocacy Team aims to drive and diversify the global menstrual health narrative through intersectional advocacy. Our action-driven approach has led to an increased range of visibility: from creating visuals to show how to talk about menstrual health and help end the stigma around using language such as “menstrual hygiene”, to academic publications in leading global health journals such as The Lancet on how menstrual health must be treated as a public health and human rights issue.

PP acknowledges the importance of being on the ground at High-Level global health and human rights events. This ensures that menstrual health voices are present. In 2021, Pandemic Periods joined the Generation Equality Forum (GEF) in Paris. As part of the GEF, PP joined the Generation Equality Forum Action Coalition for Bodily Autonomy & SRHR, and the Action Coalition for Feminist Leadership. As part of these Coalitions, we have made a two commitments to further menstrual health in women and girls. You can read our 2022-2023 [commitment here](#).

Pandemic Periods regularly contributes to two of these Action Coalitions. In 2023, our Global Director was invited to attend the GEF Midway Point as UN Women delegates at the United Nations Headquarters in New York City (pictured).

Our team has also had a presence at the 66th and 67th Session of the UN’s Commission on the Status of Women (CSW), where our Global Director spoke at two events on menstrual health. We have also attended the World Health Summit and advocated for menstrual health during the World Health Assembly and the Human Rights Council. We were also invited to attend the European Regional Conference on ICPD30 “Population and Development: Ensuring Rights and Choices” at the Palais des Nations, Salle XVIII in Geneva.

We always try to incorporate the views of our volunteers in any presentations or campaigns that are curated around these high-level events.

It was a fulfilling assignment alongside the likes of Candice Chirwa (The Minister of Menstruation, South Africa), and others when I participated in sharing a recorded video which was screened at the UN CSW67’s NGO Forum.” - Okoth Andrew, Pandemic Periods, Uganda.

Pandemic Periods volunteers continue to attend several regional events and generate resources to advocate for menstrual health in English, Hindi, Spanish and French.





Pandemic Periods is committed to co-developing advocacy tools with our volunteers. A strong example of this is the [resource template, available in French, English, and Spanish](#), with a series of policies calling on governments to commit to the highest levels of menstrual health by implementing policies on menstrual health. This template was drafted by Vincenza Sgura, Pandemic Periods, Luxembourg.

In 2023, the Pandemic Periods communications team, consisting of volunteers from Kenya, Pakistan, Brazil, the USA, and Spain launched 16 Days of Action Against Gender-Based Violence. This involved a call to action for partners to address gender-based violence and its impact on menstrual health.

Pandemic Periods will always push for inclusion, as we believe this will advance the menstrual health discussion. We do this by calling for more inclusive language around menstrual health. This includes advocating for menstrual health for all during Pride month, which is coupled with our calls for inclusive menstrual health in the Lancet comment [Inclusivity Starts with Language \(2022\)](#) and the Lancet Regional Health Southeast Asia comment [Inclusion means everyone: standing up for transgender and non-binary individuals who menstruate worldwide \(2023\)](#). It also includes advocating for people with disabilities who menstruate.

We will continue to offer platforms of that grassroots advocates have the chance to share their knowledge and expertise with a global audience. Empowering and giving space to those whose voices and experiences would otherwise not be heard. The advantages of an online-based movement are that it gives opportunities not only for those in high-income countries, but bring together the global community.



Gender and
Public Health
Emergencies



Nothing about us, without us – building the menstrual health of People Living with Disabilities in Nigeria into COVID-19 responses

March 14, 2022 / [No Comments](#) / [Editorial](#)

This blog argues that the menstrual health of people living with disabilities (PWDs) in Nigeria should be factored into pandemic responses.



Board of Trustees

In addition to these 3 teams, Pandemic Periods has a dedicated Board of Trustees, tasked with strategic decision-making, amplifying ongoing efforts, and ensuring diverse perspectives are reflected. Consequently, the Board plays a pivotal role in guiding the organisation. Comprised of inspiring individuals from the Kenya, Zimbabwe, Zambia, India, USA, and Scotland, all committed to advancing menstrual health.

The Board continually challenges Pandemic Periods to evolve in its mission and navigate the dynamic landscape of global menstrual health.

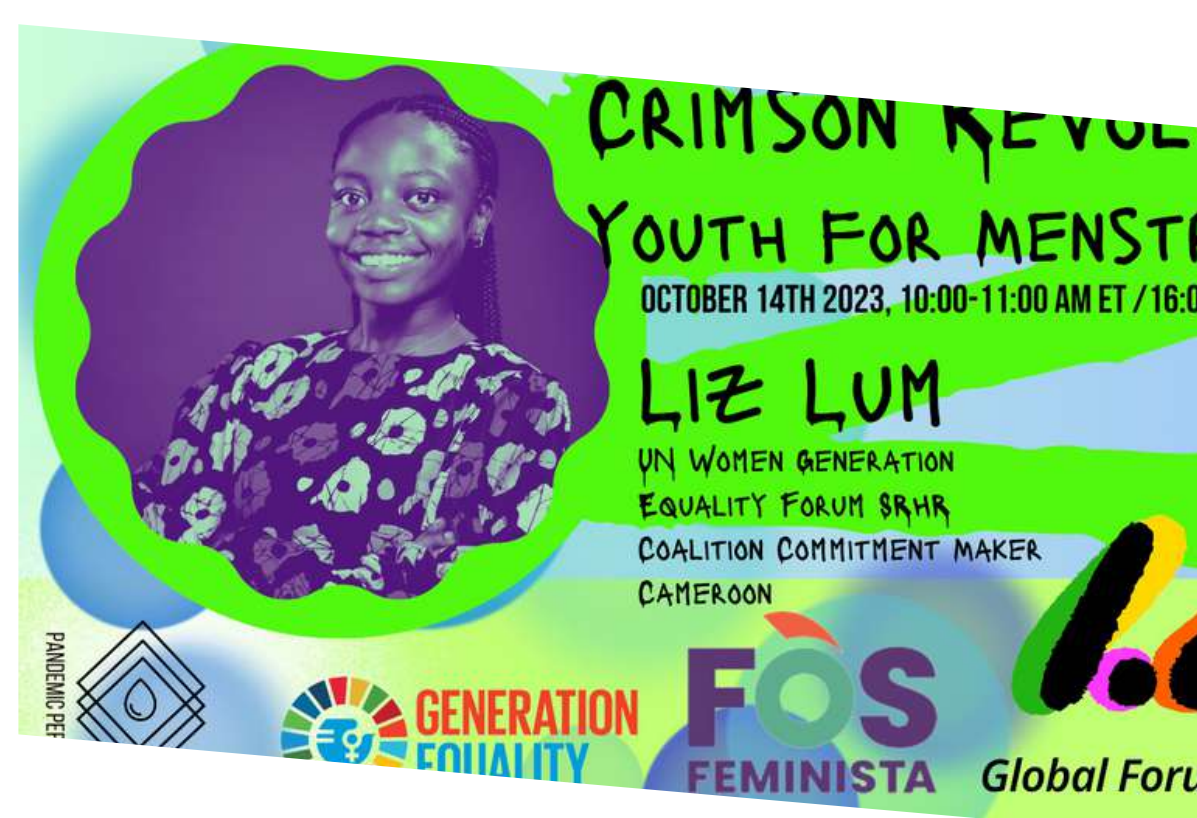
Global Youth Council

Pandemic Periods recognises the important role of the youth in the fight for menstrual health worldwide, and that is the reason behind the establishment of the Global Youth Council. This Council has representatives from Chile, Ecuador, India, USA, Zimbabwe, and Kenya. Their joint goal is to offer a platform to young people who are leading menstrual health in their context!

The Council serves as a platform for young advocates worldwide to share their unique experiences, address challenges, and champion initiatives that combat poor menstrual health and menstrual stigma.

They have partnered with youth advocates from the Global Fund for Women to produce thought leadership for Menstrual Hygiene Day 2023, and partnered with Fos Feminista to co-deliver a virtual event in Spanish and English for the Global Forum for Adolescents in October 2023 #1point8billion.

The Council aims to deliver a comprehensive understanding of the issues surrounding menstrual health, fostering innovative solutions and elevating the voices of those directly affected. The involvement of young people in decision-making processes, coupled with their digital advocacy, contributes significantly to shaping inclusive policies, promoting awareness, and challenging societal norms.

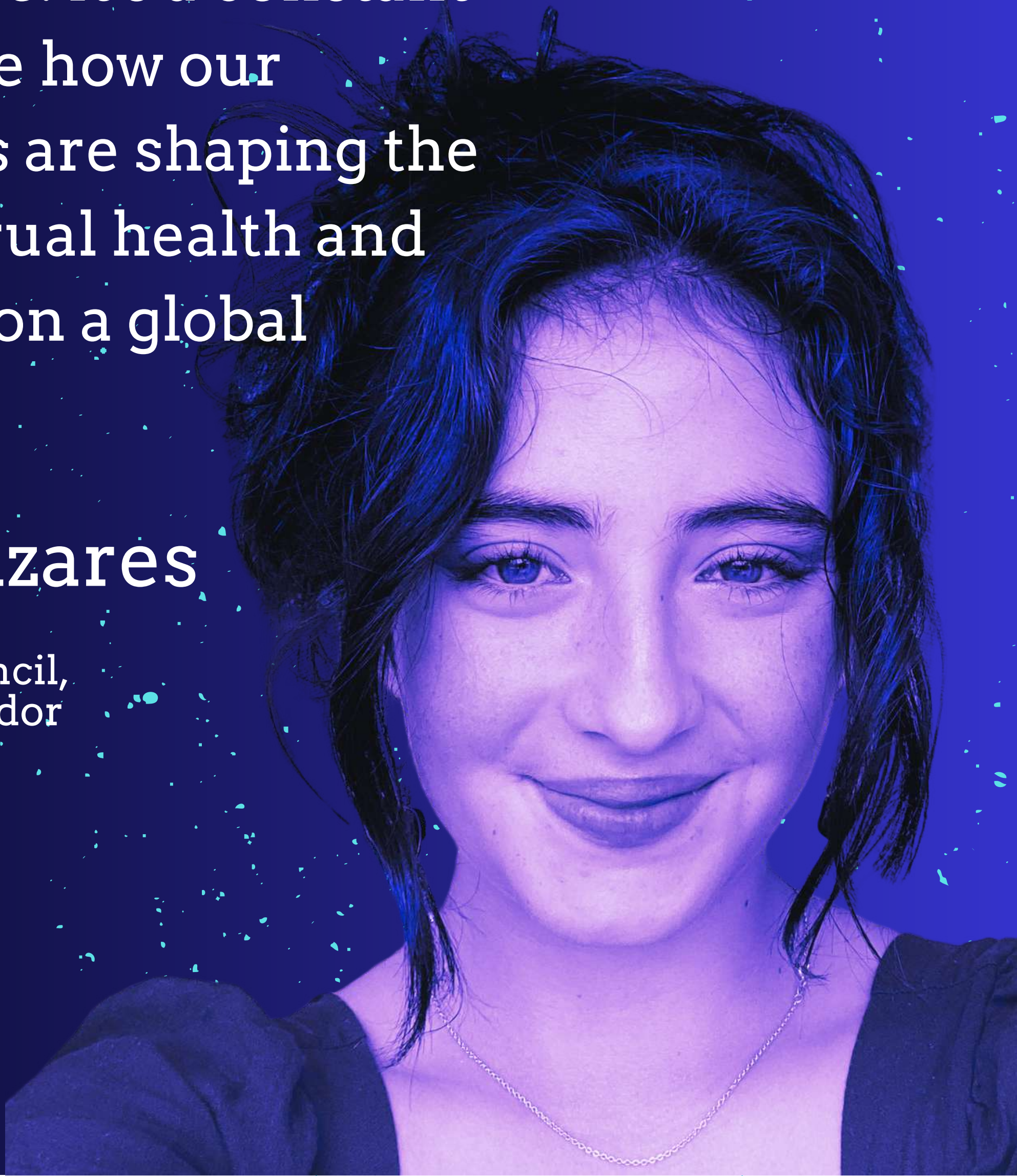




"Leading the Pandemic Periods Global Youth Council has been an empowering and transformative experience. Each step forward has been a testament to what young, dedicated individuals can accomplish when united by a common purpose. It's a constant inspiration to see how our collective efforts are shaping the future of menstrual health and youth advocacy on a global scale."

Antonia Cañizares

Chair, Global Youth Council,
Pandemic Periods, Ecuador





Pandemic Periods Blog

The first Pandemic Periods Blog was launched on May 25, 2022. We launched this blog because we wanted to offer an opportunity for partners and volunteers to share their in-country advocacy, policy and research priorities. Since then, 33 authors from 16 countries and country-specific perspectives have contributed 19 blog posts.

To date, 17 of the authors of Pandemic Periods blog posts are community partners not directly affiliated with the organisation, demonstrating the success of Pandemic Periods' collaborative aims. The topics of the blog posts range from country-specific examinations of the state of menstrual health policies and experiences to thought leadership on overarching menstruation, SRH, and human rights issues.

Over 50,000 people have read the Pandemic Periods Blog between May 2021-October-2023

The authors of the blog posts have come from Scotland, Haiti, Mexico, the UK, Bangladesh, Nigeria, the Netherlands, Australia, Thailand, Pakistan, Kenya, Norway, Austria, India, Vietnam, and Taiwan.

“The blog was another way of being able to get volunteers who are not academics to be able to contribute with their voices and take up space. Pandemic Periods is inclusive in that sense as well, you do not need to have a certain academic title, you can just be someone who literally has a special interest in the topic. So everyone can contribute in their own way” – Victoria Heaney, Senior Advisor, Pandemic Periods.

A full list of blog posts can be found in ANNEX B.





Our Campaigns

One of the biggest strengths of Pandemic Periods is our ability to convene advocates from across the globe. Our Collective is focused on advocating for menstrual health beyond the provision of products alone. This has led to 10 successful advocacy campaigns, making waves from country levels to the global stage.

For the last three years, we have had global campaigns on International Women's Day, Menstrual Hygiene Day, and Day of the Girl Child. The events that accompany these campaigns can be found on the [Pandemic Periods YouTube channel](#). We have also held campaigns around Women Deliver and the Generation Equality Forum.

Our first campaign centred on International Women's Day in 2021. Every member of the Pandemic Periods Collective featured in a short film outlining why period poverty will be further exacerbated by the COVID-19 pandemic and what we plan to do about it (see page 15).

One of the key goals of Pandemic Periods is to support the next generation of women leaders. Taking advocacy efforts from the online space to in-person events, we held the "Addressing Period Poverty to Elevate the Next Generation of Women Leaders" event for International Women's Day in 2021.

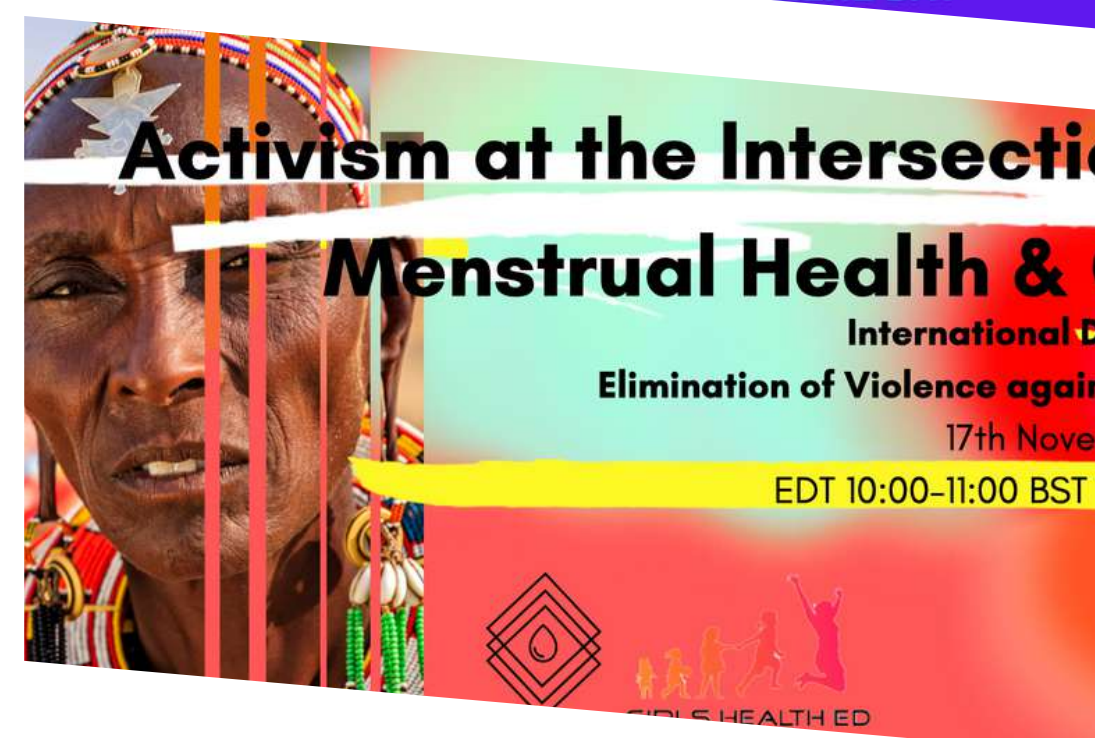
In early 2023, Pandemic Periods launched a 4-episode web series presented by Ursula Maschette and co-developed by Ivett Avendaño, Joan Masinde, Ruth Kamau, Janet Koroma, Grace Wanene, Alison Biedron, Metti G. T, and Maria Anna K. The aim of this campaign was to spotlight advocates from three countries. We also had their first virtual event in Spanish led by Ivett Avendaño and Alhelí Calderón Villarreal, where we invited individuals from Mexico and Columbia to discuss menstrual health policies in Latin America.



PANDEMIC PERIODS

16 DAYS OF ACTIVISM

From today through December 10, we will raise awareness for 16 Days of Activism Against Gender-Based Violence. Together, we can eliminate violence against women & girls



International Women's Day Campaign 2021

Our first campaign – *Period Don't Pause for Pandemics!* – brought together our original volunteer group from 10 countries in a short film where they advocated for menstrual health to be mainstreamed across the pandemic response.

PANDEMIC PERIODS



Pandemic Periods @PandemicPeriods · Mar 15, 2021

“to fight period poverty through cross-sector collaboration, creative communications, and action-orientated advocacy” – @Djin28 🇵🇸

Watch the #IWD2021 full film – bit.ly/38jE4df

#GenderEquity #periodpoverty #pandemicperiods



Dina Saintilmon
Haiti

Pandemic Periods @PandemicPeriods · Mar 9, 2021

“The COVID-19 pandemic has impacted the lives of millions of people around the world” – @Nyiha8 opens our #pandemicperiods #IWD2021 short film 🇰🇪

Watch the full film – bit.ly/38jE4df



Laura Nyiha
Kenya

Pandemic Periods @PandemicPeriods · Mar 10, 2021

“The reality is that this situation will exacerbate the social determinants which underpin period poverty” – @anagtfr 💧

Watch the full #IWD2021 film – bit.ly/38jE4df

#pandemicperiods #InternationalWomensDay #COVID19



Ana Gutierrez
Mexico

Pandemic Periods @PandemicPeriods · Mar 10, 2021

“COVID-19 is likely to cause the first increase in global poverty since 1998” highlights @RI_oladele in our #IWD2021 🌍

👩 You can watch the full film here – bit.ly/38jE4df

#InternationalWomensDay #pandemicperiods



Ruth Oladele
Nigeria

Pandemic Periods @PandemicPeriods · Mar 10, 2021

“The @WorldBank suggests that the pandemic will push further 150 million people into extreme poverty in 2021” – @KaranBabbar19 recognizes that #COVID19 will constrict household incomes, exacerbating #periodpoverty 💧

Watch our full #IWD2021 film – bit.ly/38jE4df



Karan Babbar
India

Pandemic Periods @PandemicPeriods · Mar 11, 2021

“for example, people living in low-income households, those who do not have access to household finances, those people who do not have physical means to access period products” – @feenruiz gives examples challenges faced by in this #pandemic

🧠 bit.ly/38jE4df



Josephine Ruiz
England



Partnerships

Pandemic Periods has always focused on co-creating and strengthening partnerships that will advance global menstrual health. We work closely with global and local partners to offer platforms for knowledge exchange.

Some of the examples of our fantastic partnerships are:

During Menstrual Health Day in 2021, we partnered with Girls Health Ed to deliver an action-orientated virtual event. Since then, we have delivered another two MH Day events, as well as events around the Day of the Girl Child, International Day for All Forms of Violence Against Women, and Universal Health Coverage Day.

We also partnered with the London School of Hygiene and Tropical Medicine to deliver a critical discussion on how academia is addressing menstrual stigma and shame in research featuring Board Member and Research Advisor, Dr Karan Babbar during MH Day 2023.

At the 78th General Assembly in 2023, Pandemic Periods partnered with the United Nations Population Fund (UNFPA) to convene a workshop for >50 menstrual health leaders, researchers, media, and the private sector to ideate the future of menstrual health. This was not only an in-person event at the UNFPA HQ in NYC, but a hybrid event to bring more leading voices on menstrual health to the table.

The outcome of this event is our published report “From Exclusion to Prioritization: Mainstreaming Menstrual Health Across Global Policies”. The output of this event was a policy brief that offered insights into how we can advance menstrual health as a human rights issue.

In the Autumn of 2023, Pandemic Periods joined the Global Menstrual Collective – The Global Menstrual Collective includes representatives from UN organisations, academia, government, funders, private sector, existing coalitions, advocacy groups, youth-focused organizations, religious groups, independent consultants and international non-governmental organizations.





Our Volunteers are our Power!

We encourage our volunteers to come with an entrepreneurial mindset and we build projects around them. In 2021/ 2022, we offered training on advocacy, building compelling narratives, early career CV and cover letter writing, job interviews, and how to get your first global health job. In 2023, we transitioned to a model whereby we mentor and support volunteers to co-deliver projects in integrated and international teams.

Pandemic Periods stands as both a catalyst for advancing menstrual health advocacy and a stepping stone for volunteers' professional growth in the global health arena. Our commitment goes beyond our projects, extending to offering hands-on experience in various facets of global health. By providing mentorship, personalised support in job applications, and opportunities to gain experience in essential areas such as team management and publication, we empower our volunteers to navigate successful careers in the field.

This is the example of our volunteer Laura Nyiha, Pandemic Periods, Kenya who has been with Pandemic Periods since February 2021.

"Look how far we have come! Pandemic Periods, PP as we call it over here, has given Kenyans facing different menstrual health challenges a platform to tell their authentic stories of how the pandemic significantly affected access to menstrual products. Through the various workshops organized by PP, I have learned so much about crisis management and activism in today's world.

In 2022, all thanks to PP, I was nominated to the first-ever Irish International EMPOWER PERIOD 2022 AWARDS, where I secured the runner-up position. It opened me to a whole lot. PP has been a learning space. I have worked with an international team that is so supportive. Being the youngest in the team, they taught me research and article writing skills. With their help, I have published articles, my highlight being the one published with International Health Policies. Before, I had this weird belief that period poverty is only in Africa. It's international, and we need to join hands"





Pandemic Periods is committed to mobilising the next generation of menstrual health leaders. We do this by supporting our volunteers to advance their own skills, share their knowledge, and drive menstrual health in their context.

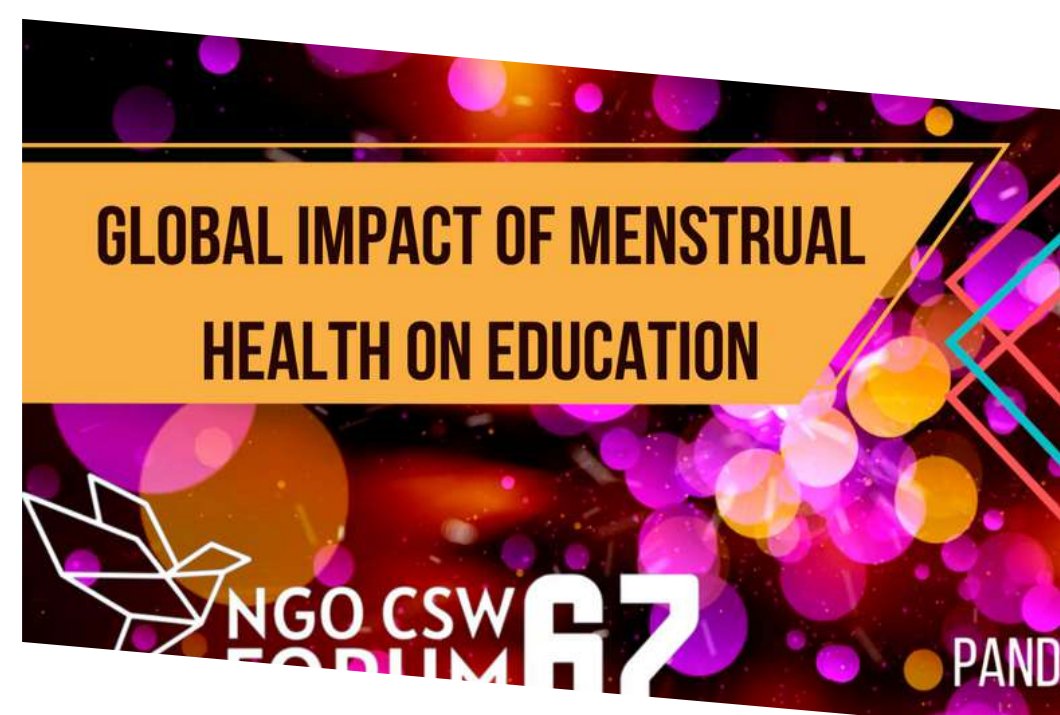
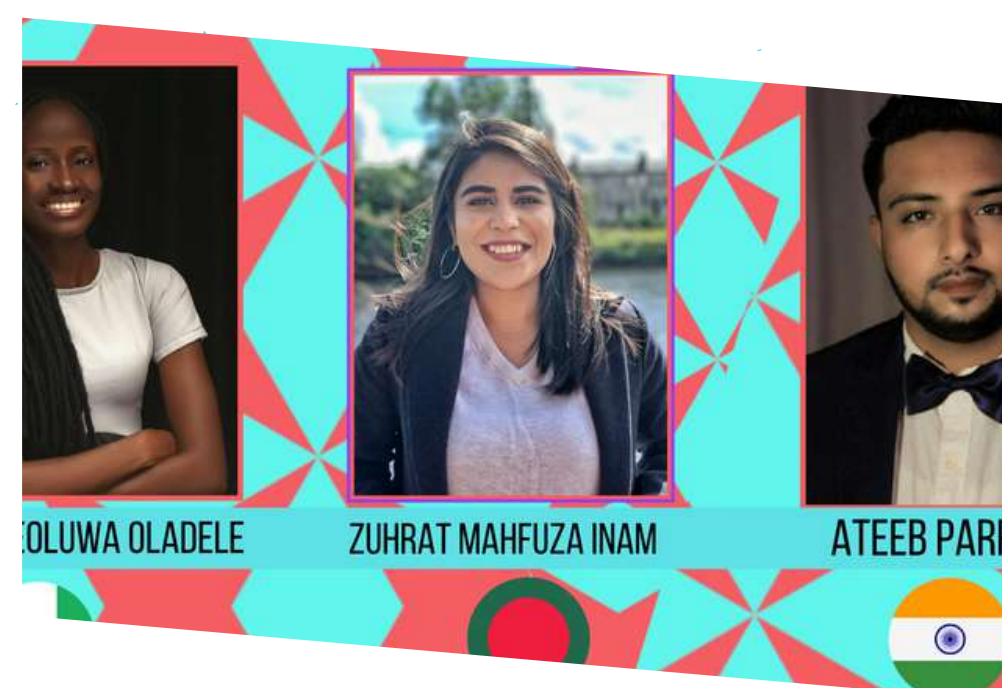
In 2022, we offered paid virtual scholarships to three volunteers from Nigeria, Bangladesh, and India so they could become certified in the Columbia University - Menstruation in a Global Context: Addressing Policy and Practice.

We want to make sure our volunteers are heard! Therefore, administered a virtual survey so they could share how their experience with the Pandemic Periods has added to their professional skills. This has included, although not limited to, policy analysis, policy development, report writing, communications strategies, event planning, and writing. Here are some of their insights!

“In 2021, I worked on writing a blog post that reviewed the inclusion of persons with disabilities (PWDs) menstrual health in Nigeria’s Disability Act. I worked on this piece with Toyo Ayodele and Dr Jenni. The collaboration helped me improve my writing and critical thinking skills. Dr Jenni was also helpful in ensuring the article was published in the Gender and COVID-19 blog.” – Ruth Oladele, Pandemic Periods, Nigeria Correspondent

“Improved skills from the training sessions I have attended for example the one about policy analysis. Improving my social capital and being able to better articulate matters around menstruation since I’m one of the strongest male players around menstruation in schools and universities in Uganda. I’m able to get information from PP platforms about current concerns about menstruation worldwide and use such information in my training sessions with my local organisation.” – Okoth Andrew, Pandemic Periods, Uganda.

“You get to work with a global team thus enhancing skills in time management and being a team player. PP exposes the volunteers to a global working environment dealing with research, policy development, and communications strategies and also equips us with soft skills necessary to thrive in the work environment.” – Ruth Kamau, Pandemic Periods, Kenya.





What's next for Pandemic Periods?

Pandemic Periods has been working tirelessly to advocate for menstrual health and equity around the world. The movement has dedicated the last three years to driving and diversifying the global menstrual health narrative.

The utilisation of volunteers has aided in most of the biggest steps and achievements of Pandemic Periods. The transformation of the Pandemic Periods into a movement has enabled us to host high-level events, draft compelling thought leadership, publish research, and influence governments to mainstream menstrual health across policy.

Menstrual health is the gateway to talking about border SRHR issues, building bodily autonomy, socialising governments, and instigating change. Rallying up the masses is the ultimate goal to keep this conversation going and achieve change in our countries. Many women, adolescent girls, transgender men and non-binary people who menstruate are still experiencing poor menstrual health. This is compromising their human rights. Yet it is still not prioritised, as menstrual health is widely underfunded, under-resourced, and under researched, Pandemic Periods is dedicated to bridging the gap.

In conclusion, in order to achieve menstrual health equity and accessibility around the world, especially in low- to middle-income countries, we need more people to voice their concerns. We need more people to research and write proactively about menstrual health. We more people to offer platforms to activists to tell their stories.

We will continue to bring visibility to the experiences of women, adolescent girls and people who menstruate and are experiencing period poverty. We will continue to ignite change.

Let's keep the conversation going.

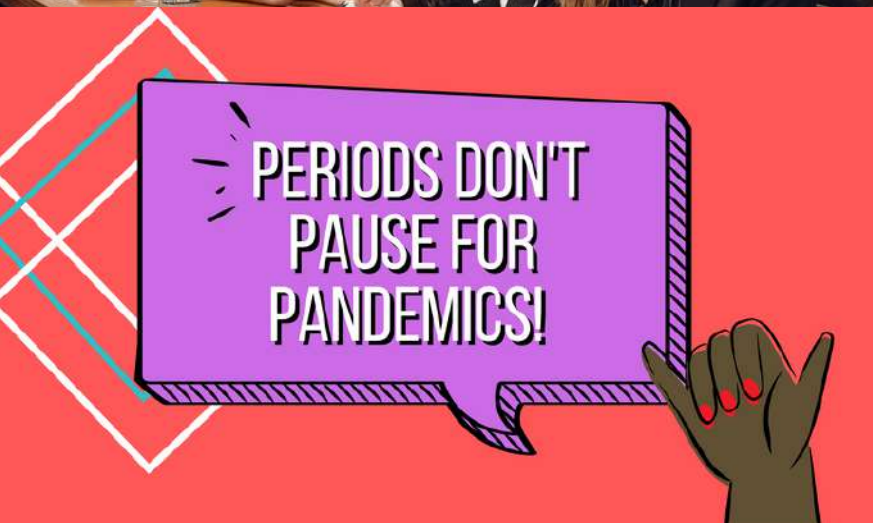
We are Pandemic Periods!



From exclusion to prioritization: mainstreaming menstrual health across global policies



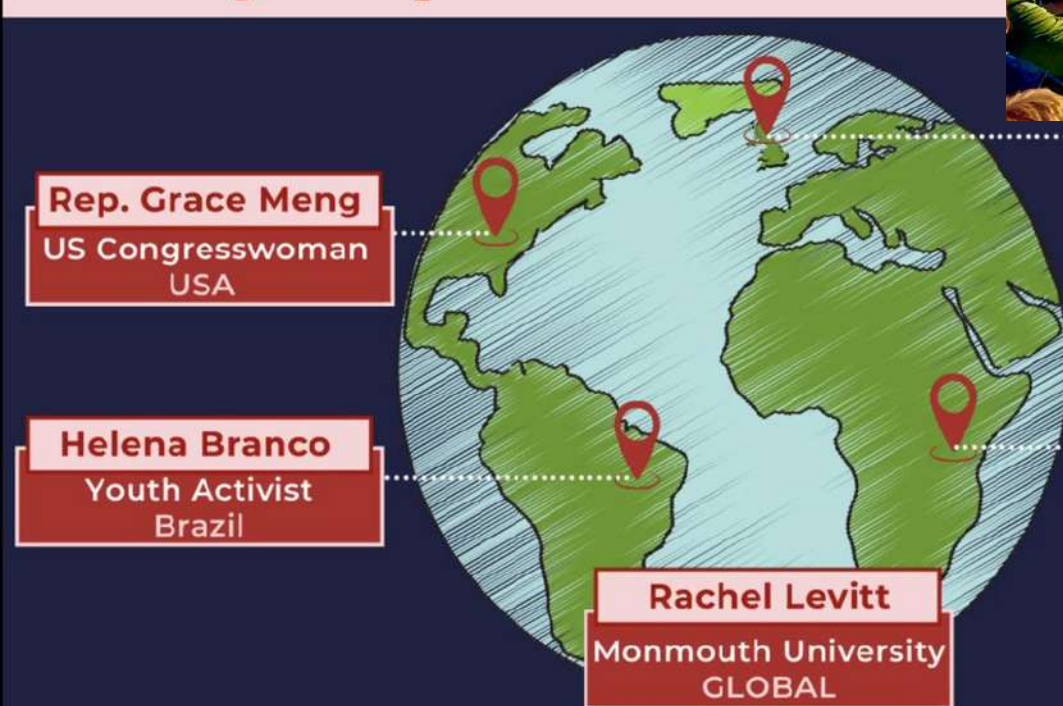
Monday 18th September
16:15-17:45 EDT
UNFPA Headquarters, New York City



Periods do not pause for pandemics, nor do they stop during conflict



Today's Speakers



Activist Scotland

Neville Okwaro
Ministry of Health
Kenya

Rachel Levitt
Monmouth University
GLOBAL



About Bloody Time: Meet The Period Poverty Activists



ADDRESSING PERIOD POVERTY TO ELEVATE THE NEXT GENERATION OF WOMEN LEADERS

VIRTUAL DISCUSSION | MAY 28TH | 15:00-16:30 GMT



Mexico, single-use plastic bans and period poverty



GENDER

Breaking "Code Red": Why Words Matter When Talking About Menstruation

How vernacular perpetuates stigma and shame, portraying menstruation as "unclean"





Annex A: External Publications

1. Pandemic Periods (2021) published by International Health Policy. Authors: Dr. Jennifer Martin, Pandemic Periods (Scotland), Laura Nyiha, Pandemic Periods (Kenya), Choolwe Jacobs, Pandemic Periods (Zambia)
2. Mexico, single-use plastic bans and period poverty (2021) published by Gender and Public Health Emergencies. Authors: Ana Gutierrez (PP Communications), Dr. Jennifer Martin, Pandemic Periods (Scotland), Alhelí Calderón, Pandemic Periods (Mexico)
3. Reflecting upon Menstrual Health during the past year in India, published by Gender and COVID-19. Author: Dr. Karan Babbar, Pandemic Periods (India)
4. How can things change if there is so little action? (2021) published by Menstrual Health Hub. Authors: Danielle Keiser, Nikki van de Veerdonk (MH Hub), Dr. Jennifer Martin Pandemic Periods (Scotland) /Women in Global Health Finland) and Pavita Singh (Girls Health Ed)
5. Breaking "Code Red": Why Words Matter When Talking About Menstruation (2021) published by Think Global Health, Authors: Erza Selmani, Pandemic Periods (Kosovo), Becca Reisdorf, Pandemic Periods (Chile), Oluwatoyosi Ayodele, Pandemic Periods (Nigeria), Laura Nyiha, Pandemic Periods (Kenya), Eunice Kilonzo-Muraya, Pandemic Periods (PP Crisis Communications Specialist)
6. Periods don't pause for pandemics (2021) published by Gender and Public Health Emergencies. Authors: Dr. Jennifer Martin, Pandemic Periods (Scotland) and Victoria Heaney (Scotland)
7. Menstrual health is a public health and human rights issue (2022) published by Lancet Public Health | Pandemic Periods. Authors Dr. Karan Babbar, Pandemic Periods (India), Dr. Jennifer Martin, Pandemic Periods (Scotland), Josephine Ruiz (PP Partnerships and Advocacy), Ateeb Ahmad Parray Pandemic Periods (Bangladesh), Marni Sommer, Mailman School of Public Health, Columbia University
8. Periods Don't Stop For Conflict (2022) published by Think Global Health. Authors: Dr. Jennifer Martin, Pandemic Periods (Scotland), Erza Selmani, Pandemic Periods (Kosovo), Becca Reisdorf, Pandemic Periods (Chile), Eunice Kilonzo-Muraya (PP Crisis Communications Specialist), Margaret Schmitt, Mailman School of Public Health, Columbia University, Marni Sommer, Mailman School of Public Health, Columbia University
9. Inclusivity starts with language (2022) published by The Lancet. Authors: Ruth Kamau, Pandemic Periods (Kenya), Dr. Jennifer Martin, Pandemic Periods (Scotland), Alhelí Calderón-Villareal, Pandemic Periods (Mexico), Choolwe Jacobs, Pandemic Periods (Zambia)



Annex A: Continued

1. Nothing about us, without us – building the menstrual health of People Living with Disabilities in Nigeria into COVID-19 responses (2022) published by Gender and Public Health Emergencies. Authors: Dr. Jennifer Martin, Pandemic Periods (Scotland), Ruth Oladele, Pandemic Periods (Nigeria), Iquo Mkpang, Representative from the Physically Challenged Association of Nigeria, Toyosi Ayodele, Pandemic Periods (Nigeria)
2. Why We Need an Integrated Response to Period Poverty in Pandemics (2022) published by Girls' Globe. Authors: Dr. Preeti Shakya, Pandemic Periods (Nepal), Dr. Jennifer Martin, Pandemic Periods (Scotland)
3. The U.S. Tampon Shortage Was There Long Before You Heard About It (2022) published in Think Global Health. Authors: Pooja Bannerje (PP Technical Writer) and Dr. Jennifer Martin (Scotland).
4. Menstrual health for all requires wider high level commitment (2022) published by the BMJ. Authors: Dr. Jennifer Martin, Pandemic Periods (Scotland), Dr. Karan Babbar, Pandemic Periods (India), and Ursula Maschette, Pandemic Periods (Brazil)
5. Inclusion means everyone: standing up for transgender and non-binary individuals who menstruate worldwide (2023) published by the Lancet Southeast Asia. Authors: Dr. Karan Babbar, Pandemic Periods (India), Dr. Jennifer Martin, Pandemic Periods (Scotland), Pratyusha Varanasi, Institute of Development Studies, Brighton, UK, Ivett Avendaño, Pandemic Periods (Mexico)
6. Hidden challenges: addressing menstrual health in emergencies (2023) published by International Health Policies. Authors: Veronica Corbellini, Pandemic Periods (Italy), Mara Ferrari, Pandemic Periods (Italy), Dr. Jennifer Martin, Pandemic Periods (Scotland), Dr. Karan Babbar, Pandemic Periods (India).
7. Amplifying Youth Voices Will Only Strengthen The Global Menstrual Health Movement (2023) published by Global Fund for Women. Authors: Antonia Cañizares, *Global Youth Council*, Pandemic Periods (Ecuador) Liz Lum (Global Fund for Women, Cameroon), Yande Banda (Global Fund for Women, Zambia), Rachel Glantzberg *Global Youth Council*, Pandemic Periods (USA), Ivy Kutsa, *Global Youth Council*, Pandemic Periods (Kenya), Dr. Jennifer Martin, Pandemic Periods, (Scotland)
8. Menstrual health must be prioritised in global policies (2023) published by the British Medical Journal (BMJ). Authors: Dr. Jennifer Martin, Pandemic Periods (Scotland), Joan Masinde Pandemic Periods (Kenya), Antonia Cañizares Pandemic Periods (Ecuador), Sidra Irfan, Pandemic Periods (Pakistan), Arush Lal, London School of Economics & Political Science, UK



ANNEX B: Pandemic Periods Blog

1. Letter from our Editor-in-Chief (2022) Author: Fatima Umar
2. Who Decides What Is and Is Not a Crisis? (2022) Authors: Pavita Singh, MPH (Girls Health Ed) Dr Jennifer S. Martin, Pandemic Periods, Candice Chiwa, The Minister of Menstruation, Halima Lila, Africa Coalition for Menstrual Health and Youth Participation, UNFPA ESARO
3. Haiti Felt the Pressure of Period Poverty Pre-Pandemic, & It Will Continue Post-Pandemic Unless It is Addressed! (2022) Authors: Dr. Dina Saintilmon Medical Doctor, & Pandemic Periods, Haiti, Dr. Claudy Junior Pierre MD, Resident, field epidemiology, Haiti, Dr. Alhelí Calderón Villarreal, MD MPH, & Corresponsal de México
4. Rethinking Menstrual Justice from the Feminist Perspective (2022) Author: Lillian Bagala, Regional Director at Irise Institute East Africa
5. Frontline health workers have the right to menstrual health (2022) Authors: Ateeb Ahmad Parray, The Center of Excellence for Gender, Sexual and Reproductive Health and Rights, BRAC James P Grant School of Public Health, BRAC University and Pandemic Periods (Bangladesh), Dr. Jennifer Martin, Pandemic Periods (Global), Karan Babbar, Jindal Global Business School, Sonipat, India and Pandemic Periods (United Kingdom), Zuhra Mahfuza Inam, International Rescue Committee, Cox's Bazar, Bangladesh and Pandemic Periods (Bangladesh) Ruth Oladele, Pandemic Periods (Nigeria)
6. Letter From Our First Ever Board Chair (2022) Author: Sabrina Browne
7. Stigma, taboo, myths and misconceptions around menstruation in young people in Australia (2022) Author: Helen Connolly, South Australia's Commissioner for Children and Young People
8. Gender-based violence and menstrual discrimination (2022) Authors: Regan Moss, Pandemic Periods, USA, Mili Adhikari, Director of Global South Coalition for Dignified Menstruation, North America Chapter
9. Thailand's Leap in Period Equity (2023) Author: Kamori Osthanda Founder, Period Talks
10. An intersectional approach to addressing period poverty in Pakistan Authors: Giselle Carino, Chief Executive Officer, Fòs Feminista, Sheena Hadi, Executive Director, Aahung



ANNEX B: Continued

1. Menstrual Health is Everybody's Business. Period. (2023) Pascalle Grotenhuis, Ambassador for women's rights and gender equality & Director Social Development at the Dutch Ministry of Foreign Affairs
2. Reproductive justice: the missing piece of the digital rights puzzle (2023) Author: Marwa Azelmat, digital rights expert, RNW Media and feminist activist exploring the impact of technology on social justice
3. Why is the WHA not talking about menstruation?! (2023) Authors: Alison Biedron, Pandemic Periods Research Volunteer (USA), Jackline Mosinya Nyaberi, PhD, Pandemic Periods Board Member (Kenya), Dr Jennifer Martin, Pandemic Periods, Global Director (Scotland), Sabrina Brown, Pandemic Periods Board Chair (USA)
4. The (Bloody) Politics of Periods (2023) Authors: Karine Aasgaard Jansen (Chr. Michelsen Institute, Norway) Inga Winkler (Central European University, Austria) Maya Unnithan (University of Sussex, the United Kingdom) Muthusamy Sivakami (Tata Institute of Social Sciences, India)
5. A Spotlight on Menstrual Health Policy in Southeast Asia & Taiwan (2023) Authors: Huynh Nguyen Anh Mai, Pandemic Periods (Viet Nam), Vivi Lin, Founder of With Red & Period Museum (Taiwan), and Kamori Osthanda, Pandemic Periods (Thailand)
6. UNGA78 Resolutions Fail to Recognise Menstrual Health (2023) Authors: Regan Moss, Pandemic Periods (USA), and Bismah Nayyer Bari, Pandemic Periods (Pakistan)
7. Youth are not just the Leaders of Tomorrow; they are the Leaders of Today! (2023) Author: Ivy Crane Kutswa, Pandemic Periods Global Youth Council (Kenya)
8. Climate Change and Menstrual Health Unearthing an Unseen Connection (2023) Authors: Sidra Irfan, Pandemic Periods (Pakistan), Avery Johnstone, Associate, Global Decarbonization Hub, KPMG, UK, Ana Gutierrez, Digital Communications Manager, Women in Global Health, Mexico and Regan Moss, Pandemic Periods (USA)



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