

28.05.  
is  
MENSTRUAL  
HYGIENE DAY

How can you engage more people in social media in the lead up to Menstrual Hygiene Day? What are the messages you want to share with your audiences?

Edit, amend and add to any of the key messages below, to help build momentum around Menstrual Hygiene Day 2020!

Remember to use hashtags and tag WAGGGS in your posts:

[@wagggsworld](https://www.instagram.com/wagggsworld) [#MHDay2020](https://www.instagram.com/MHDay2020) [#ItsTimeForAction](https://www.instagram.com/ItsTimeForAction)

## Key message for social media

28 May is Menstrual Hygiene Day. Let's create a world where menstruation is just a normal fact of life. Create a menstruation bracelet like these @YESSMovement girls and tell us the global or local change that you would like to see!



Periods don't stop for pandemics! #MHDay2020 is taking place entirely online for the first time! There are so many ways to connect girls and advocate for better global menstrual hygiene for ALL women's and girls. <https://bit.ly/wagggsmh2020>



This week, we are teaming up with WAGGGS and Menstrual Hygiene Day to end period stigma and take action for access to period products and infrastructure. You can join in and be part of this video! <https://menstrualhygieneday.org/2020crowdsourcedvideo/>

More social media graphics at

<https://menstrualhygieneday.org/materials/2020campaign-materials/>

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## Some tips for 28 May

Today is Menstrual Hygiene Day! WAGGGS wants to know what challenges you face managing your period, and what decision-makers should do to improve it. Want to make your voice heard?



Share your views on ending period stigma! We are joining with U-Report to consult girls and young women in the challenges they face when it comes to menstruation, particularly under the life-changing context of COVID-19.



What are you or your community doing to support girls and women to have positive conversations about menstruation? Let us know your story @wagggsworld.



More social media graphics at  
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