

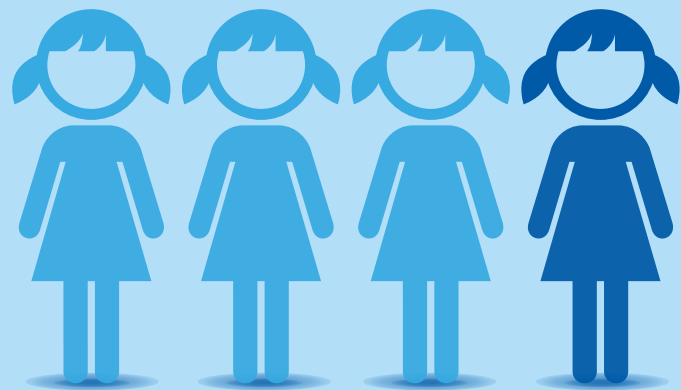
PERIODS DON'T STOP FOR PANDEMICS



VOICES OF YOUNG PEOPLE ON COVID-19 AND MENSTRUAL HEALTH AND HYGIENE

Through U-Report, we asked 3,910 girls and young women from 160 countries on how their periods have been impacted by the COVID-19 pandemic.

This is what they told us:



1 IN 4

U-Reporters said they are finding it harder to manage their periods during COVID-19 compared to before the pandemic. Most of these countries are facing lockdowns where schools, health centres and community centres are closed. COVID-19 has made it more difficult in the following ways:



47% Find it harder to get menstrual materials



23% Find it more difficult to get pain relief



14% Find it harder to talk about periods with the people they live with



6% have less privacy or access to safe toilets

Access to menstrual materials during the pandemic is the key challenge.

51% have less money to buy them



29% have less menstrual materials available where they live



5% said they are embarrassed to ask for them in their current circumstances

5% changed from disposable to reusable materials



51% can only talk openly about periods with very close people

12% can talk to no one at all about their periods



The majority of the young women and girls live in situations where periods are a taboo causing shame and stigma. This limits access to knowledge and emotional support.

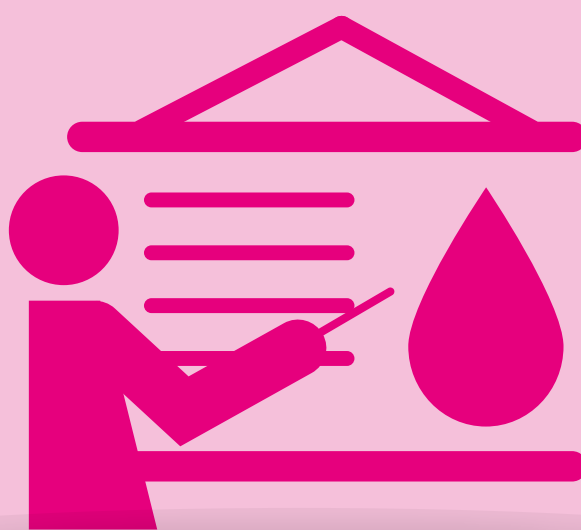


Girls and young women want their countries to act to overcome period poverty, shame and stigma.

37% of girls and young women believe their countries should provide free menstrual products



14% want period pain relief to be accessible



29% want their countries to provide period education to everyone



13% want safe toilets everywhere

We call on global leaders to invest in period education and action to end period poverty and period stigma as a core component of COVID-19 response and recovery plans to respond to the needs of young people and all generations. #ItsTimeForAction

