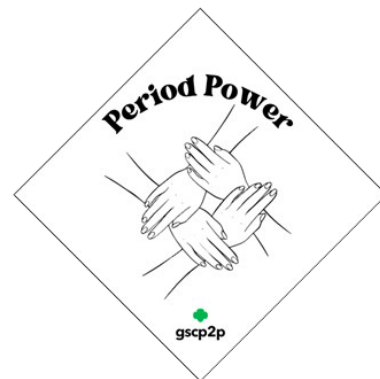




Period Power Patch Program

Learn the importance of period poverty and share this information with others to make an impact in our local communities and beyond.

GUIDELINES: Based on the grid, complete the number of activities for your grade level.

Purchase your patch at bit.ly/3VWhv6F.

Share your thoughts on this program at bit.ly/4puu5HZ. Your opinions will help us plan and enhance future programming.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL NUMBER OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

DISCOVER

- What is period poverty? Research and make a list of 5+ reasons why period poverty exists. You can use the provided links or find a more recent source to use.
 - [Ballard Brief](#)
 - [Radcliffe Harvard](#)
- Which groups of girls and women are most impacted by period poverty, and why? Are any other groups, not girls and women, impacted by period poverty? Who? Using the previous sources, or others you've found, answer these questions and discuss with your troop, your peers, or a trusted adult.
- Identify some common period stigmas or myths. How do these stigmas hold back people in everyday life? How might we, as a society, go about eliminating some of these stigmas? Using the previous sources, or others you've found, answer these questions and discuss with your troop, your peers, or a trusted adult.
- Girls often miss school due to their periods. Research and make a list of 3+ reasons why. What do you think can be done about these issues?
- Define the terms "pink tax" and "luxury tax" as they relate to period products. Does your state and/or municipality have taxes like these? If so, how are these taxes collected, and what menstruation items fall under these taxes? Do you think that a luxury tax is a fair way to raise funds? Why or why not?

- Research the history of menstruation products. What did women use in ancient times? What items did they use in the 1700s, 1800s, 1900s, and 2000s? What are women using now? Where do you see the greatest advancements of period product technology?
- Many cultures have varying views about periods. Research a different culture from yours and compare/contrast beliefs. For example, research the beliefs a Native American tribe has about periods. What beliefs are the same as your culture? What beliefs are different from your culture? How might learning a different culture's beliefs help eliminate period poverty?
- Name 3 ways to address period poverty. Out of these ways, which do you think is most feasible to put into action and why?

CONNECT

Answer the questions below and discuss with your troop friends or a trusted adult.

- Connect with a group in your area working to address period poverty and/or stigmas. Dig into their website and media platforms to find how they are addressing period poverty and stigmas. How are they addressing period poverty? How are they fighting stigmas? Would you use their methods? Why or why not? Do you think that their media platforms and websites help spread awareness? In what ways?
- Ask a trusted adult if they learned about periods in school. What did they learn about? Did they learn any stigmas or stereotypes? If they did not learn about periods in school, ask their opinion of providing a school curriculum on this topic. What do they think young people should know?
- Do you think that you learn the information you need about periods at school? What is left out? What benefits do you think there are to having all genders learn about period health? Compare your answers with other girls in your troop.
- Why is period poverty an important topic to learn about? Why do period stigmas exist? Talk to a family member or troop friend about period poverty and stigmas. What do they know? What can you teach them?

TAKE ACTION

Complete the following activities:

- Create a Period Kit for your Girl Scout Troop. What supplies will you need to include to ensure all girls feel confident? Include a restocking list so that replacements can be made when needed. Make a plan to ensure the kit is at all meetings and Troop outings.
- Write a letter to your School Board Council representative asking for period products to be made available for all students free of charge. Give examples of school systems that have implemented this type of program. Share your letter and any responses with your troop.
- Partner with a group you researched in the previous step to provide period kits for distribution. Work with your Troop to prepare 25 kits for donation.

The “Learn. Change. Period.” patch was developed as a Silver Award project by Girl Scout Cadette Martha-Ann W. from Troop #1539 of Service Unit 120 in Hampton, Virginia.

PERIOD POWER TOOLKIT



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Dear Period Power Partner,

Thank you for your commitment to providing period supplies and dignity to students in need. The Diaper Bank of North Carolina strives to ensure that periods never stand as a barrier to education, and with your help, we are one step closer to a world where every student can focus on their learning instead of their basic health.

Because period products are not covered by government programs such as WIC and SNAP (food stamps), many menstruating students are forced to use fewer period products or attempt to make their own at the expense of their health and hygiene. Not having the proper period supplies can lead to embarrassing accidents and anxiety surrounding periods, causing many students to decide to stay home during their period, even if it means missing school, work, or important social engagements. By providing period supplies, you are telling students that within your walls, they will never have to choose between their health and their education.

This Period Power Toolkit will walk you through how to provide period products in the way that works best for your school and its students, and it includes important tips for engaging with period poverty in ways that bring dignity to all. You will also find our contact information so that you can get individualized assistance at any point in the process.

We thank you for your work, because menstruating students deserve to fully participate in their lives, no matter the time of the month. Together, we can do this.

Michelle Old
Founder and Executive Director
Diaper Bank of NC

PERIOD POVERTY FAQ

What is period poverty?

“Period poverty” refers to the prevalent phenomena of being unable to afford products such as pads, tampons, or liners to manage menstrual bleeding. 1 in 4 menstruating individuals struggle to purchase period products due to lack of income. Period poverty also includes inadequate access to toilets, hand washing receptacles, and hygienic waste management. It keeps menstruators from attending school, work, and bleeding safely with dignity.

How does period poverty affect school-aged children?

Data from the National Assessment of Educational Progress (NAEP) demonstrates that 1 out of 5 menstruating students are absent for 3-4 days a month due to period poverty. This negatively affects academic performance and future opportunities.

Why should schools distribute period products?

A pilot project in NYC found that attendance increased by 2.4% at schools distributing free period products. Having access to period supplies alleviates the burden that menstruating students have to face monthly. Not only does this increase attendance and improve academic outcomes, but it also improves overall quality of life.

What does period poverty look like locally?

Awareness has grown globally about menstruating individuals struggling because they lack period products, but far less recognized is the impact of this issue right in our own community. In North Carolina, 1 in 5 menstruating individuals between the age of 12 and 44 lives below the Federal Poverty Line, and in NC Orange County Public Schools, approximately 43% of students qualify for free or reduced lunch. Many of these menstruating individuals are unable to purchase the period supplies they need.

How can you help?

You can address period poverty in your school! By partnering with Diaper Bank of North Carolina's Period Power Program, your school will be provided with free period products that can then be distributed to anyone who needs or wants them.



5 WAYS TO DISTRIBUTE PERIOD PRODUCTS IN SCHOOLS

1

Product Shelves in Each Bathroom

We provide small shelving units in each bathroom so that students can grab what they need without having to share with someone else that they are on their period.



2

Bathroom Posters and Products in Strategic Locations

We display posters in the bathroom in both English and Spanish with a list of 5-6 places throughout the school where they can access supplies.

3

Bathroom Posters and Products in One Central Location

This is a great option for smaller schools! Posters in the bathroom directing students to a shelf in a discreet, central location.



4

Flow Kits in Each Classroom

Stock up every single classroom with a kit of supplies that they can access on their own when in need.

5

Period Products in Empty Lockers

Utilize empty lockers and have period products available throughout the school building.



1

Product Shelves in Each Bathroom

We provide small shelving units in each bathroom so that students can grab what they need without having to share with someone else that they are on their period.



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2

Bathroom Posters and Products in Strategic Locations



We display posters in the bathroom in both English & Spanish with a list of 5-6 places throughout the school where students can access supplies.

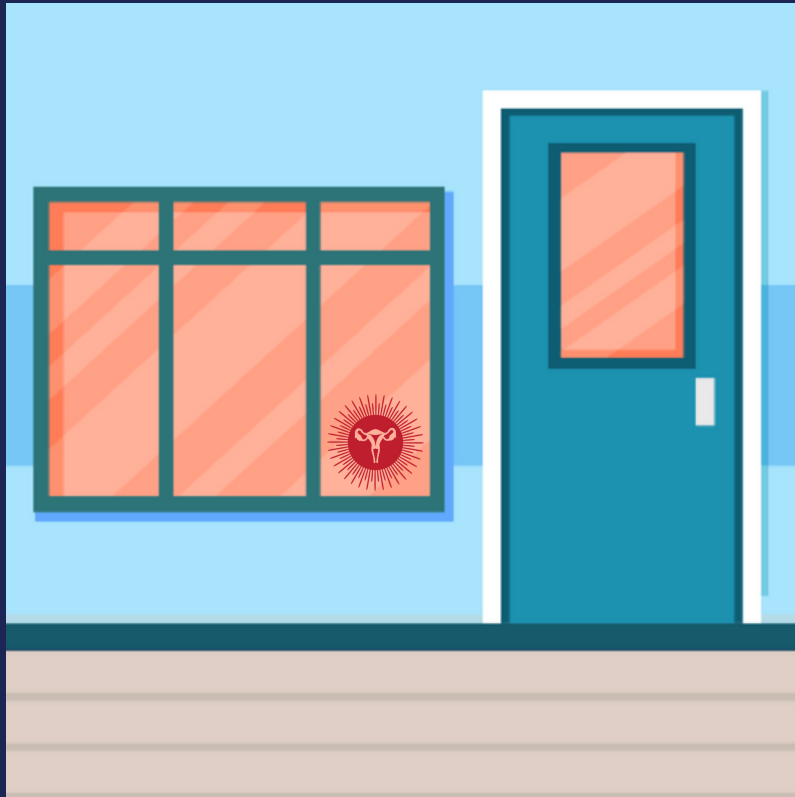


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3

Bathroom Posters and Products in One Central Location



We display posters in the bathroom in both English & Spanish directing students to a shelf in a discreet, central location.

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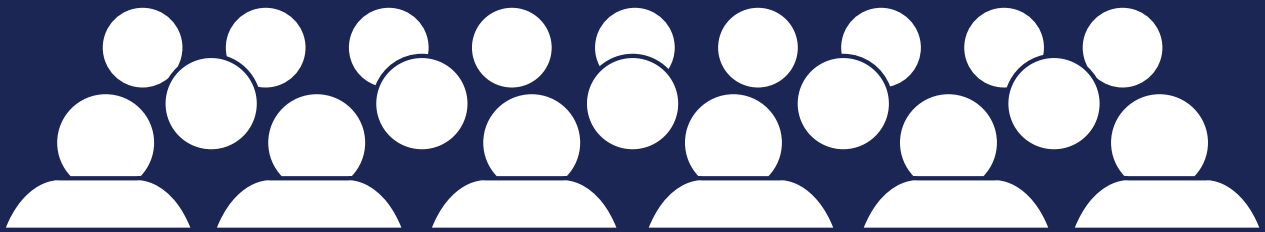
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4

Flow Kits in Each Classroom

We stock up every classroom
with a kit of supplies that
students can access on their
own when in need.



Read more about Flow Kit set up on the
following pages!



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5

Period Products in Lockers



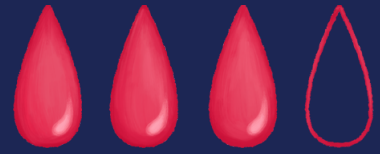
Utilize empty lockers and have period products available throughout the school building.



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The Flow Kit



Set-Up

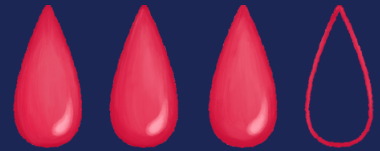
- 1) Flow kits should consist of 20 liners and 20 regular pads or tampons.
- 2) Staff or a student group should be in charge of checking and restocking flow kits.
- 3) Flow kits should be placed such that students can grab products as needed.



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The Flow Kit



Train approximately 6 school staff members to store and distribute menstrual products. These will be the key individuals that students can approach.

Staff should decipher the needs of the individual and their family. To prevent unintentional shaming, the staff should stick to these 3 questions:

1

Do you need something for today or longer-term?

2

Do you need a pad or tampon?

3

Does anyone at home need products?



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Contacts & Resources

TRIANGLE – MAIN BRANCH

1311 E. Club Blvd
Durham, NC 27704
(919) 886-8085
info@ncdiaperbank.org

GREATER TRIAD BRANCH

(919) 886-8085
info@ncdiaperbank.org

LOWER CAPE FEAR BRANCH

915 South 16th Street
Wilmington, NC 28401
(910) 777-3243
lowercapefear@ncdiaperbank.org

CHARLOTTE BRANCH

3418 Vane Court
Charlotte, NC , 28206
(980)900-7364
avery@ncdiaperbank.org



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WHY WE COLLECT PERIOD PRODUCTS



**24.6
MILLION**

In the United States, 24.6 million people with periods can't afford period products.



Lack of access to period products prevents individuals from living with dignity and jeopardizes their health, jobs and education.

\$70

A year's supply of period products can cost as much as \$70 per person.

16,000

A menstruating individual may use up to 16,000 pads or tampons during their lifetime.



Students in our community miss school because they cannot afford period products and do not want to have an accident at school.



Individuals experiencing period poverty are often forced to improvise replacements for traditional period products out of toilet paper or clothing.



Period products cannot be purchased with WIC or food stamps, and are not exempt from sales tax.

Stories From the Field

"This program is very supportive to our menstruating students. The students are very receptive to utilizing the provided products, and I have noticed that less of these students are leaving school early due to reasons associated with soiling of clothing, and these students are able to maintain attendance at school." - New Hanover County Schools Partner

Contacts & Resources

On the following pages are posters that can be posted in bathrooms in order to direct students to resources. Posters should be in both English and Spanish.



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BECAUSE PERIODS ARE HARD ENOUGH



Periods are hard enough without having to stress about not having what you need. We've got you covered.

GET FREE PERIOD PRODUCTS HERE:

PERIOD



POWER

a dignity program of



DIAPER BANK
of North Carolina

NO DEJES QUE UNA CAJA VACÍA TE DETENGA



Tener tu periodo es lo suficientemente difícil sin tener que preocuparte por no tener lo que necesitas. Estamos aquí para ayudarte.

OBTÉN PRODUCTOS DE HIGIENE FEMENINA AQUÍ:

PERIOD



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DIAPER BANK
of North Carolina

RUNNING LOW?



Periods are hard enough without having to stress about not having what you need. We've got you covered.

GET FREE PERIOD PRODUCTS HERE:

PERIOD



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of North Carolina

PERIODS DON'T TAKE AWAY YOUR POWER



Periods are hard enough without having to stress about not having what you need. We've got you covered.

GET FREE PERIOD PRODUCTS HERE:

PERIOD



POWER

a dignity program of



DIAPER BANK
of North Carolina

TENER TU PERIODO NO TE QUITA PODER



Tener tu periodo es lo suficientemente difícil sin tener que preocuparte por no tener lo que necesitas. Estamos aquí para ayudarte.

OBTÉN PRODUCTOS DE HIGIENE FEMENINA AQUÍ:

PERIOD



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of North Carolina

THANK YOU!

**For your commitment to
providing period
supplies to students in
need to ensure that
periods never stand as
a barrier to education.**

**We look forward to
working with you and
moving one step closer
to ending Period
Poverty.**



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