



INSERT NAME

Organisation/affiliations

[Date]

Dear [insert name],

Menstrual Health (MH) is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity, in relation to the menstrual cycle. (Hennegan et al., 2021). An absence of menstrual health can result in women, adolescent girls, transgender men, or non-binary individuals that menstruate inability to participate in society fully. This is an infringement on their human rights. (Hennegan et al., 2021)

At least 500 million adolescent girls and women lack adequate menstrual health management facilities (World Bank, 2018). If not guaranteed, basic needs, such as access to toilets, particularly in public places, such as schools, workplaces or health centres, can pose a significant obstacle to women and girls' human rights and long-prospect of life (OHCHR, n.d.; World Bank, 2018). A growing body of evidence shows that girls' inability to manage their menstrual hygiene in schools results in school absenteeism, which has severe economic costs on their lives and the country (OHCHR, n.d; World Bank, 2018).

In June 2022, the UN Human Rights Council began its 50th Session in Geneva, marking the first-panel discussion on menstrual hygiene management, human rights and gender equality (OHCHR, 2022). A human rights approach to menstrual health prioritises those who are more vulnerable and often forgotten (e.g., refugees, incarcerated people, homeless people, gender diverse, disabled and sex workers). While adopting resolutions operating a human rights lens, specific concerns were expressed about the negative impact of lack of access to adequate water and sanitation facilities, including for menstrual health and management, gender equality and women's, adolescent girls, transgender men, and non-binary people that menstruate enjoyment of human rights. It also sheds light on the grave human rights situations in some countries as Afghanistan, Belarus, China, Eritrea, Israel and OPT, Russia, Sudan, Syria and Venezuela (ISHR, 22).

Currently, there is a global pandemic of poor menstrual health!

THE ASK

We call on you to commit to the highest level of menstrual health in your region by implementing policies related to menstrual health.

- *Providing a selection of safe and affordable menstrual products*
- *Providing hygienic, private, and safe spaces where menstrual products can be changed or cleaned*
- *Ensuring that women, adolescent girls, and people that menstruate have the cultural and contextual information and the education that they need to manage their menstruation appropriately.*
- *Co-creating gender-transformative campaigns that address menstrual health stigma and shame in the community, workplaces, schools, universities, hospitals, or in the home*

We look forward to further sharing and discussing your actionable commitments that will strengthen menstrual health management and approach in [country] and deliver on health security goals to the highest level of enjoyment of human rights for all.

Yours sincerely,

[Name]

REFERENCES

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