

Wrapped In Love: Personal Care Campaign

Wrapped In Love (WiL) hopes to alleviate the cost of period supplies in Yavapai County for all students. We know that getting your period is an expense that not all people can comfortably afford, so we want to provide a hand up by distributing tampons and pads to all of the schools in our area. Please use this living and breathing document to learn more about periods in general, as well as period poverty, in the United States and globally.

If you have any additional questions, please contact Melea Banaszak, Capacity Building Coordinator at WiL, at mbanaszak@arizonaserve.org

Period Basics

Videos:

- **Why Do Girls Get Periods? | Menstruation | The Dr Binocs Show | Peekaboo Kidz** (6 minutes) https://www.youtube.com/watch?v=PeL_XtBrOxw
- **A History of Menstruation** (22 minutes) <https://www.youtube.com/watch?v=UU929NUgdTk>

Articles:

- https://assets.ctfassets.net/aqfuj2z95p5p/2meV0rWCR9GuQrtPqnCca0/26c624987e3845fe3a5c81c272a93823/014844_Always_Puberty_Confidence_Guide_for_Parents_and_Carers-51-1.pdf
- All About Periods for Kids <https://kidshealth.org/en/kids/menstruation.html>
- Your Menstrual Cycle <https://www.womenshealth.gov/menstrual-cycle/your-menstrual-cycle#:~:text=Menstrual%20blood%20and%20tissue%20flow,progesterone%20hormone%20levels%20begin%20falling.>
- What is Menstruation? <https://www.plannedparenthood.org/learn/health-and-wellness/menstruation>

Podcasts:

- 28ish Days Later: India Rakusen explores the whole bloody story of the menstrual cycle, discovering facts that could change your life. Periods are just the beginning. <https://open.spotify.com/show/0le1kyKiXmaI8fsZL8owqp?si=06545cdcd316453c>

Books:

- *Periods Gone Public: Taking a Stand for Menstrual Equity* by Jennifer Weiss-Wolf
- *Period Power: A Manifesto for the Menstrual Movement* by Nadya Okamoto
- *It's Only Blood* by Anna Dahlqvist

Social Media Pages:

- Instagram:
 - @getpapped: Ending the stigma around cervical health by encouraging you to be accountable & book your cervical screenings

Period Poverty

Videos:

- **Pandora's Box: Lifting the Lid on Menstruation** (75 minutes)
www.youtube.com/watch?v=fki-a5Vj5M8
- **The bloody truth about period poverty in America** (23 minutes)
www.youtube.com/watch?v=gPWrijkB0xY
- **A History of Menstruation** (22 minutes)
www.youtube.com/watch?v=UU929NUgdTk
- **How Do Homeless Women Cope With Their Periods? Bustle** (7 minutes)
www.youtu.be/ABch4VYOJZ0?si=I9eRqX5MFfvEEftW
- **Period. End of Sentence.** (26 minutes)
<https://www.youtube.com/watch?v=Lrm2pD0qofM>
- **Diaper Bank of Central Arizona Overview** (3 minutes)
https://www.youtube.com/watch?v=f6S_ThHlvzk&t=78s

Articles:

- Periods Don't Stop for Pandemics – Neither Will Our Efforts to Bring Safe Menstrual Hygiene to Women and Girls (2020)
<https://www.worldbank.org/en/news/feature/2020/05/28/menstrual-hygiene-day-2020>

Podcasts:

- Period Poverty | A Conversation with Megha Desai, President of the Desai Foundation Around Menstruation in South Asia: 1 in 5 girls in South Asia will drop out of school after the onset of their period. Period poverty is a global issue with wide-ranging impact. The Desai Foundation's President, Megha Desai, joins TDS to discuss their initiatives to provide access to education, period products, infrastructure, and more - and above all, dignity.
<https://open.spotify.com/episode/67BNtXPAzskIBQhMNHpJ1T?si=22fce65bd9c64511>

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