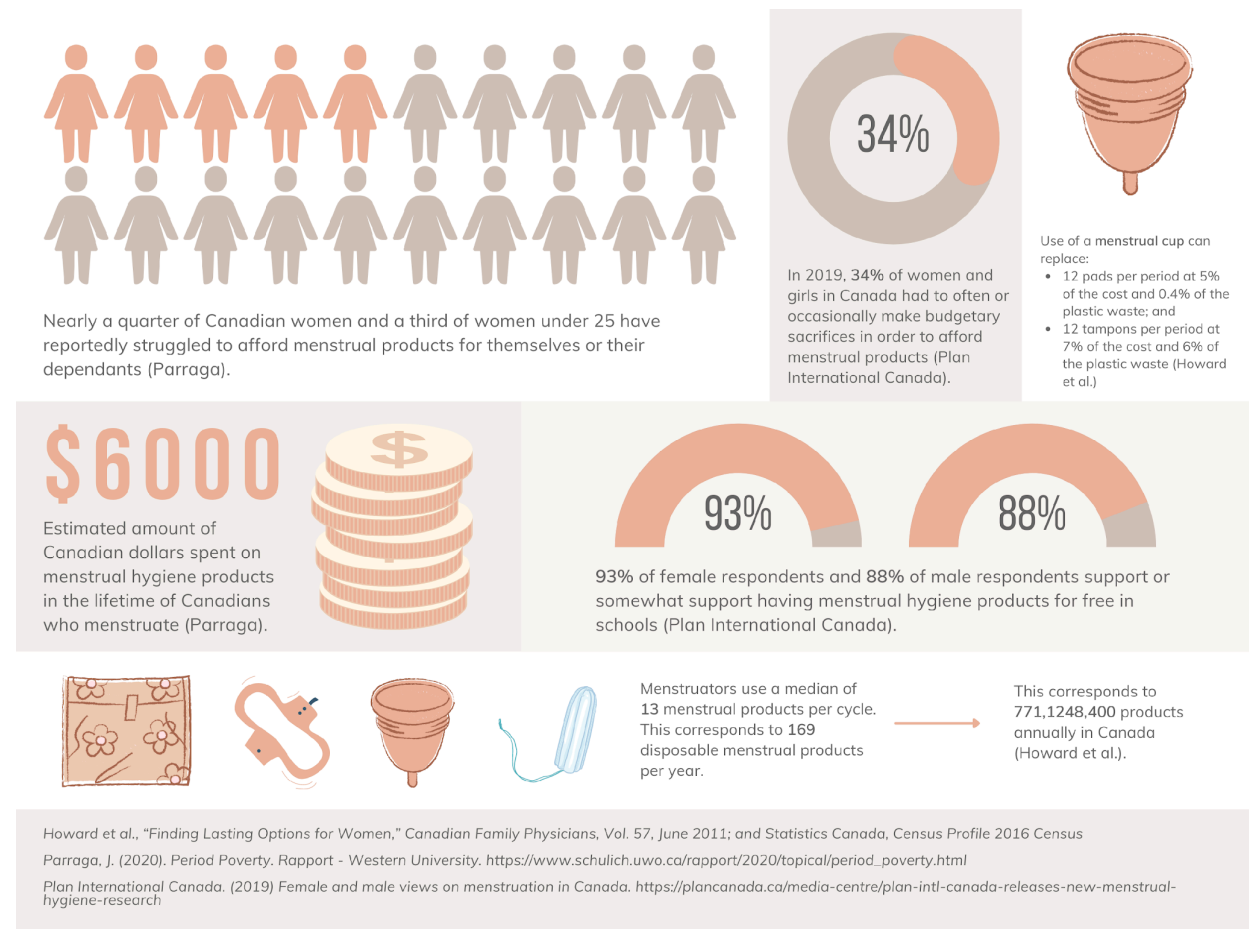


Menstrual Management Distribution Project

EVERYONE who has a period knows the feeling of being caught unexpectedly without what they need to manage in a way that preserves our comfort and dignity. For many, this is a temporary inconvenience, but for others, this anxiety and the want that produced it is real and ongoing. According to recent surveys, 15% of people with periods in Canada have struggled to get menstrual products and are worried about their ongoing ability to afford them; and 35% have had to sacrifice something else in their budget to afford menstrual products.



At Concordia, this means that thousands of students – your classmates – are preoccupied with how they will avoid bleeding through their pants this month. They are dedicating mental bandwidth to figuring out how to solve this challenge, when this mental effort would be better spent learning and finding solutions to the world's problems.

It is time to make period products free, accessible, and sustainable at Concordia.

The three-part project

THE THREE-PART PROJECT

MENSTRUAL MANAGEMENT DISTRIBUTION PROJECT



EMPOWERMENT

Teaching members of the Concordia community to make their own reusable menstrual items.

ADVOCACY

Advocacy campaign for the University to provide menstrual products in campus bathrooms.

DISTRIBUTION

Distribution of menstrual products to students, with support from a Sustainability Action Fund grant

Empowerment: In October 2021, the Peer Wellness Ambassadors, Zen Dens, and Health Services ran a workshop to teach members of the Concordia community how to make reusable menstrual items. Training and supplies were provided, and a partnership with [CUCCR](#), a Creative Arts Therapy student, and [Atelier Adopt Fabric](#) helped make this a success.

A second workshop will be held in February 2022. These items will be for personal use, and participants will also have the opportunity to share the items they make with members of our community who want or need them.

Advocacy: Launch a formal advocacy campaign with the University to provide tampons and pads in campus bathrooms to address “just in time” needs. These items would be stocked and replenished by the university's custodial services in campus bathrooms. We aim to secure lasting funding by asking the University to include menstrual health management items in the Facilities budget line (the same as toilet paper). We will also advocate providing disposable items that are as environmentally friendly as possible.

The second part of our advocacy plan will be to conduct a survey on Concordia student, staff, and faculty menstrual management needs, in partnership with the CSU. This [survey](#) will gather qualitative and quantitative data on the need for accessible and sustainable menstrual products on Concordia

campuses. Data will be analyzed and presented to the University as efforts to encourage the supply of menstrual products in campus washrooms. The survey aims to close in January 2022.

A student-led petition and advocacy letter is in the works to be circulated through the Concordia student population in February 2022 to further support the initiative.

Distribution: The [Peer Wellness Ambassadors](#) successfully received a grant from the [Sustainability Action Fund](#) in 2021 to provide reusable menstrual products (cups and pads) to students. After finding that the [CSU](#) is also advocating for this cause, the two groups partnered up, with support from the [Zen Dens](#) and [Health Services](#) to maximize our reach, impact and improve access to these products on campus.

In February 2022, a distribution program will be launched, where students can drop by the CSU to pick up a menstrual product of their preference, either a Diva Cup or various styles of reusable pads.



**STUDENT
SERVICES**

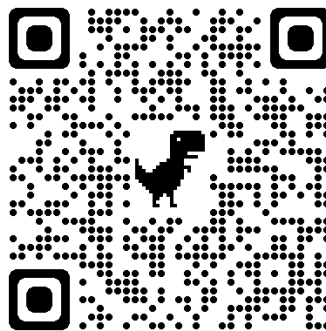
Health
Services



**SUSTAINABILITY
ACTION FUND**



**CONCORDIA
STUDENT
UNION**



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