



WE NEED TO TALK  PERIOD.

PRINCIPLES FOR PERIOD JUSTICE

Plan International Ireland is calling for four actions to address the 'Toxic Trio' of period injustices.

What is the 'Toxic Trio'?

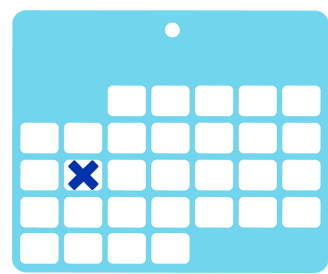
THE COST OF PERIOD PRODUCTS

Many girls in Ireland & across the world are struggling to cover the cost of their periods every month.



A LACK OF EDUCATION ABOUT PERIODS

Girls aren't taught how their bodies work. Many don't know what to do when their period starts.



SHAME, STIGMA AND TABOO

Girls are often told there's something wrong with their bodies when they have their period.



RECOMMENDED ACTIONS

CHANGE THE CONVERSATION ON PERIODS

Senior leaders and public figures have a responsibility to tackle the shame and stigma around periods so they become an everyday topic for all of us.

ENSURE PROPER EDUCATION ON PERIODS

Primary and secondary school pupils need to learn about periods. This must include integrated classes for girls and boys, that look at the biological, physical, emotional, social and practical aspects of periods.

END PERIOD POVERTY

Commitments to tackle period poverty in Ireland are welcome. We are calling for a comprehensive approach that ensures the free provision of a wide range of period products for all those who need them.

INCLUDE PERIOD JUSTICE IN OVERSEAS ACTION

The lack of access to period products has a detrimental impact on the health, safety & well-being of girls & women in development and humanitarian contexts.

Menstrual health & hygiene management should be mainstreamed into Ireland's overseas development & humanitarian work.