

PERIOD POWER TOOLKIT



**PERIOD
POWER**

a dignity program of Diaper Bank of NC



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

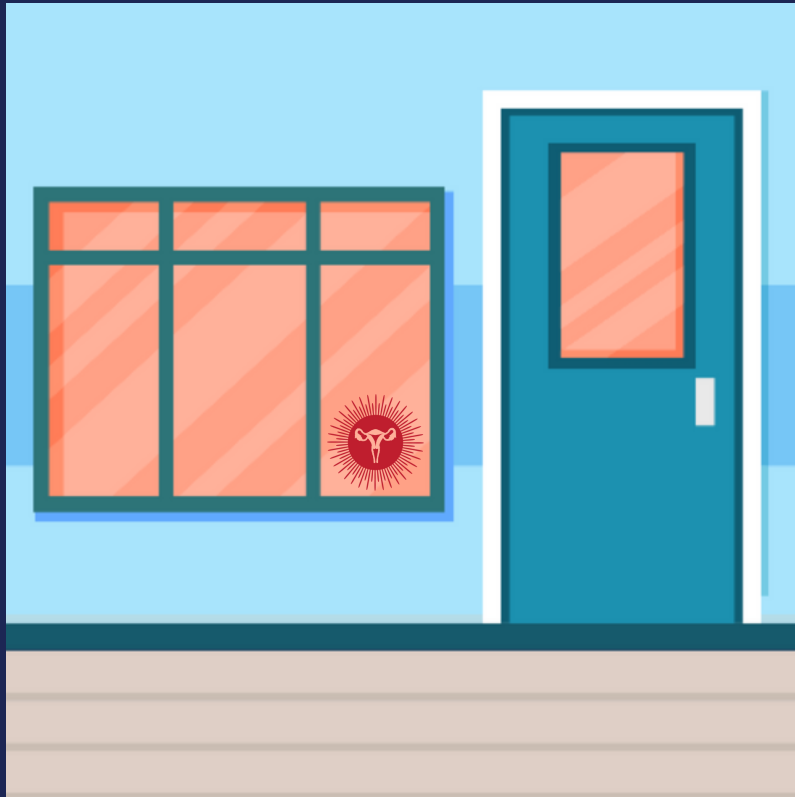
Bathroom Posters and Products in Strategic Locations



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.

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.

This is a great option for smaller schools!



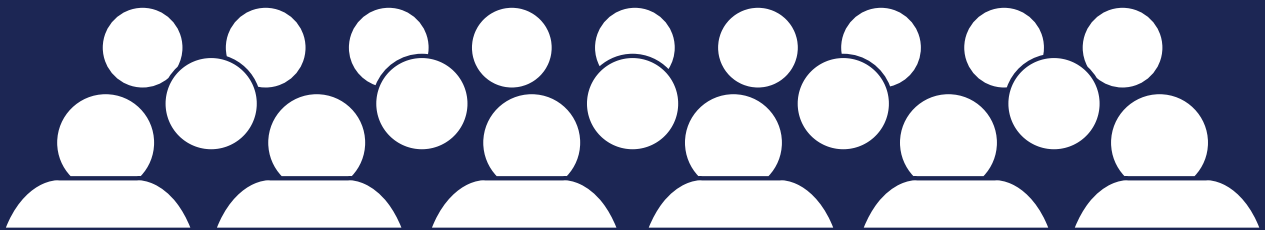
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4

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



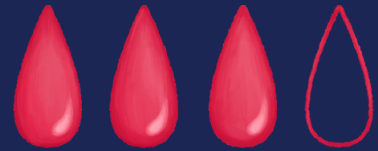
Utilize empty lockers and have period products available throughout the school building.



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The Flow Kit



Set-Up

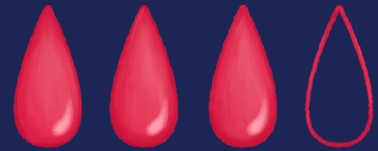
- 1) Flow kits should consist of 20 liners and 20 regular pads or tampons.
- 2) Staff or a student group should be in charge of checking and restocking flow kits.
- 3) Flow kits should be placed such that students can grab products as needed.



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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



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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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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:

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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:



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:

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DIAPER BANK
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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