

# **SD 42 Menstrual Initiative: Making Restrooms Equal**

# Let's Compare

Boys restrooms contain all the single-use paper products needed for boys to conveniently manage their normal bodily functions.

Girls restrooms are not so equipped:

- No dispensers for tampons and pads;
- No signs telling what to do if you get your period, and where to access menstrual products;
- Some bathrooms lack disposal bins, counters, coat hooks;

**Tampons and pads are essential items to be readily available and accessible, just like toilet paper.**



# The Problem

**Girls may under-perform, miss school, and avoid athletic, social, & other activities if they cannot manage their period.**

- Girls expected to provide their own period products;
- Or seek the nurse, administrator, counsellor to ask for supplies;
- Male custodians recoil; boys make fun;
- Leads to a culture of concealment, in sleeves, waistbands;
- High cost of products is a financial barrier for low-income families;
- Institutional silence and lack of support breeds shame, and perpetuates menstrual stigma.



# The Solution

## Install coin-free tampon & pad dispensers

New, modern designs from Hospeco:

- Push-button or hands-free dispensing;
- Coin-free with indicator light, timer;
- CAD \$200-300 per unit\* ;
- Stocks single-use wrapped products, 500 for \$50;
- Eliminate padlocks, coin collection, vandalism;
- Education needed for usage and disposal;
- Existing dispensers can be modified to vend for free.



\* Distributed in Canada by Veritiv, Global Industrial, and others. Lucite courtesy dispenser costs \$17, and is more suitable for a staff restroom.

# Disposal Issues & Solutions

Toilet clogs mean costly down-time, and maintenance issues:

- Girls asked to dispose into receptacles that are improperly lined, or unsanitized, posing a health risk\* to users and custodial staff;

New modern designs\*\* are cheap and easy to use:

- Single-use, bio-degradable bags and bin liners (\$8);
- Protects plumbing because waste goes in the trash;
- Protects health of users, custodians, cleaning staff.

\*\* Hepatitis B, Hepatitis C, AIDS, sexually transmitted diseases (STD), and other blood-borne viruses

\* [www.scensiblesource.com](http://www.scensiblesource.com), also available through Hospeco and Canadian suppliers.



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# Cost By School

## Cost of Funding Menstrual Product Dispensers by School

School	District	Student Population	No. of Girls & Universal Restrooms	No. of Staff Restrooms	Equipment Cost*	Supplies Cost**	Cost per Student Year 1	Cost per Student Year 2
Sir John Franklin Elementary	39	200	2	3	\$700	\$200	\$4.50	\$1.00
Fraser River Middle	40	500	6	4	\$1900	\$400	\$4.60	\$0.80
Templeton Secondary	39	1000	10	8	\$3200	\$800	\$4.00	\$0.80
New Westminster Secondary	40	2000	16	10	\$5000	\$1600	\$3.30	\$0.80

\* One-time cost of CAD\$300 each for coin-free EVOGEN dispenser per girls restroom. Staff restrooms:\$17 lucite courtesy dispenser. Estimate.

\*\* Annual cost of stocking tampons and pads, at \$50 per box of 250 pads; \$87 per box 500 individually-wrapped units. Estimate. Volume discounts may apply.

# Funding

- Seek funds from various sources, accounts, grants;
- Initial capital funds may come from PAC, or direct drive request;
- Temporarily economize on sports, shop, technology equipment expenditures to fund purchase of dispensers;
- Conduct a student vote to approve funding;
- New and renovated schools to be so equipped.



# A Growing Movement


- In June 2016, New York City Council signed laws to put coin-free dispensers in all schools, shelters, jails;
- In 2017, so too Illinois, California, Portland, Fort Worth;
- In Aug 2018, Scotland becomes the first country to provide accessible period products in all schools, colleges, universities;
- In Canada: Humber College, McGill University, Centennial College (cost \$7,000/yr);
- Toronto City Council (2018) approved \$2 million to supply Toronto shelters with period products;
- **What about British Columbia?**

**NEW YORK CITY**



**New York City: June 2016**  
New York City passed the first legislation in the U.S. to ensure free menstrual products in the restrooms of all public schools, shelters and jails. School initiative has resulted in a reduction in absenteeism.

**ILLINOIS**



**State of Illinois: August 2017**  
The Learn with Dignity Act was passed - Public Act 100-0163. Starting January 1, 2018, Illinois school districts and charter schools will be required to provide feminine hygiene products (tampons and sanitary napkins) in bathrooms of school buildings for free.



# BC – New Legislation

- To provide tampons, pads in restrooms;
- Acknowledge and support menstruation;
- Reduce financial barriers;
- Educate people, and create empathy;
- Reduce anxiety, accidents, shame;
- Increase participation, engagement, performance of menstruating students.



Mayor Bill de Blasio signing legislation increasing access to menstrual products for New York City's shelters, students, inmates, July 13 2016. Courtesy Sarah Ruiz-Grossman, Huffington Post



Photo credit: Centennial College School of Advancement, News, [www.centennialcollege.ca](http://www.centennialcollege.ca)

# Education a necessary companion to the initiative

## Menstrual Education – Train the Trainer For Teachers

Although the BC learning standards support sexual health education, learning is often delivered only once per year or through an enhanced program with a private educator every couple of years.

This is an opportunity for schools to do more to continue the conversation and create positive environments for pupils to ask questions about the changes happening to their bodies.



# Education a necessary companion to the initiative

**This workshop, offered by Corinne Underwood, sexual health educator, will cover:**

- The importance of menstrual education – consistency in the message
- Period facts – grade appropriate information
- How best for teachers to support students when periods happen
- The importance of the buddy system
- The tour – how to use the dispensers and proper disposal of used tampons and pads

\*see handout for further information



Shame disappears when  
you shine light on it



# Resources

- Hospeco Period Partner has great resources, news, products, support: <https://hospeco.com/PeriodPartner>
- Hospeco Menstrual Care System Video (3:55): [https://www.youtube.com/watch?time\\_continue=3&v=qDrESINrWEg](https://www.youtube.com/watch?time_continue=3&v=qDrESINrWEg)
- Disposal Solutions: [Hospeco Sanitary Disposal](#)
- Disposal Issues Video (9:30): <https://www.youtube.com/watch?v=gtBS-gKDvys>



# Questions and Information

- Contact: Corinne Underwood, Sexual Health Educator
- Tel: 778 990 1059
- Email: [info@choicesforsexualhealth.com](mailto:info@choicesforsexualhealth.com)
- [www.choicesforsexualhealth.com](http://www.choicesforsexualhealth.com)