

Provision of Free Period Products

By Keyna Sarkar, a youth Bramptonian delegate

Period Poverty

- Restricted access to safe, hygienic, and sufficient menstrual products.
- Menstruators living in poverty are forced to choose between pads or food, electricity or tampons.
- Connected with a low self-esteem, lack of confidence, and severe health issues.
- Plan International Canada's 2019 Gender Study showed that **24% of all Canadian women** and **33% of Canadian women under 25** have struggled to afford period products for themselves and/or their dependants.

Inequality in the Community

- Plan International Canada's 2019 Gender Study showed that **68% of Canadian women** felt that their period prevented them from full participation in an activity.
- PIC's 2018 Gender Study showed that **70% of Canadian women** say they have missed school or work or have withdrawn from social activities because of their period.
- This percent is **higher in menstruators under 25**, affecting the future of our community.
- Leads to unequal opportunities for those who menstruate.

Solution: Provision of Free Menstrual Products in Public Washrooms

- Why do we need to do this?
 - Increased access to menstrual products
 - Advance gender equality
 - Ensure equity in opportunities provided for growth and success.
 - Fight period poverty in our community, making Brampton a better place to call home.
- This is no different from providing tissues, handsoap, and water in public washrooms. **Periods don't stop.**

Setting an Example

- In April 2019, B.C. mandated all public schools to provide free menstrual products in their washrooms.
- In August 2019, Toronto District School Board announced provision of free period products in all Toronto public schools.
- In April 2021, City of Edmonton announced they will provide free period products in all women and gender inclusive public washrooms.
- Brampton needs to join this red movement and set an example for other cities in Ontario as well as Canada.

Thank You!

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