

## □ 10 Things Boys Can Do to Fight Menstruation Shame in Their Communities

### Be the Change. Break the Stigma.

Menstruation is a normal part of life — but in many places, it’s surrounded by shame, silence, and misinformation. Boys have a powerful role to play in changing that. Here are **10 simple but impactful ways** to fight menstruation shame and become a true dignity ally.

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#### ✓ 1. Use the Right Words

Say “**menstruation**” or “**menstrual cycle**” with respect. Avoid slang, teasing, or awkward jokes. Normalize it in everyday conversation.

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#### ✓ 2. Learn the Facts

Understand what menstruation really is — not myths or locker-room gossip. Being informed helps you speak up and support others confidently.

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#### ✓ 3. Stop the Jokes

Never laugh at someone for menstruating or having a stain. Shut down teasing and jokes when you hear them — online or in person.

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#### ✓ 4. Speak Up for Respect

If someone is being teased, stand up for them. Say, “That’s not okay,” or quietly check if they’re alright. Silence can make you part of the problem.

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#### ✓ 5. Support Clean & Safe Toilets

Keep school and public toilets clean and safe for everyone. Don’t vandalize restrooms or mock menstrual hygiene bins.

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#### ✓ 6. Join or Support Pad Drives

Contribute to or help organize pad donation campaigns. Everyone deserves access to menstrual products — period.

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✓ **7. Offer Help with Discretion**

If you see someone struggling (e.g., needing a pad or hiding a stain), offer help quietly and kindly — like lending a sweater or alerting a teacher.

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✓ **8. Include Everyone in the Conversation**

Encourage your male friends and classmates to talk respectfully about menstruation too. Lead by example.

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✓ **9. Respect Privacy**

Don't ask invasive questions or pressure anyone to talk about their menstruation. Create a judgment-free space instead.

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✓ **10. Be the Guy Girls Trust**

Be the boy others feel safe around — someone who listens, doesn't shame, and always uplifts. That's real strength.