

Is Your School Menstruation -Friendly? A Practical Checklist for Schools & Educators

Use this guide to assess how well your school supports menstrual health and dignity — and identify areas to improve. Every "yes" is a step toward a more inclusive, empowering environment for girls.

1. Education & Awareness

1. Menstrual health is included in the school's curriculum or life skills education.
 2. Boys and girls are both educated about menstruation and its importance.
 3. Teachers have received basic training on menstrual health and how to support students.
 4. There are open, shame-free conversations around periods in the classroom or school clubs.
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2. Facilities & Hygiene

- The school has clean, private toilets for girls with functional locks.
 - Toilets have water access and soap for handwashing.
 - There are covered bins for safe and hygienic disposal of used menstrual products.
 - There is a regular cleaning schedule to maintain hygiene in toilets.
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3. Access to Menstrual Products

- Emergency pads or menstrual products are available at school.
 - Girls know *where* and *who* to go to if they need menstrual products.
 - There's a designated staff member responsible for managing the emergency supplies.
 - The school partners with local NGOs, health workers, or parents to support product availability.
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4. Staff Involvement & Support

- Female staff are available to support students during their periods.
 - Male teachers are informed and show empathy around menstrual health.
 - Teachers respond appropriately to period-related emergencies or discomfort.
 - Staff do not shame, dismiss, or ignore period-related issues.
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5. Student Empowerment & Culture

- Girls feel safe, supported, and not embarrassed about being on their period at school.
 - Boys are respectful and do not tease or shame girls during their periods.
 - Students are encouraged to report any bullying or period-related harassment.
 - There are student-led clubs or initiatives where menstrual health can be discussed.
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6. Policy & Long-Term Action

- The school has a menstrual health policy or guideline.
 - There is a budget or plan to restock sanitary products regularly.
 - Parents and community members are involved in menstrual health awareness.
 - The school has long-term goals for improving menstrual health support.
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Scoring Yourself:

- **20–24 "Yes" answers** – You’re doing an amazing job! Your school is a strong model for menstrual dignity.
- **14–19 "Yes" answers** – Great progress, but there’s still room to grow.
- **7–13 "Yes" answers** – You’re on the right path. Prioritize key improvements.
- **0–6 "Yes" answers** – It’s time to take action. Start with small changes and build momentum!