

□ How to Be a Menstruation Ally: Do's and Don'ts Cheat Sheet (For Boys & Men)

☑ DOs	✗ DON'Ts
Speak about menstruation with respect and maturity .	Don't make jokes, tease, or act like menstruation is disgusting.
Offer support if someone looks uncomfortable or unwell.	Don't ignore someone in distress or tell them to "toughen up."
Be discreet and kind if someone has a stain or needs help.	Don't point out menstrual stains loudly or make fun of them.
Encourage clean and safe toilets in schools and public places.	Don't vandalize or mess up school toilets, especially those girls use.
Learn basic facts about menstruation — it's normal biology.	Don't believe or spread myths like "menstruation makes girls dirty."
Speak up when others shame or bully someone over menstruation.	Don't stay silent when others are being mean or ignorant.
Include menstruation education in boys' groups and conversations.	Don't act like "it's not our business" — it is.
Buy or carry pads if you're helping a sister, friend, or partner.	Don't act embarrassed about sanitary pads or menstrual products.
Treat menstruating girls with extra patience and empathy .	Don't say things like "are you moody because you're menstruating?"
Be proud to be a respectful, informed, and kind ally.	Don't think caring makes you weak — it makes you wise.