

LEARNING BURST!  
PERIOD POVERTY  
AND PROGRAMS TO  
HELP: MAKING SURE  
EVERYONE IN NM  
HAS ACCESS TO  
MENSTRUAL  
PRODUCTS

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# Disclosure

- Jen Robinson, MS, WHNP-BC, CNM, RN is a Nexplanon trainer for Organon
- Wendolyne Omaña does not have disclosures

# Learning objectives

**01**

Review definitions of menstrual health and period poverty

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**02**

Discuss how lack of access to menstrual hygiene products impacts the lives of people who menstruate

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**03**

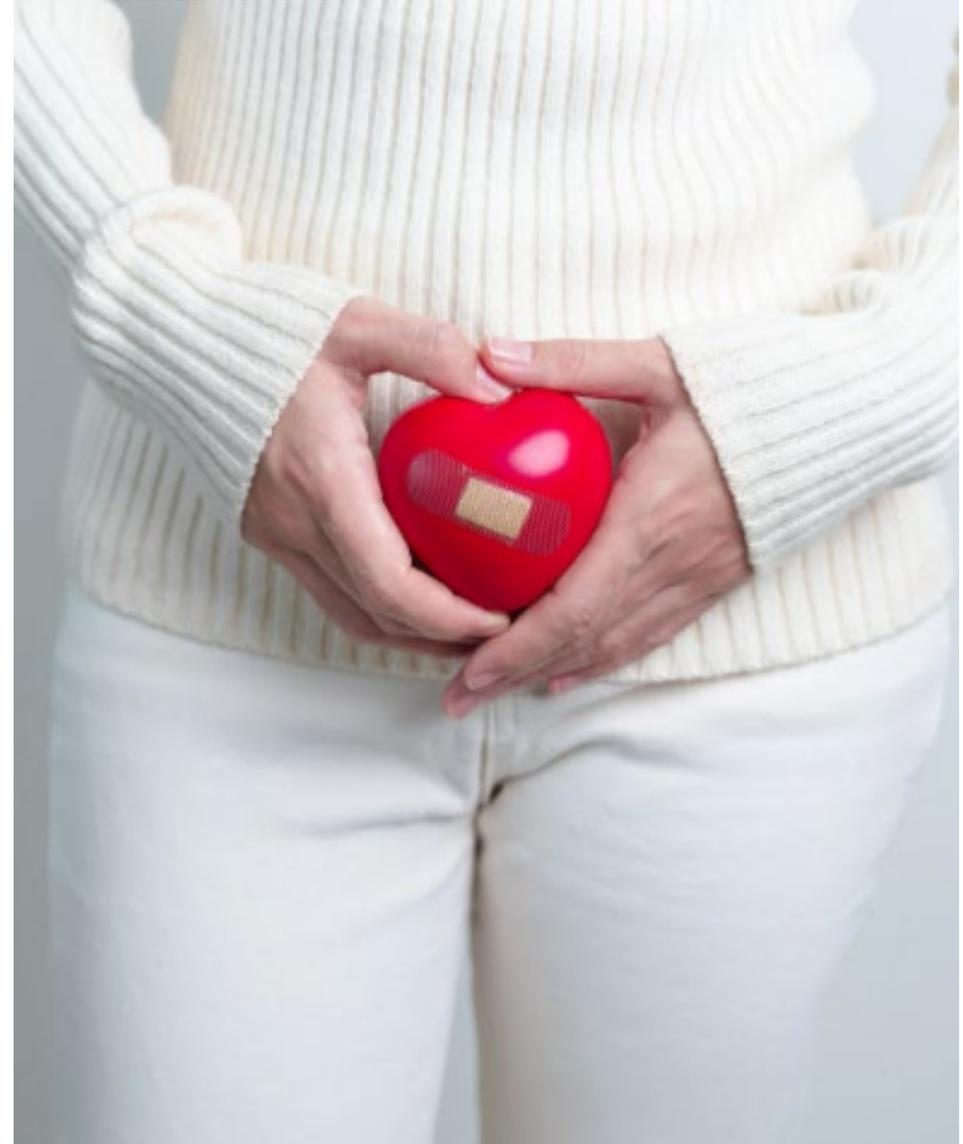
Share information about NM-based programs to provide free menstrual hygiene products to those in need

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# Period poverty

limited access to

- period products
- menstrual education
- or adequate water sanitation and hygiene facilities



# Menstrual health

Complete physical, mental, and social wellbeing in relation to the menstrual cycle.



Resources to support full participation in all spheres of life during menses:

- Information
- Supplies
- Supportive environments (school, work, family)
- Health care workers trained in menstrual disorders

# Missing school due to lack of menstrual products

- One in five US menstruators have missed school entirely due to lack of menstrual products
- One in four students in the US struggle to afford menstrual products
- Lack of access to menstrual products impacts daily activities: social, school, extracurricular



# Systemic barriers to menstrual product access

- There is no federal program that assists with the costs of period products (including EBT, SNAP, and WIC).
- Most US states tax menstrual products as luxury items
- Most menstruators use 8000 disposable products through their reproductive lifespan



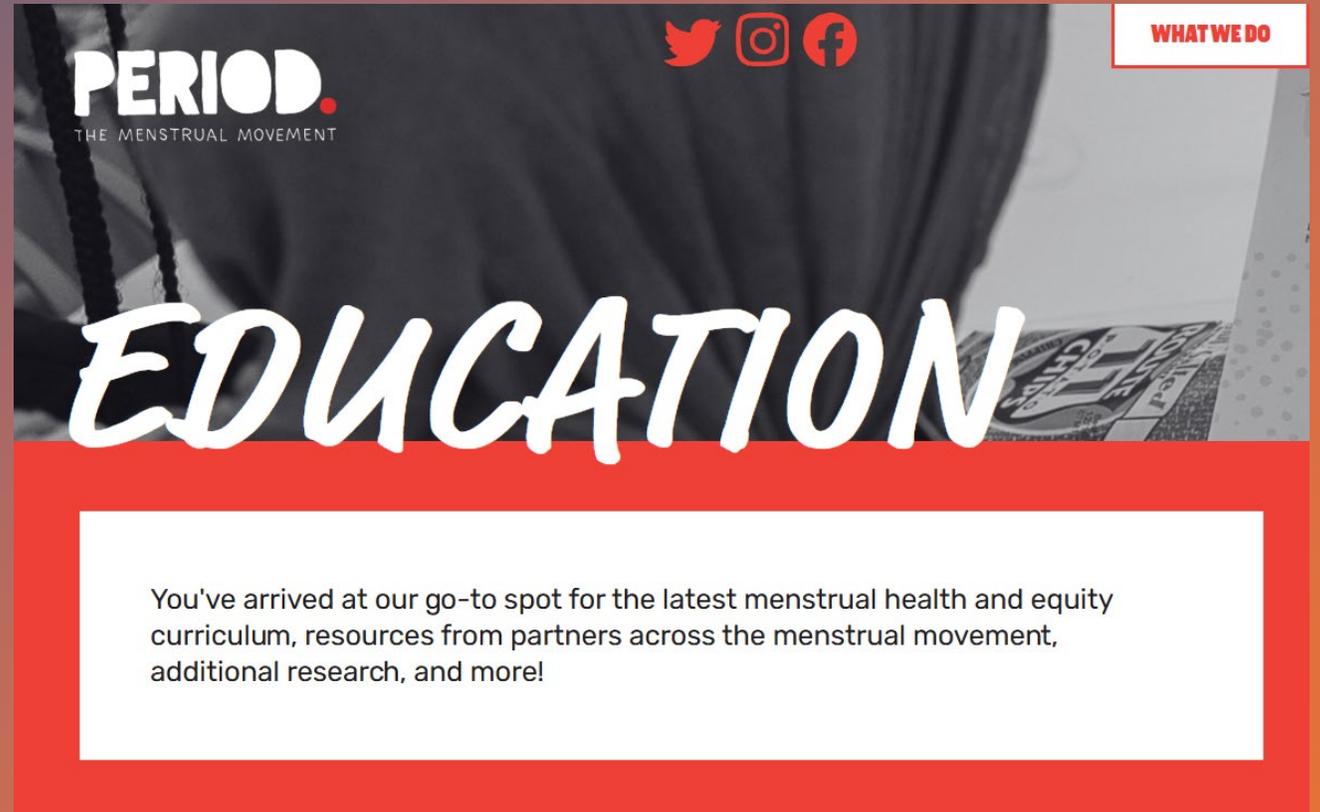
# Reduce menstrual stigma

- Goal: create environments that support people to manage their menstrual needs with dignity and comfort
- Educate young people of all genders about menstruation
- Prepare students and staff at schools to support menstruating people



Malaka Gharib/ NPR

Resource for  
teaching about  
menstruation:  
[period.org](https://period.org)



PERIOD.  
THE MENSTRUAL MOVEMENT

Twitter Instagram Facebook

WHAT WE DO

# EDUCATION

You've arrived at our go-to spot for the latest menstrual health and equity curriculum, resources from partners across the menstrual movement, additional research, and more!

# Stay Connected!

## Introduction to Menstruation: A Classroom Curriculum



period.org | [.@periodmovement](https://www.instagram.com/periodmovement)



Scan the QR code or click [here](#) to share your reflections and feedback for this educational resource!



"Introduction to Menstruation: A Classroom Curriculum" by PERIOD., is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/>

# QUESTION:

**Who here has ever felt worried about their period during school?**

*In too much pain to do your extracurricular activities?*

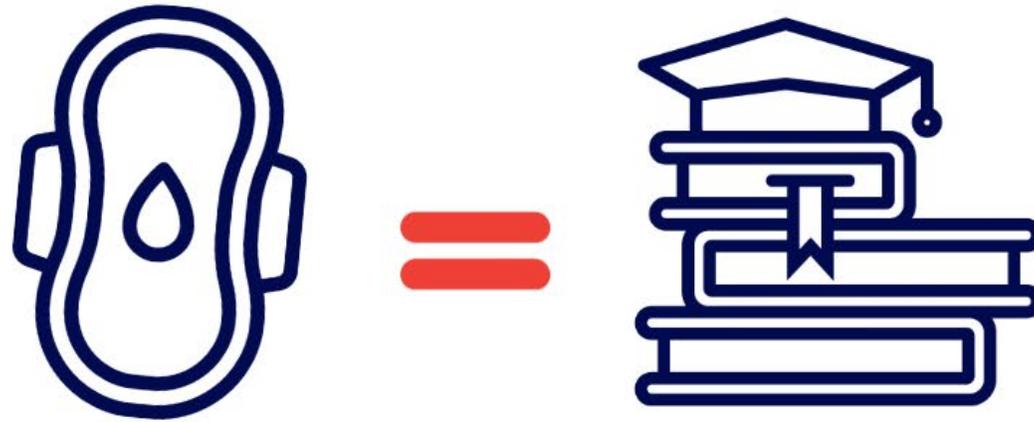
*Worried you were going to bleed through your clothes?*

*Frustrated you had to find a way to ask to get a pad from the nurse's office?*

*Like your cramps were so bad you couldn't concentrate?*

*Anxious how you were going to sneak a pad into the bathroom?*

# This is why period supplies are school supplies!



# Beyond just access to menstrual products!



- Info on various menstrual product options
- Health worker training on menstrual health and menstrual disorders
- Health care systems that treat menstruation as an important sign of health

# What are signs of an **atypical** period?

Bleeding too much



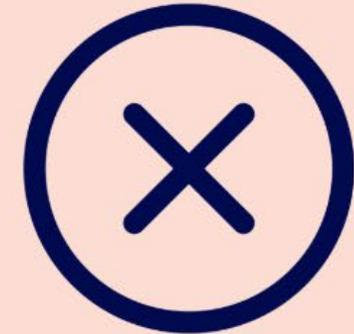
Bleeding longer than  
7 days



Severe or  
unmanageable pain



Missing periods



If your period affects your ability to enjoy your day-to-day life, it may be something to discuss with a medical professional.

# Resource for menstrual education: amaze.org



## All About Getting Your Period



- anatomy
- Emotional Changes
- Hormones
- menstrual cup
- Menstruation
- ovulation
- pads
- Period
- Physical Changes
- popular
- School Ready
- tampons

This video explains the process of menstruation, or getting your period. It defines the endometrium, the length of a menstrual cycle, pads, tampons, and menstrual cups. The video also lists some ways to relieve cramps. [AMZ-016]

# Impact on adolescents + young adults

- More likely to have heavy, prolonged, unpredictable menstrual bleeding
- Increased demand for menstrual products
- Prolonged use or unsafe use of pads or tampons can lead to infections, other health problems





# Period Poverty *Rural Areas*

Dignity, health, and access for  
our people.





# what's period poverty in rural areas?



Lack of access to menstrual products, sanitation facilities, and menstrual health ed.



Impacts dignity, attendance, and participation in school, work, and community life.



Limited access to stores and transportation increases cost and scarcity of supplies.



Deeply connected to poverty, stigma, and inequity.



## On Average

AN INDIV. NEEDS \$10-\$20 PER  
MONTH ON MENST, PRODUCTS

Families with more than one  
menstruating person at home,  
cost multiply.



## Rural Communities

AN INDIV. NEEDS \$11.50-\$21.50 PER  
MONTH ON MENSTRUAL  
PRODUCTS.

Due to shipping, markup, less competition. If  
individual decides to travel we add the cost  
of gasoline.

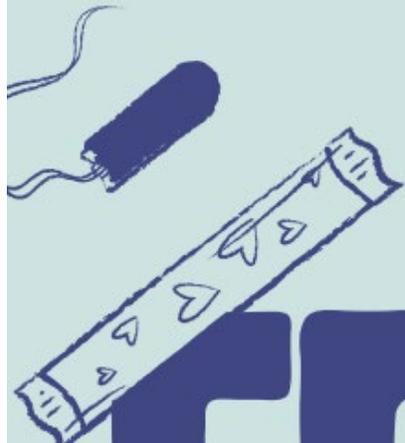
# Quality is equity

Low quality items can cause irritation, leaks, or infection.

**EQUITY MEANS ACCESS TO PRODUCTS THAT ARE SAFE, COMFORTABLE, AND SUSTAINABLE.**



High quality and reusable options lower waste and long-term costs



\* At Tewa Women United!

# FREE

## PADS & TAMPONS

Ask your Yiya Vi Kagingdi Doula for them

Free period products  
Lactation items, including pumping and nursing sports  
Bras & nipple shields.  
Life Vac and First Aid kits

Want to know more about other Reproductive Health Services' contact:  
[wendolyne@tewawomenunitc](mailto:wendolyne@tewawomenunitc)  
Reproductive Justice Program



Tewa Women United

# FREE PERINATAL ITEMS



# COMMUNITY-BASED REPRODUCTIVE HEALTH CLINIC AND ENVIRONMENTAL JUSTICE

Caring for our Families, Caring for our Earth

OCTOBER 26, 2025  
10 am - 2 pm

NEW  
DATE



## Free Reproductive Health Care Services

Resources and family-friendly fun!

Health Check-Ins. Expert Talks on Reproductive Health — Ask your questions!

- ✓ Referrals & Info on services
- ✓ Free Giveaways & Contraceptives
- ✓ Family Activities to honor Halloween from the Environmental Justice Program

This and more, at no cost — everyone is welcome!

✦ FREE MINI-DOC SCREENING + ART!

RJ/EJ PANEL

MEET OUR REPRO HEALTH MURAL AT UNIT F

REGISTER NOW!

<https://wkf.ms/3UEzoGZ>

# CLÍNICA DE SALUD REPRODUCTIVA COMUNITARIA

Únase a nosotros  
Mercado RJ  
Tewa Women United

OCTUBRE 26, 2025  
10 am - 2 pm



Comida y bebidas gratis para todos

Atención médica reproductiva, artículos y anticonceptivos gratuitos

Controles de salud y charlas con expertos. ¡Nutrición, inspiración!

Intercambio comunitario y atención posparto tradicional

Música, conexión, toallas sanitarias, tampones y más gratis

Apoya las clínicas indígenas de salud reproductiva en Nuevo México

✦ ¡MINIPROYECCIÓN MÉDICA GRATUITA + ARTE!

¡VEA NUESTRO MURAL DE SALUD REPRODUCTIVA EN RJ HOUSE E INTERACTÚE CON LA OBRA! ✦

REGISTER NOW!

<https://wkf.ms/3UEzoGZ>

# Future NMASBHC Learning Bursts!

- Oct 29: Extended Learning Burst (1 hour) – Healthy relationships in teens: Supporting the young people we serve
- Dec 10: What in the TikTok – Addressing health information from social media

<https://www.nmasbhc.org/our-work/events-training/>

Questions or ideas for future Learning Bursts?

Let us know!

jen@nmasbhc.org

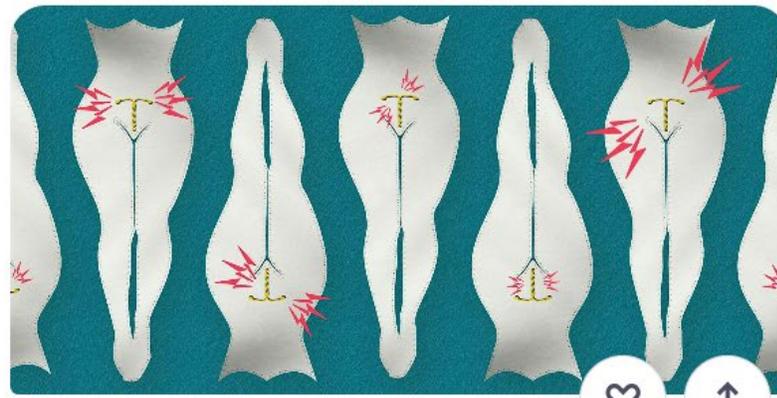
# UNM Contraception Mentoring Program Webinars



## Nov 13th- Premenstrual Disorders and Contraceptive Management

Thu, Nov 13 • 12:00 PM MST

Free



## IUD Pain Management

Thu, Dec 11 • 12:00 PM MST

Free



## January 8th- Protecting Patient Privacy: Tips For Using The EHR & Beyond

Thu, Jan 8 • 12:00 PM MST

Free



## Perimenopause and Contraception

Thu, Feb 5 • 12:00 PM MST

Free

# Continuing education for today



Please scan this code for your  
0.5 hours of CME/CEU!

Andrea will also drop the link in  
the chat.