

Making sure that girls and women with disabilities get the right support with their periods



Menstrual health and hygiene for girls and women with disabilities





About us



We are called Unicef.

We work to make sure that all children in the world are safe and treated fairly.

About this document



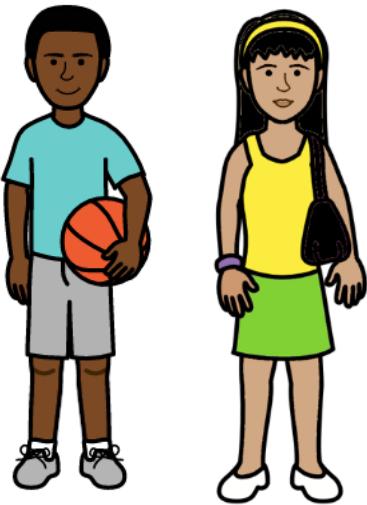
This document is about girls and women with disabilities.



It is about making sure that they get the right support with their periods.

Periods happen to most young girls and women every month.

Periods happen in their bodies.



When we say girls and women we also mean people who are not the gender that people say they are.

Gender is about being a woman, a girl, a man, a boy or someone else.

For example, someone might be told that they are a girl when they are born.

But they are really a boy.

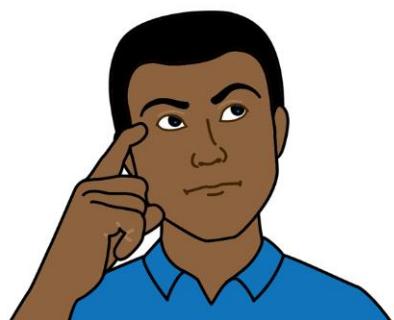
What is happening at the moment



Life is hard for many girls and women when they have their periods.



For example:



People might treat girls and women badly because they have periods.

This is because people might have unfair ideas about women and periods.

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Girls and women might not have the things they need for their periods.

Like tampons, towels and clean water.



Some girls might have to stay away from school because of that.



Things are often worse for girls and women with disabilities.

For example, people might treat them badly because they are girls and women.

And because they have a disability.



Some people might think that girls and women with disabilities do not have periods.

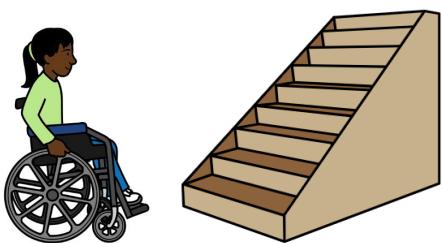


That means that many girls and women with disabilities do not get the right support with their periods.

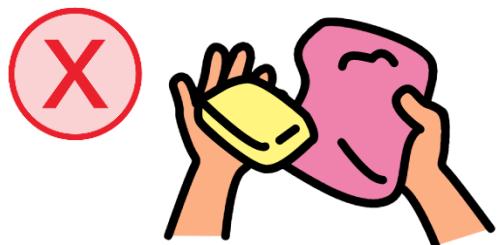


For example:

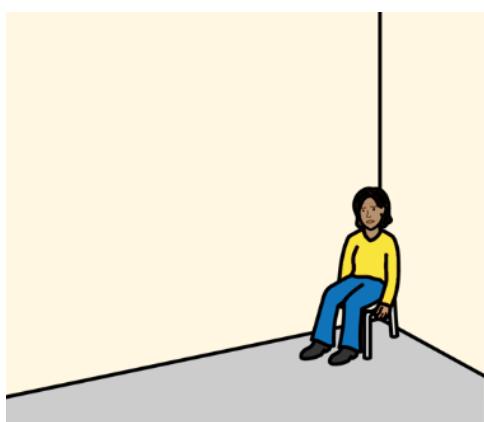
Information about periods might be hard to understand.



Toilets and wash places might be hard to get to and use.



Girls and women with disabilities might not get the right support to keep clean.



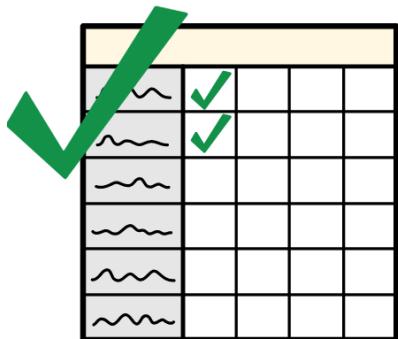
Girls and women with disabilities might be treated badly when they have their periods.

For example, they might be kept away from other people.

What should happen

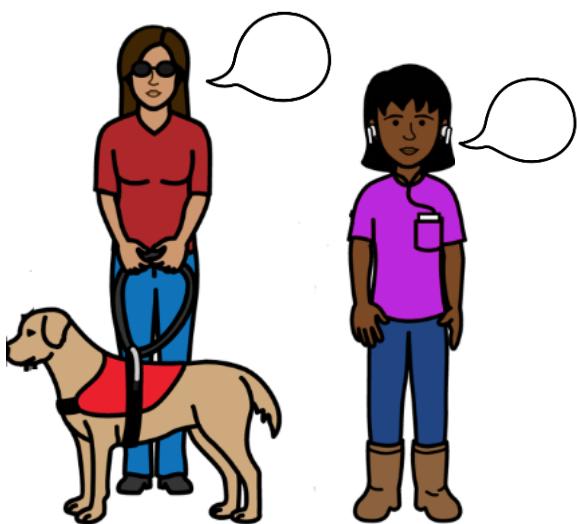


All girls and women with disabilities should get the right support to be clean and safe during their periods.



The things below are for governments and organizations to do.

The main things to do



Work with girls and women with different disabilities.

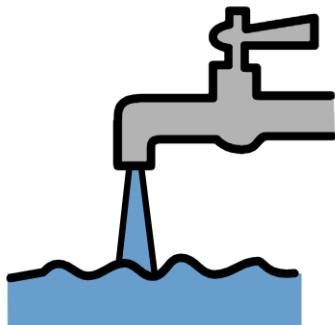
They should have a say in work to do with safe periods.

It should be easy for them to have a say.

For example, girls and women with disabilities should have a say about the following things:



- What information and support people need for their periods.



- How the support is working.

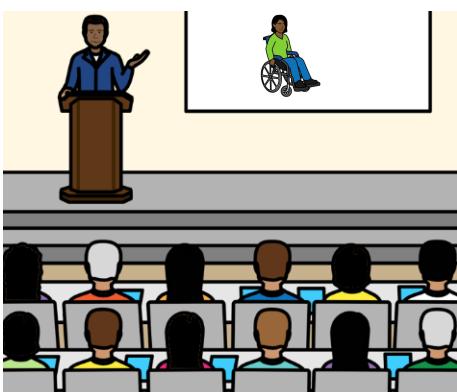


- What toilets and wash places should be like.

- Checking wash places to see if they are safe and easy for girls and women with disabilities to use.

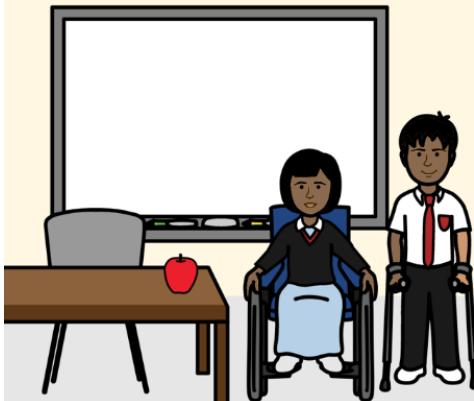
Health and education staff should have training about people with disabilities.

This will help them communicate with girls and women with disabilities.



Helping people to understand about periods

The main things to do:

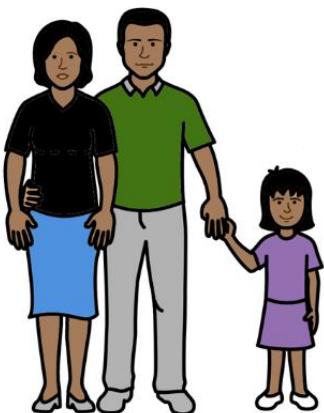


Work with all schools that girls with disabilities go to.

Help girls with disabilities to learn about periods and the support they should get.



Make sure that girls with disabilities who are not in school get the right support with their periods.



Help families to give girls with disabilities the right support with their periods.



Work with boys, men and people who do not have periods.

Help them to know the true facts about periods.

Making sure that people have the right information and skills

The main things to do:



Make sure that girls and women with disabilities have good information about periods when they need it.

Information should include pictures of girls and boys with disabilities.



Make information about periods easy for girls and women with disabilities to understand.

For example, information could be in easy words or sign language.



Get information to show what support girls and women with disabilities need with their periods.

Making sure that girls and women with disabilities can keep clean and safe during their periods

The main things to do:



Make sure that toilets and wash places work well for girls and women with disabilities.

They should be safe and easy for girls and women with disabilities to use.



Countries should follow laws about making things easy for people with disabilities to use.

This includes:

- Toilets and wash places
- Transport to get to places

Making sure that girls and women with disabilities have what they need for their periods

The main things to do:



Make sure that girls and women with disabilities can get everything they need for their periods.

For example, tampons, towels and soap.

These things should not cost too much.



Make sure that girls and women with disabilities have a say in what they use for their periods.

The things they use should work well for them and their disability.



Everything should be easy for girls and women with disabilities to use.

For example, soap should be easy for people in wheelchairs to reach.