

Public Service Announcement

Menstrual Hygiene Day 2021

Start Date: May 28, 2021 End Date: May 28, 2021 Nunavut-wide

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May 28 is Menstrual Hygiene Day, a day that aims to break the silence around menstrual hygiene and increase access to period products around the world. Today, the Department of Health reminds Nunavummiut about the importance of menstrual hygiene and menstrual health education while acknowledging the challenges that are faced by those who have periods.

Around the world, and here in Nunavut, a lack of access to affordable period products is a barrier to menstrual hygiene and the ability for people to manage periods safely. This is further amplified by the fact that many people feel uncomfortable talking about menstruation. Menstrual health is an important part of overall health! Periods are a normal part of the human experience and it is important to normalize talking about our bodies.

In Nunavut, communities work to ensure that menstrual products and education are accessible for those who need them. Community Health Representatives teach about puberty and sexual health across the territory and help improve access to menstrual health products through local health centres.

All of us can help reduce the shame and stigma surrounding periods by staying informed and encouraging open conversations with people in our lives who menstruate. For more information about menstruation, puberty, or sexual health, please visit <u>www.irespectmyself.ca</u> or reach out to your local Community Health Representative.

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