

PERIOD POVERTY: ALL THE FACTS YOU NEED TO KNOW

To sum it up, period poverty refers to having a lack of access to sanitary products, mainly due to financial problems. Although many of us are not in that situation, up to 500 million girls and women all over the world are. This results in embarrassing public incidents and possibly girls missing days off school (one third of girls in South Asia report missing school every month during their periods). In the UK, there has been large amounts of pressure placed onto the Government to find a way to tackle this.



FACTS AND FIGURES

There have been many surveys carried out by many different organisations. One of these is Always, 'a brand of menstrual hygiene products'. They found that out of 1,500 women they surveyed, more than a fifth have been held back because they could not always participate in extra-curricular activities. 22% believe they now lack teamwork skills due to this and 3 in 10 believe it affected their skills to socialise.

Other organisations such as Plan International UK tell us that 1 in 10 girls in Britain aged 14 to 21 cannot afford to buy menstrual products and that women spend as much as £18,450 on their periods over the course of their lifetime. This amount of money is quite frankly shocking as this amount will be more than some women's wages. With a 5% tax on menstrual products in the UK, it seems as though many would prefer to humiliate and deny women of their basic needs than turnover a little less profit. In addition to this, girls in sub-Saharan Africa miss up to 20% of schooldays due to menstruation. It is appalling that girls have to sacrifice their education because they do not have the right products to manage their menstruation.



EXPERIENCES

Laura and Samantha (these are not their real names) come from Wales and were interviewed by the BBC. They both live with period poverty and explain what it is like. Laura told the BBC, "We weren't well off, and my mum had to make ends meet, with food and clothes - so the cost of sanitary products was just another expense. I was scared and embarrassed and very young indeed, just 10. I didn't feel old enough to take all of that on. I look back and it was upsetting because my mum didn't help me in the way I would have expected."



Samantha said, "My family aren't poor but we aren't rich either. My brother went to University first and my parents were determined to pay for his accommodation and other stuff so that he didn't have to get a loan. Growing up we have never had to go without food or anything but that meant that I couldn't afford pads sometimes."

Chisomo Phiri, NUS Cymru's women's officer, said, "We need a strategic and sustained investment by the Welsh government and local authorities, year on year, to make the disgrace of period poverty a thing of the past."

Period poverty is an increasing concern around the world. The purpose of this article is to explain how period poverty affects girls and women across the globe. It impacts things such as their mental health, school life and life in general. One of the main challenges of academic writing is plagiarism, considered as 'academic dishonesty' and a 'breach of journalistic efforts.' To overcome this, do not copy and paste source material or include false information in your article.

