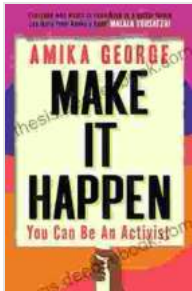


Handbook Founder of the Free Periods Movement: The Ultimate Guide to Menstrual Health



Make it Happen: A handbook to tackling the biggest issues facing the world in 2024, from the award-winning founder of the free periods movement: A handbook ... founder of the free periods movement by Amika George

★★★★☆ 4.4 out of 5

Language : English
File size : 929 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 236 pages



The Free Periods Movement is a global movement that fights for menstrual equity, the idea that everyone should have access to the menstrual products they need, when they need them, without shame or stigma.

This handbook is a comprehensive guide to the Free Periods Movement, its founder, and the fight for menstrual equity. It covers everything from the history of the movement to the latest research on menstrual health. It also includes practical tips on how to get involved in the movement and make a difference.

The Founder of the Free Periods Movement

The Free Periods Movement was founded by Nadya Okamoto, a young activist from the United States. Okamoto was inspired to start the movement after she learned that many girls in her community were missing school because they couldn't afford menstrual products.

Okamoto's mission is to ensure that everyone has access to the menstrual products they need, when they need them, without shame or stigma. She believes that menstrual equity is a human right and that it is essential for girls and women to reach their full potential.

The Free Periods Movement

The Free Periods Movement has grown rapidly since its inception in 2014. The movement now has chapters in over 50 countries and has distributed millions of menstrual products to people in need.

The Free Periods Movement is a diverse movement that includes people of all ages, races, genders, and sexual orientations. The movement is united by the belief that menstrual equity is a human right.

The Fight for Menstrual Equity

The fight for menstrual equity is a complex one. There are many barriers to menstrual equity, including poverty, stigma, and lack of access to information.

The Free Periods Movement is working to overcome these barriers by raising awareness about menstrual health, advocating for policies that support menstrual equity, and providing menstrual products to people in need.

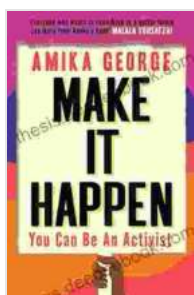
How to Get Involved in the Free Periods Movement

There are many ways to get involved in the Free Periods Movement. You can:

- Donate to the Free Periods Movement
- Volunteer your time at a local Free Periods chapter
- Educate yourself about menstrual health and menstrual equity
- Talk to your friends and family about menstrual equity
- Advocate for policies that support menstrual equity

The Free Periods Movement is a powerful force for change. The movement is fighting for menstrual equity for everyone, everywhere.

You can be a part of the Free Periods Movement by getting involved in your local community or by donating to the movement. Together, we can create a world where everyone has access to the menstrual products they need, when they need them, without shame or stigma.



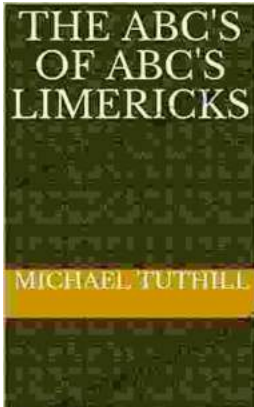
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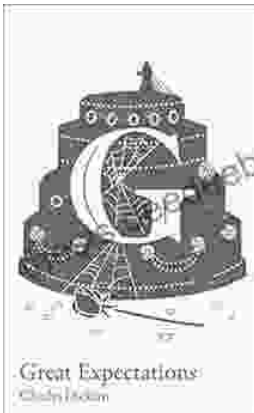
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