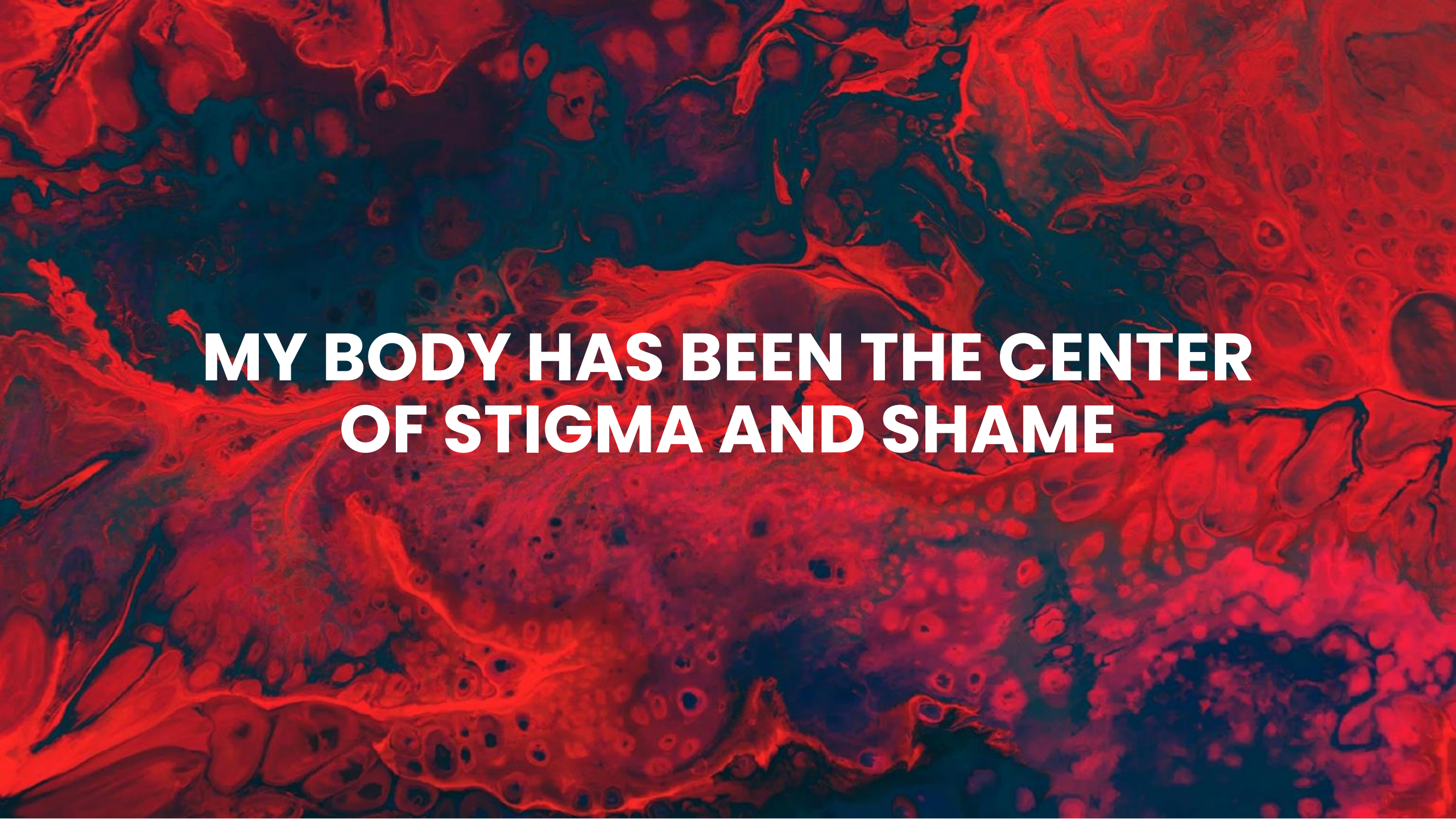
FEMALE
LOUD - PROUD - FEMINISTS

Our motive

The STORY
Of Every GIRL/WOMAN

AS A GIRL/WOMAN, I HAVE ALWAYS BEEN TREATED DIFFERENTLY


MY BODY HAS BEEN THE CENTER
OF STIGMA AND SHAME

LAWS HAVE BEEN DISCRIMINATING AGAINST ME

ECONOMIC PLANS HAVE BEEN NEGLECTING ME

VIOLENCE AGAINST ME HAS OFTEN BEEN ACCEPTED AND PERMITTED

AND TODAY, MY BIOLOGICAL
RIGHTS HAVE BEEN DENIED

I'VE HAD ENOUGH!

#
نشفتولنا
دمنا!

FEMALE
LOUD - PROUD - FEMINISTS

THE LINE/HASHTAG

The line is a common Lebanese expression that means “you pushed us to the limit”
It also has the blood component to relate it to period.

FEMALE
LOUD - PROUD - FEMINISTS

MAIN MESSAGE

Menstrual hygiene is a right, a need.

Access to menstrual products must be available to all and part of a gendered economy .

FEMALE
LOUD - PROUD - FEMINISTS

PLAN INTERNATIONAL

National Survey:

period poverty and its impact on women and girls living in Lebanon

FEMALE
LOUD - PROUD - FEMINISTS

Evidence based Campaigning

As part of their National campaign to change the narrative and legislation around period poverty in Lebanon, FE-MALE organization and Plan International conducted an assessment to determine the reasons of period poverty and its impact or implications on women and girls living in Lebanon, the assessment looks specifically on women and girls' practices in response to period poverty. Additionally, it covered women and girls' perceptions and stigma around menstruation.

FEMALE
LOUD - PROUD - FEMINISTS

Assessment

Statistics Lebanon was contracted to conduct the primary data collection.

The methodology relied on quantitative data collection obtained from May 21st until June 5 2021, through telephonic interviews given the access and logistical constraints as a result of the COVID-19 outbreak.

The nationwide Probability Proportionate to Size (PPS) survey addressed **1800 woman\girl (aged 12 to 45 years) of three resident population in Lebanon** based on the population densities within the country and regions as follows:

- n=1,200 Lebanese
- n= 400 Syrian
- n=200 Palestinian

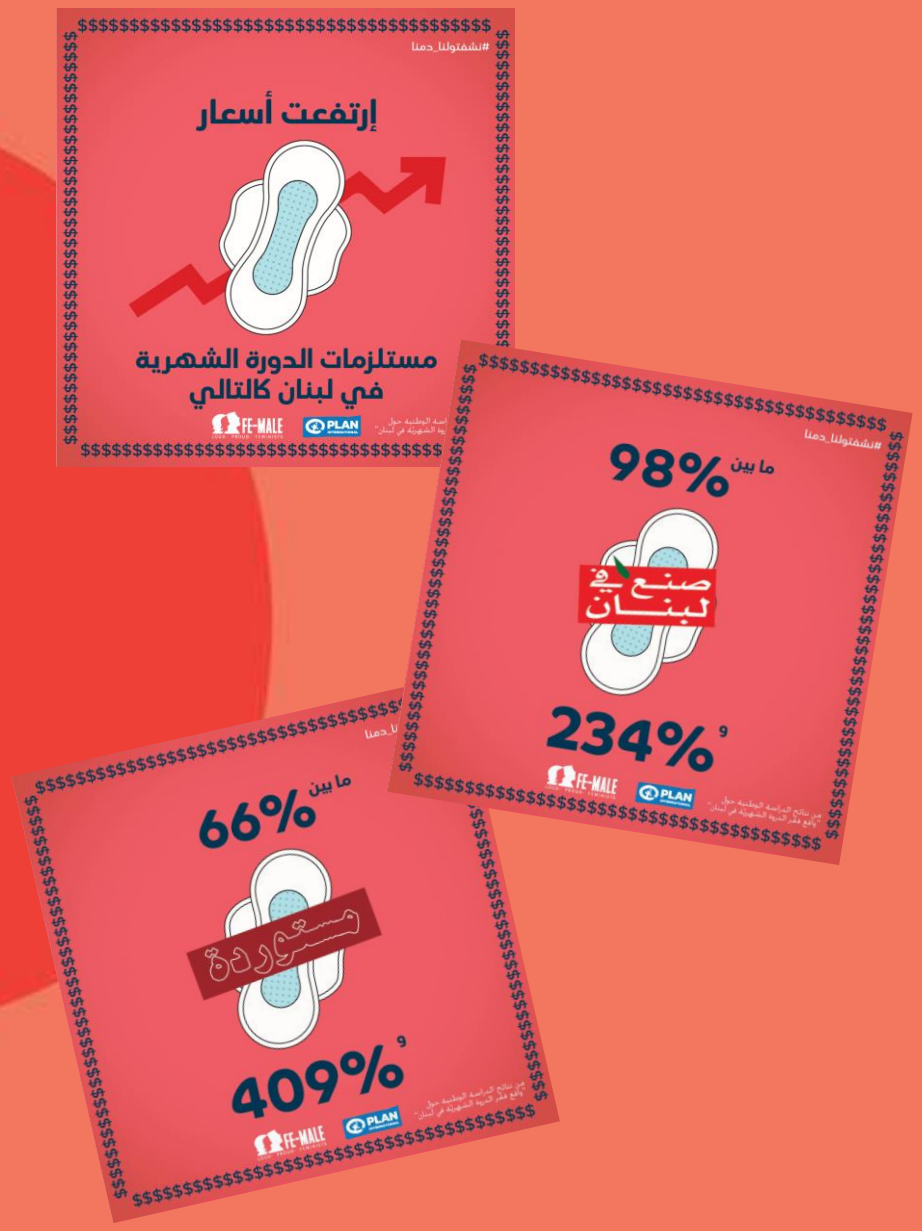
FEMALE
LOUD - PROUD - FEMINISTS

Prices Increase

Increase in Pads Prices according to the study:

1- Made in Lebanon: Between 98 and 234%

2- Imported products: Between 66 and 409%



FEMALE
LOUD - PROUD - FEMINISTS

Changes in Participants' Access to Menstrual Hygiene Products Over the Past Year

- An overwhelming 79.23% had noticed a change in the consumption habits of MHPs in their community (friends, family members, or environment)

- Some third are currently suffering from period poverty, the study shows many girls and women are in fact struggling to cope with the steep increase in the prices of these essential products. Respondents stated the high price increase (76.45%), the unavailability of menstrual hygiene products (15.14%) and store policies limiting bulk purchases of MHPs (7.05%) as the main barriers to access

FEMALE
LOUD - PROUD - FEMINISTS

Changes in Participants' Access to Menstrual Hygiene Products Over the Past Year

- Given the challenges, participants adopted a number of strategies to adapt to their reduced access to MHPs:

1. More than half of girls and women had to change the brand of their regular MHPs (56.94%), and 35.33% switched their product type.
2. Alarmingly, 41.78% of participants stated that they had to reduce their consumption of MHPs or use them for periods longer than they are intended for, and 17.11% resorted to using less sanitary means like tissues and cloths during their periods.

FEMALE
LOUD - PROUD - FEMINISTS

Negative repercussions of period poverty on the lives of girls and women

- As for the implications of the inaccessibility of MHPs on girls' and women's wellbeing, (43%) indicated that they had experienced stress and anxiety due to their inability to access MHPs, with no significant difference across age groups

- Participants were asked whether their period had prevented them from reaching their full potential or engaging in daily activities, to which more than a third responded positively (35.89%).

- Age disaggregation revealed younger participants were particularly affected by their menstrual cycle, which puts them at risk of adverse consequences including school absenteeism and being excluded from certain activities during their periods. In fact, when asked whether the number of times they were absent from daily activities increased, remained the same or decreased, 21.43% of participants aged 12 to 14 said that it increased

FEMALE
LOUD - PROUD - FEMINISTS

Social norms and perceptions around menstruation

- Our findings also show that there still remained a certain level of embarrassment associated with periods for some participants:

1. 40.00% either somewhat or strongly agreed they were afraid that other people would know they were on their period
2. More than a third of participants (38.33%) agreed that buying MHPs was a source of embarrassment to them
3. 60.39% agreed that girls feel uncomfortable when the menstrual cycle is discussed in school
4. 77% of respondents don't feel comfortable discussing periods with males including fathers and friends

FEMALE
LOUD - PROUD - FEMINISTS

Advocacy Round Table on Ending Period Poverty in Lebanon

- **Date:** Thursday, May 26, 2021
- **Facilitated by**: Fe-Male organization and Plan International
- **Objective**: Devise a plan for ending period poverty in Lebanon

FEMALE
LOUD - PROUD - FEMINISTS

Advocacy Round Table on Ending Period Poverty in Lebanon

Key Participants:

- Diplomatic entities among which was the Australian Ambassador to Lebanon
- Governmental bodies representatives from the National Commission for Lebanese Women, the Lebanese Ministry of Economy and Trade, the Ministry of Social Affairs, the Ministry of Industry and representatives from the Mother and Child Health Unit at the Ministry of Public Health
- Representatives from INGOs and UN agencies among which: The World Bank, UNICEF, UN Women, UNFPA, and other organizations
- Representatives from Local feminist and human rights NGOs
- Independent activists

FEMALE
LOUD - PROUD - FEMINISTS

Advocacy Round Table on Ending Period Poverty in Lebanon

Recommendations and Action Points: Directed at Ministries:

- Add menstrual hygiene education to the curriculum
- Include menstrual hygiene products in the national assistance program
- Provide free sanitary products at public health centers and social development centers
- Conduct scientific and economic feasibility studies on local production

FEMALE
LOUD - PROUD - FEMINISTS

Advocacy Round Table on Ending Period Poverty in Lebanon

Recommendations and Action Points: Directed at Organizations and Donors:

- Study health impact and cost of unsanitary coping mechanisms
- Strengthen coordination and information sharing
- Develop advocacy plans based on best practices
- Advocate for increased support and funding for SRHR and period poverty work
- Expand awareness campaigns and break period taboo and stigma

FEMALE
LOUD - PROUD - FEMINISTS

Advocacy Round Table on Ending Period Poverty in Lebanon

Conclusion:

- Keeping menstruation as an open topic encourages women to seek help and explore options
- Period poverty conversations need to come out of the shadows and into the mainstream
- Continued support and awareness will lead to sustainable solutions

FEMALE
LOUD - PROUD - FEMINISTS

THANK YOU