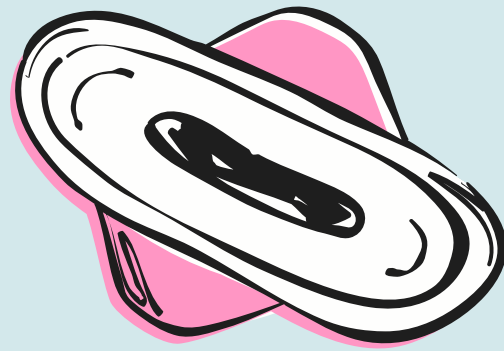


DIVINE  
DROPS

# ADVOCACY PACK

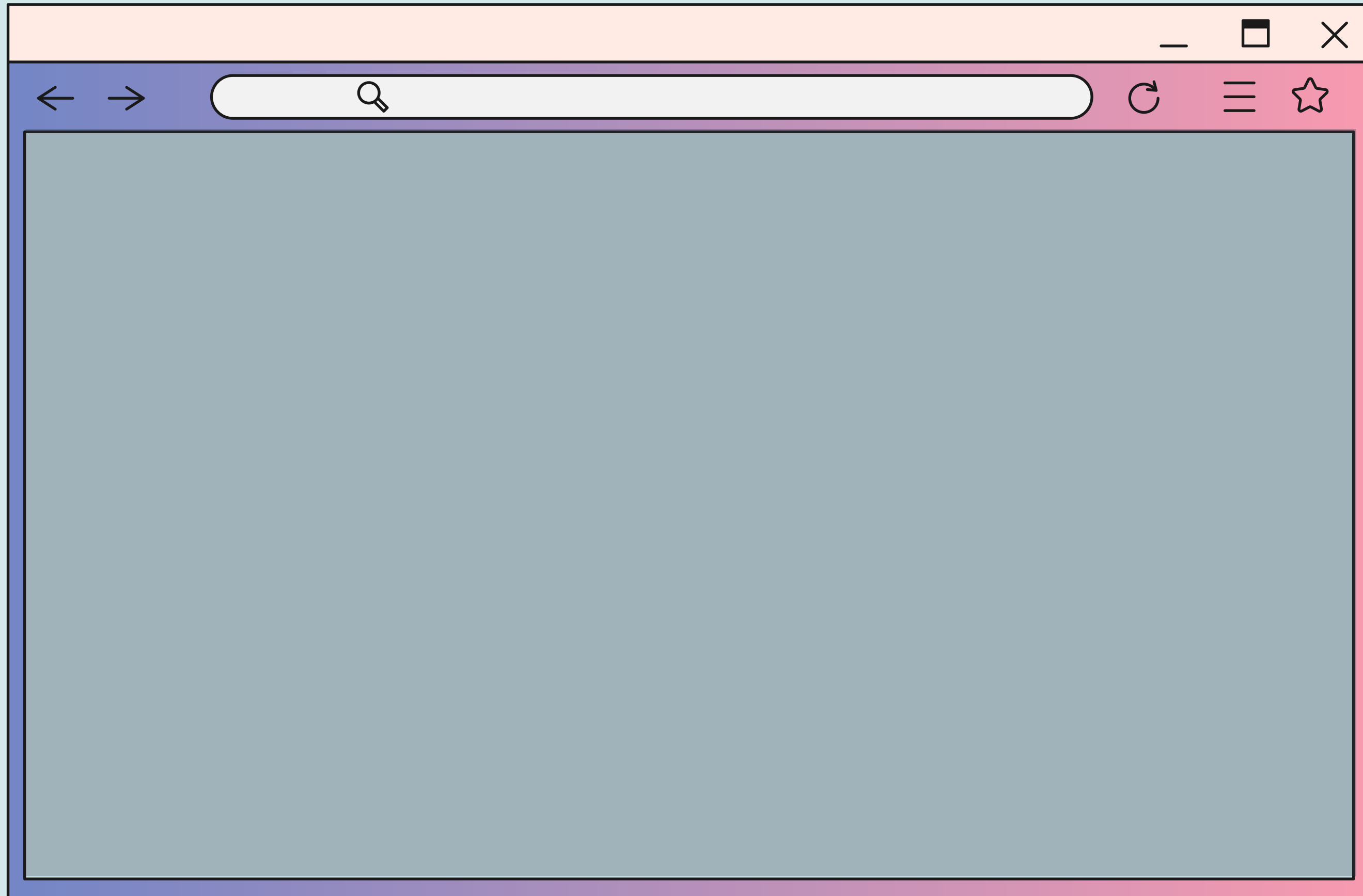
battling period poverty



# WHAT IS DIVINE DROPS?

- **Divine Drops** is a non-profit international organization aimed to end menstrual poverty and shame. We create and share educational experiences and sustainable products around the world, creating a new future for communities around the world.
- **Why?** There is a lack of access to complete education on menstruation, which causes inadequate care for an individual's cycle and health. It can also increase the risk of teen pregnancy, mental health, and physical health issues due to a lack of body literacy.

# WHAT IS DIVINE DROPS?



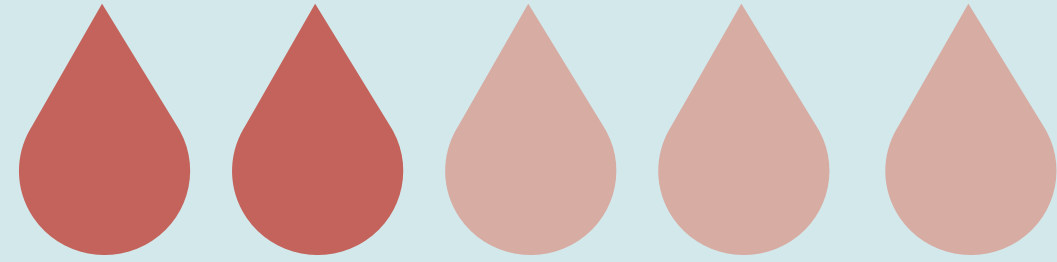
# WHAT IS PERIOD POVERTY?

- **Period poverty** is a lack of access to and inability to afford period resources, which are necessary to maintain safe and hygienic menstruation.
- It is linked to using substitute products, stretching product usage which is dangerous to health, and even missing work, school, or other important events due to a lack of menstrual supplies.
  - These instances were associated with reported feelings of embarrassment, disappointment, and depression.

# HOW PERIOD POVERTY AFFECTS US

- Impacts physical health due to poor hygienic conditions and lack of understanding.
- Impacts confidence and mental health, self-acceptance.
- Affects a menstruator's ability to consistently attend school and work.
- Effects community health from increased risk of communicable diseases and/or chronic disease.
- This increases the chances that a woman in poverty will stay below poverty and the chances of unwanted pregnancy.

# THE STATISTICS



**2 IN 5 PEOPLE**

struggle to purchase period products



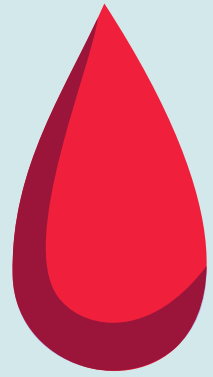
**ONE-THIRD**

of low-income women report missing work, school, or similar events regularly due to a lack of access to period supplies.

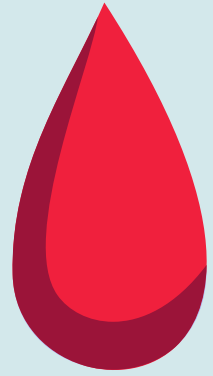
**AN ESTIMATED 80% OF WOMEN SUFFER FROM SOME FORM OF HORMONE IMBALANCE**

# MENSTRUAL DIGNITY

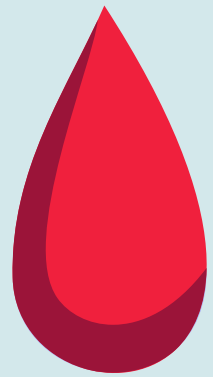
## THE FOUR PILLARS



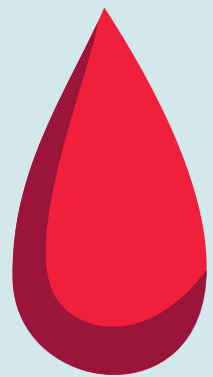
Privacy



Inclusivity

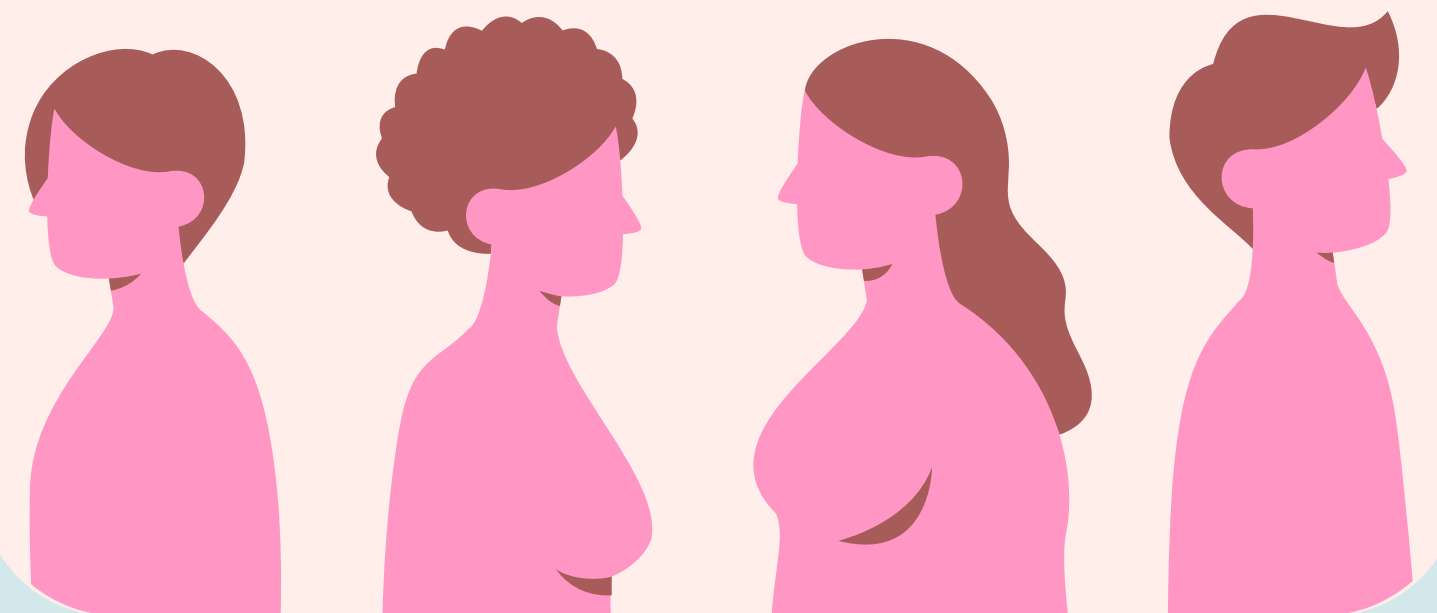


Access



Education

MENSTRUAL  
HYGIENE IS A  
HUMAN RIGHT



# MENSTRUAL DIGNITY

## WHAT IS IT?

**Definition:** All menstruators, regardless of gender, age, ability, and socioeconomic status have the opportunity for safe, dignified self-care.

- **Privacy:** Your body, your choice, and your safety matters.
- **Inclusivity:** Understand cultural differences, recognize potential biases, and look beyond differences. Support and include all gender identities.
- **Access:** All languages and abilities are welcomed and included.
- **Education:** Proper resources and instructions for period care without shame.



# MENSTRUAL DIGNITY

## WHY DOES IT MATTER?

It matters because it prevents menstruators from experiencing unhealthy and unsafe menstrual care.

It matters because it is a right for menstruators to have accessible period resources.

It matters because it is the first step to ending period shame and decreasing period poverty for ALL menstruators.



# MENSTRUAL DIGNITY

## WHAT NEEDS TO BE DONE

- 1. Making Products Accessible:** Providing free and accessible period products globally regardless of income status. Removing taxes on period products. Distribute more federal grant funds to states to help fund free menstrual products in schools, prisons, and homeless shelters.
- 2. Respecting The Needs:** Understanding the needs of menstruating women without demeaning or delegitimizing their experiences means providing everyone with an open and honest education about periods.

# MENSTRUAL DIGNITY

## WHAT NEEDS TO BE DONE

**3. Educating Society:** Education about who has periods and the experiences of periods for traditionally marginalized communities, such as disabled people and people who are not women who menstruate, is essential in addition to education about periods in general. Break the stigmas surrounding periods, and continue the conversation in a safe open safe.

**4. Continuing Sustainability:** Protect the planet using more sustainable period products with transparency of what is in it. We want this to be available to ALL menstruators at all locations.

# SUSTAINABILITY

These products are reusable, free of toxins, healthier, safer, environmentally friendly, comfortable, and long-lasting!

Regular period products like tampons and pads leak out harmful synthetic chemicals and disintegrate easily.



Reusable Pads



Menstrual Cup



Period Panties

# HOW TO USE THE MENSTRUAL CUP



## Cleaning

Wash your hands using warm water and soap for 20 seconds. Clean your cup by boiling it, under running water, or hydrogen peroxide.

## Practice

Practice different ways to fold your cup- it helps you get used to things and find your favorite. Choose the position that you feel would work best for you. Understand that your fingers are the applicator so find a position in which you can have comfortable access.

# HOW TO USE THE MENSTRUAL CUP



## Insertion

Relax your body and be patient. Use water lube, and try to insert it after taking a shower (try again later if the first try fails). The cup should be inside your vagina, with the stem facing down. Twist the cup to make sure it seals. Grab the base of the cup by the sides and turn it at least 1 full rotation.

## Removal

Grab the base of the cup just above the stem and pinch the sides together. That should break the seal enough for you to pull it out. Now empty the cup, wash it, and reinsert it until your period is done. \*It's great to practice in the shower.\*



# HOW TO USE REUSABLE PERIOD PADS

- Place decorated side down (TOUCHING YOUR UNDERWEAR), and secure with the snap. Use it for up to 8 hours or until it no longer absorbs well.
- Cleaning Steps:
  - Remove the pad and rinse with cold water.
  - Wash and rinse with mild soap.
  - Let it air dry (no dry machine needed)
  - Do not use clorox or fragrances.

# HOW TO USE REUSABLE PERIOD PANTIES

- Put them on and dance!
- Remove them after 12 hours or after it feels full and follow the cleaning steps:
  - Remove period panties and rinse them in cold water
  - Hang to drip dry (for washing later)
  - Wash without bleaches or softeners (preserves natural absorbency)
  - Hang to dry!



# WAYS TO ADVOCATE

- **Sign Petitions**
  - Find petitions in your area involving any period-related topics (ex: period poverty, period rights, etc).
- **Write a Letter to Your Legislature**
  - Legislators are likely to rely on letters that they did receive as the consensus and Letters also visually show who and how many people the legislation will affect.
- **Keep Up with Local Policies & Laws**
  - Continuously staying updated on the new laws and policies placed on women's health, in general, is KEY to advocacy.

# WAYS TO ADVOCATE

- **Throw Your Own Period Party**
  - Invite your friends and family for a fun educational workshop about period health and battling period poverty.
- **Change to Sustainable Period Products**
  - Be environmentally friendly using reusable pads and period cups that are more comfortable, convenient, and healthier for your body!
- **Spread Awareness**
  - Be loud and bold about your period rights. Speak about the taxes on period products and the period poverty women face.

# WAYS TO ADVOCATE

**Donate  
today**

**Educate  
yourself!**

**Share our  
educational  
content**

**Connect  
us**

**Let's act now!**

**How to contribute?**

**Join into our team and  
contribute to build the future  
where we want to live in.**



Follow us on instagram:  
Divinedrops\_



Check our website:  
divinedrops.org



Write us:  
hello@divinedrops.org