

# Menstrual Dignity for Students One-Pager

A one page companion to the [Menstrual Dignity for Students Toolkit](#)

The Menstrual Dignity Act ([HB 3294](#), 2021) requires free menstrual products to be provided for all students, K-12, in all public school buildings in Oregon.

Menstrual Dignity for Students means that all menstruating students, regardless of gender, age, ability, socioeconomic status have the opportunity for safe, dignified self-care. This program offers an antidote to the common narratives that say menstruation is something deserving of embarrassment and shame.

## The Four Pillars of Menstrual Dignity

Privacy	Inclusivity	Access	Education
<ul style="list-style-type: none"><li>• Space</li><li>• Autonomy</li><li>• Personal safety</li></ul>	<ul style="list-style-type: none"><li>• Cultural responsiveness</li><li>• Gender affirming</li></ul>	<ul style="list-style-type: none"><li>• For students of all abilities &amp; languages</li><li>• Options &amp; choice</li></ul>	<ul style="list-style-type: none"><li>• Menstrual health</li><li>• Instructions</li><li>• Without shame</li></ul>

## Menstrual Dignity for Students Oregon Administrative Rules

- I. [OAR 581-021-0587](#) Menstrual Dignity for Students: Definitions
- II. [OAR 581-021-0590](#) Menstrual Dignity for Students: Requirements
- III. [OAR 581-021-0593](#) Menstrual Dignity for Students: Education
- IV. [OAR 581-021-0596](#) Menstrual Dignity for Students: Reimbursement Program
- V. [OAR 581-022-2515](#) Menstrual Dignity for Students

## Program Requirements

- ☐ Provide **products and dispensers** in a **safe, private, accessible, and gender-affirming** manner. Schools plan program details, including **dispenser selection, product variety, and placement**.
- ☐ **Education** must cover menstrual health as a **positive** part of being human, without shame, and in a way that is **affirming and accessible for all students of all genders**. Instructions must be available in bathrooms.
- ☐ All Districts, ESDs, and public charter schools **must complete** the 2022-2023 Participation and Reimbursement Form.

## Recommendations for Program Implementation

- ☐ **Staff engagement and training:** Create a core team, communicate key messages, and train staff
- ☐ **Student and youth engagement:** Understand and elevate student voices and needs
- ☐ **Family and community engagement:** Be transparent and available for families

## Reimbursement Program

School districts, ESDs, charter schools, and consortia can receive funding. See the [current funding calculator](#). Educational providers or consortia will complete the [Participation and Reimbursement Form](#) and can claim funds on the Electronic Grant Management System (EGMS). All forms must be submitted and monies claimed by August 14 every year.