At a Glance: Menstrual Dignity for Students

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

<table>
<thead>
<tr>
<th>Privacy</th>
<th>Inclusivity</th>
<th>Access</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Space</td>
<td>● Cultural responsiveness</td>
<td>● For students of all abilities &amp; languages</td>
<td>● Menstrual health</td>
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<tr>
<td>● Autonomy</td>
<td>● Gender affirming</td>
<td>● Options &amp; choice</td>
<td>● Instructions</td>
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<tr>
<td>● Personal safety</td>
<td></td>
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<td>● Without shame</td>
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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

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 2022-2023 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.

For information about the Menstrual Dignity for Students Program please visit the Oregon Department of Education website or email ode.menstrual-dignity@state.or.us.

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