



Menstrual Products Poster

Menstrual Health Education Day

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The OSSE Team



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Agenda

- Icebreaker
- Deep Dive into the Menstrual Products Poster
- Q&A
- Closeout

Objectives

Participants of this session will:

- Be familiar with the requirements for placing a menstrual products poster and dispenser.
- Do a walk-through of the menstrual products poster.
- Employ best practices for placing menstrual products poster and dispenser.



Icebreaker

Icebreaker

- Visit **Slido.com** and enter code: **#187997**
- Click the link below:
app.sli.do/event/efiKMrzjJxGBGPpmQmbWyi

OR

- Scan QR code below





**Deep Dive into
Menstrual Products
Poster**

The Why Behind the Poster

- The Expanding Student Access to Period Products Act of 2022 ([D.C. Law 24-92](#)) requires Local Education Agencies (LEAs), private schools and higher education institutions in the District to place a menstrual products poster.
- The sign shall be:
 - 8.5 inch by 11 inch and include medically accurate information;
 - Placed near each menstrual product dispenser or similar container; and
 - Made available for downloading in PDF format on OSSE's [website](#).

Poster Walk-through

- Emphasizing that products are free-for-use.
- Medically accurate information on the safe use and disposal of menstrual products.
- QR code to learn more and provide feedback to OSSE.
- Space to write-in name of staff member to be contacted if restroom is out of products.
- The poster can be downloaded from our website and is available in [English](#), [Amharic](#), [Chinese](#), [French](#), [Korean](#), [Spanish](#) and [Vietnamese](#).

FREE
PERIOD PRODUCTS

TAKE WHAT YOU NEED WHEN YOU NEED IT!
There are a lot of products out there - find the best one for you!

HOW TO USE PADS:
Wash or sanitize your hands and take the pad out of its wrapper.
Stick the pad in your underwear using the sticky strip on the back.
If the pad has wings, peel off the paper and wrap the wings around the edges of your underwear.
Change your pad every 3-4 hours, or when it's soaked.

HOW TO USE TAMPONS:
Wash or sanitize your hands and get into a comfortable position. You can squat, put one leg up, or sit on the toilet with your knees apart.
Take the tampon out of its wrapper.
Push the tampon into your vagina using the applicator or your finger, depending on what kind of tampon you have.
Change your tampon every 4-8 hours. Don't leave your tampon in for more than 8 hours.

HOW TO REMOVE TAMPONS:
Wash or sanitize your hands and gently pull the string.

SCAN THE QR CODE.
Share Your Feedback.
Learn More.

OUT OF PRODUCTS? REACH OUT TO

Wrap used period products in their wrapper or toilet paper and throw them in the trash. Do not flush.

www.osse.dc.gov | @OSSEDC | (202) 727-4438

DC GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR



Best Practices for Placing Menstrual Products Poster and Dispenser

Requirements for Placing Dispenser by Grade Brand

- Elementary School
 - At least one women's and one gender-neutral restroom
- Middle School
 - Each women's and gender-neutral restroom
- High School
 - Each women's and gender-neutral restroom
- Institutions of Higher Education
 - Each women's and gender-neutral restroom

Best Practices for Placing Menstrual Products Poster

- Ensure you display the poster in the correct size: 8.5 inch by 11 inch.
- Place the poster next to the menstrual products dispenser. Consider also placing a poster behind each restroom stall door.
- Make sure the poster is placed at eye level.

Best Practices for Placing Menstrual Products Dispenser

- Carefully determine the placement of the menstrual products dispenser or container and consider students' different accessibility needs.
- Install dispenser in a clean and dry space and at an accessible height.
- Maintain student access to menstrual products when a restroom is temporarily unavailable to students.
- Ensure that menstrual products are available after school hours and during field trips when students are participating in school activities.



Questions?

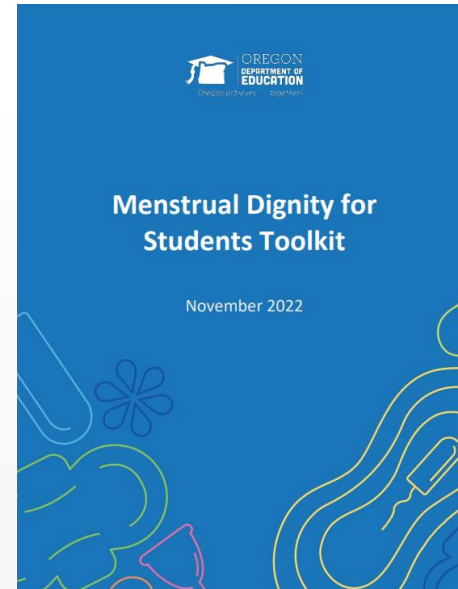
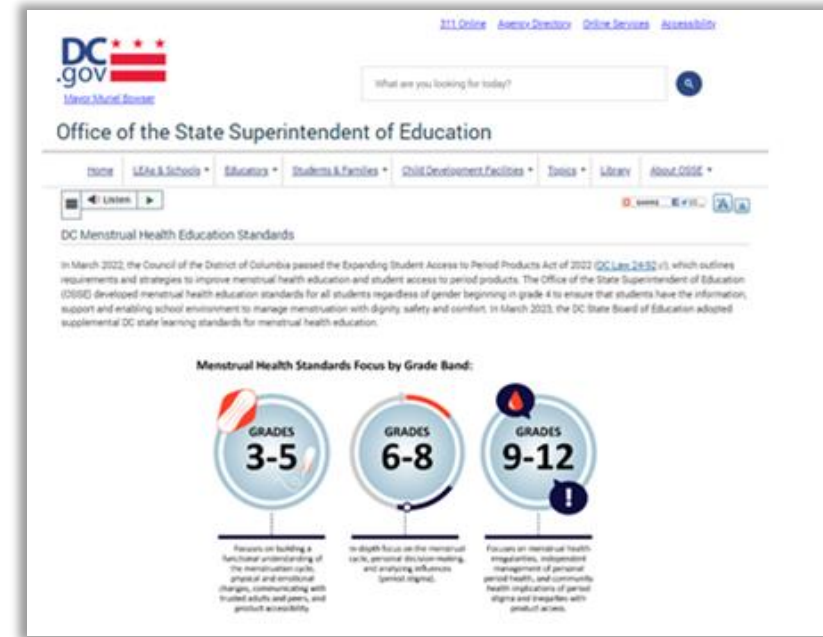
Recap

- Icebreaker
- Deep Dive into the Menstrual Products Poster
- Q&A

Resources

Upcoming #DCMHED23 Events:

- DC Menstrual Health Education Day Student Summit
3:30-4:30 p.m.





Thank you!

Contact Us

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