

Fostering menstrual equity : promoting inclusivity and empowerment in period experiences

Khalid, Sadia The European Sting 2023 <https://europeansting.com/2023/06/21/fostering-menstrual-equity>

Reclaiming the sacred : empowering women and debunking menstrual myths

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Social stigma and taboos : the shame, discrimination, or fear surrounding menstruation

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Understanding period poverty : a global issue impacting communities worldwide

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Youth advocacy and activism : empowering change and tackling menstrual challenges

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