

**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>

**Menstrual shame : societal norms, and deeply ingrained gender biases**

**Khalid, Sadia** The European Sting 2023 <https://europeansting.com/2023/06/26/menstrual-shame-societal-norms-and-deeply-ingrained-gender-biases/>

**Reclaiming the sacred : empowering women and debunking menstrual myths**

**Khalid, Sadia** The European Sting 2023 <https://europeansting.com/2023/06/27/reclaiming-the-sacred-empowering-women-and-debunking-menstrual-myths/>

**Understanding period poverty : a global issue impacting communities worldwide**

**Khalid, Sadia** The European Sting 2023 <https://europeansting.com/2023/06/29/understanding-period-poverty-a-global-issue-impacting-communities-worldwide/>