

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

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

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