

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

**Khalid, Sadia** The European Sting 2023 <https://europeansting.com/2023/06/28/social-stigma-and-taboos-the-shame-discrimination-or-fear-surrounding-menstruation/>

**Youth empowerment and involvement in the conversation of menstrual shame : things should change, must change now**

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