



**FEMALE**  
LOUD - PROUD - FEMINISTS

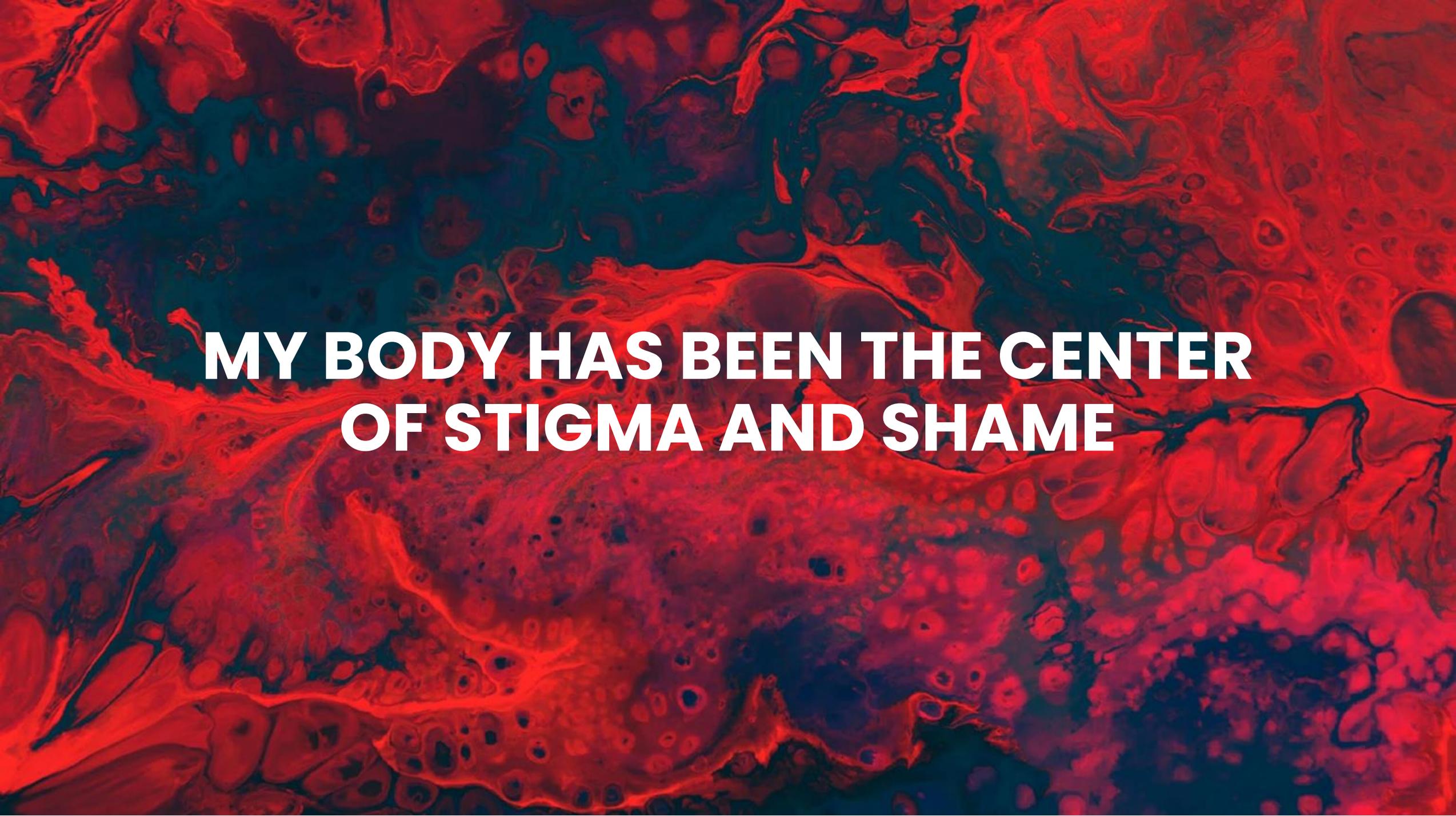
**Our motive**

The background is a complex marbled paper pattern. It features a mix of deep reds, oranges, and dark blues, with intricate, swirling, and cell-like patterns that create a rich, textured appearance. The colors are layered and blended, giving it a sense of depth and movement.

**The STORY  
Of Every GIRL/WOMAN**



**AS A GIRL/WOMAN, I HAVE  
ALWAYS BEEN TREATED  
DIFFERENTLY**



**MY BODY HAS BEEN THE CENTER  
OF STIGMA AND SHAME**

The background is a complex marbled pattern with swirling, organic shapes. The color palette is dominated by deep reds, oranges, and dark blues, creating a rich, textured appearance. The text is centered horizontally and vertically over this pattern.

**LAWS HAVE BEEN  
DISCRIMINATING AGAINST ME**



**ECONOMIC PLANS HAVE BEEN  
NEGLECTING ME**

The background is a complex marbled pattern with swirling, organic shapes in various shades of red, orange, and dark blue. The colors are vibrant and contrast sharply with each other, creating a textured, almost cellular appearance.

**VIOLENCE AGAINST ME HAS  
OFTEN BEEN ACCEPTED AND  
PERMITTED**



**AND TODAY, MY BIOLOGICAL  
RIGHTS HAVE BEEN DENIED**

The background is a complex marbled paper pattern. It features a mix of vibrant reds, oranges, and yellows, interspersed with deep blues and purples. The patterns are organic and swirling, resembling natural stone or liquid marbling. The overall effect is rich and textured.

**I'VE HAD ENOUGH!**

نَشْفَتُولَنَا  
دَمْنَا!



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## **THE LINE/HASHTAG**

The line is a common Lebanese expression that means “you pushed us to the limit”  
It also has the blood component to relate it to period.



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## MAIN MESSAGE

Menstrual hygiene is a right, a need.

Access to menstrual products must be available to all and part of a gendered economy .



## **National Survey:**

period poverty and its impact on women and girls living in Lebanon



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## Evidence based Campaigning

As part of their National campaign to change the narrative and legislation around period poverty in Lebanon, FE-MALE organization and Plan International conducted an assessment to determine the reasons of period poverty and its impact or implications on women and girls living in Lebanon, the assessment looks specifically on women and girls' practices in response to period poverty. Additionally, it covered women and girls' perceptions and stigma around menstruation.



# Assessment

Statistics Lebanon was contracted to conduct the primary data collection.

The methodology relied on quantitative data collection obtained from May 21st until June 5 2021, through telephonic interviews given the access and logistical constraints as a result of the COVID-19 outbreak.

The nationwide Probability Proportionate to Size (PPS) survey addressed **1800 woman\girl (aged 12 to 45 years) of three resident population in Lebanon** based on the population densities within the country and regions as follows:

- n=1,200 Lebanese
- n= 400 Syrian
- n=200 Palestinian

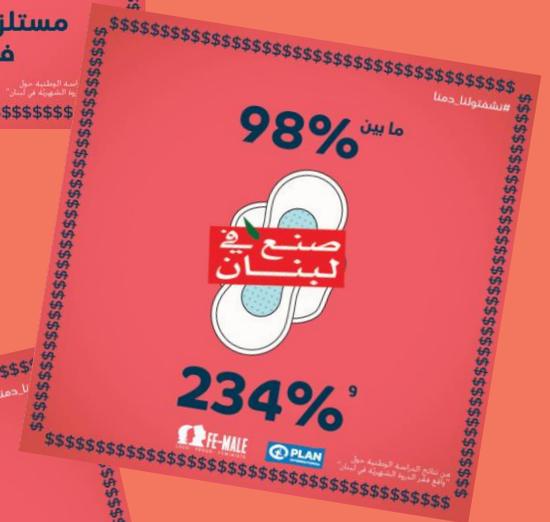


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# Prices Increase

Increase in Pads Prices according to the study:

- 1- Made in Lebanon: Between 98 and 234%
- 2- Imported products: Between 66 and 409%



## Changes in Participants' Access to Menstrual Hygiene Products Over the Past Year

- An overwhelming 79.23% had noticed a change in the consumption habits of MHPs in their community (friends, family members, or environment)
- Some third are currently suffering from period poverty, the study shows many girls and women are in fact struggling to cope with the steep increase in the prices of these essential products. Respondents stated the high price increase (76.45%), the unavailability of menstrual hygiene products (15.14%) and store policies limiting bulk purchases of MHPs (7.05%) as the main barriers to access

## Changes in Participants' Access to Menstrual Hygiene Products Over the Past Year

- Given the challenges, participants adopted a number of strategies to adapt to their reduced access to MHPs:
  1. More than half of girls and women had to change the brand of their regular MHPs (56.94%), and 35.33% switched their product type.
  2. Alarming, 41.78% of participants stated that they had to reduce their consumption of MHPs or use them for periods longer than they are intended for, and 17.11% resorted to using less sanitary means like tissues and cloths during their periods.



# Negative repercussions of period poverty on the lives of girls and women

- As for the implications of the inaccessibility of MHPs on girls' and women's wellbeing, (43%) indicated that they had experienced stress and anxiety due to their inability to access MHPs, with no significant difference across age groups
- Participants were asked whether their period had prevented them from reaching their full potential or engaging in daily activities, to which more than a third responded positively (35.89%).
- Age disaggregation revealed younger participants were particularly affected by their menstrual cycle, which puts them at risk of adverse consequences including school absenteeism and being excluded from certain activities during their periods. In fact, when asked whether the number of times they were absent from daily activities increased, remained the same or decreased, 21.43% of participants aged 12 to 14 said that it increased



# Social norms and perceptions around menstruation

- Our findings also show that there still remained a certain level of embarrassment associated with periods for some participants:
  1. 40.00% either somewhat or strongly agreed they were afraid that other people would know they were on their period
  2. More than a third of participants (38.33%) agreed that buying MHPs was a source of embarrassment to them
  3. 60.39% agreed that girls feel uncomfortable when the menstrual cycle is discussed in school
  4. 77% of respondents don't feel comfortable discussing periods with males including fathers and friends

# Advocacy Round Table on Ending Period Poverty in Lebanon

- **Date:** Thursday, May 26, 2021
- **Facilitated by:** Fe-Male organization and Plan International
- **Objective:** Devise a plan for ending period poverty in Lebanon

# Advocacy Round Table on Ending Period Poverty in Lebanon

## Key Participants:

- Diplomatic entities among which was the Australian Ambassador to Lebanon
- Governmental bodies representatives from the National Commission for Lebanese Women, the Lebanese Ministry of Economy and Trade, the Ministry of Social Affairs, the Ministry of Industry and representatives from the Mother and Child Health Unit at the Ministry of Public Health
- Representatives from INGOs and UN agencies among which: The World Bank, UNICEF, UN Women, UNFPA, and other organizations
- Representatives from Local feminist and human rights NGOs
- Independent activists



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# Advocacy Round Table on Ending Period Poverty in Lebanon

## **Recommendations and Action Points: Directed at Ministries:**

- Add menstrual hygiene education to the curriculum
- Include menstrual hygiene products in the national assistance program
- Provide free sanitary products at public health centers and social development centers
- Conduct scientific and economic feasibility studies on local production



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# Advocacy Round Table on Ending Period Poverty in Lebanon

## **Recommendations and Action Points: Directed at Organizations and Donors:**

- Study health impact and cost of unsanitary coping mechanisms
- Strengthen coordination and information sharing
- Develop advocacy plans based on best practices
- Advocate for increased support and funding for SRHR and period poverty work
- Expand awareness campaigns and break period taboo and stigma



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# Advocacy Round Table on Ending Period Poverty in Lebanon

## Conclusion:

- Keeping menstruation as an open topic encourages women to seek help and explore options
- Period poverty conversations need to come out of the shadows and into the mainstream
- Continued support and awareness will lead to sustainable solutions



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**THANK YOU**

